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**Judul : Hubungan Tingkat Kecemasan dengan Kualitas Tidur Pasien
Congestive Heart Failure di Ruang Cendana 2 RS Bhayangkara TK 1
Pusdokkes Polri Jakarta**

ABSTRAK

Latar Belakang: Lima dari delapan pasien CHF yang dirawat di ruang cendana 2 RS Bhayangkara TK 1 Pusdokkes Polri mengatakan merasa cemas jika memikirkan penyakitnya sehingga membuat pasien kesulitan untuk tidur. Tujuan penelitian ini ialah untuk mengetahui hubungan tingkat kecemasan dengan kualitas tidur pasien CHF di ruang Cendana 2 RS Bhayangkara TK 1 Pusdokkes Polri.

Metode Penelitian: Desain penelitian korelasi dan metode *cross sectional* dilakukan bulan Agustus 2024 di ruang Cendana 2 RS Bhayangkara TK 1 Pusdokkes Polri. Dalam menentukan unit sampel untuk memilih responden yang diteliti, peneliti menggunakan teknik sampling non probability metode total sampel. Untuk mengukur tingkat kecemasan digunakan kuisioner GAD-7 dan kualitas tidur kuisioner PSQI.

Hasil Penelitian: Dari 55 responden mayoritas (21 orang) mengalami kecemasan sedang-berat dengan kualitas tidur buruk. Berdasarkan hasil analisa bivariat terdapat korelasi positif, dimana nilai $p=0,002<0,05$. Dengan nilai Odds ratio= 7,389 dan tingkat kepercayaan CI 95% 2,214-24,657.

Kesimpulan: maka dapat disimpulkan adanya hubungan tingkat kecemasan dengan kualitas tidur pasien congestive heart failure di ruang cendana 2 RS Bhayangkara TK1 Pusdokkes Polri.

Kata Kunci: Tingkat kecemasan, Kualitas tidur, Congestive Heart Failure

Daftar Pustaka: 64 buah (2000-2024)

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Title : Relationship between Anxiety Level and Sleep Quality of Congestive Heart Failure Patients in Cendana Room 2, Bhayangkara Hospital, Class 1, National Police Medical Center Jakarta

ABSTRACT

Background: Five out of eight CHF patients treated in the Cendana 2 room of the Bhayangkara Class 1 Hospital, Puskokkes Polri said they felt anxious when thinking about their illness, making it difficult for patients to sleep. The purpose of this study was to determine the relationship between anxiety levels and sleep quality of CHF patients in the Cendana 2 room of the Bhayangkara Class 1 Hospital, Puskokkes Polri.

Research Methods: The correlational research design and cross-sectional method were conducted in August 2024 in the Cendana 2 room of the Bhayangkara Class 1 Hospital, Puskokkes Polri. In determining the sample unit to select the respondents studied, the researcher used a non-probability sampling technique, namely the total sample method. To measure the level of anxiety, the GAD-7 questionnaire and the PSQI sleep quality questionnaire were used.

Research Results: Of the 55 respondents, the majority (21 people) experienced moderate-severe anxiety with poor sleep quality. Based on the results of the bivariate analysis, there was a positive correlation, where the p value = 0.002 < 0.05. With a ratio value of Odds = 7.389 and a 95% CI confidence level of 2.214-24.657.

Conclusion: it can be concluded that there is a relationship between the level of anxiety and the quality of sleep of congestive heart failure patients in the Cendana 2 Room, Bhayangkara Hospital, Class 1, Puskokkes Polri.

Keywords: Anxiety level, Sleep quality, Congestive Heart Failure

Bibliography: 64 (2000-2024)