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Judul : Hubungan Tingkat Kecemasan dengan Pola Tidur Pasien Preoperasi Besar Elektif di Ruang Perawatan Irna 2 Utama Rumah Sakit Wilayah Sukabumi

ABSTRAK

Latar Belakang: Bedah besar elektif merupakan prosedur invasif yang sering menimbulkan kecemasan preoperasi yang dapat memengaruhi pola tidur melalui aktivasi sistem saraf simpatis dan peningkatan hormon stres. Kecemasan preoperasi terjadi pada 60-80% pasien dan dapat menurunkan kualitas tidur serta memengaruhi stabilitas hemodinamik, meskipun hasil penelitian sebelumnya masih bervariasi.
Tujuan: Menganalisis hubungan tingkat kecemasan dengan pola tidur pada pasien preoperasi bedah besar elektif di Ruang Perawatan Irna 2 Utama Rumah Sakit Wilayah Sukabumi.

Metode: Penelitian korelasional dengan pendekatan *cross-sectional*. Data dikumpulkan menggunakan kuesioner meliputi karakteristik responden, tingkat kecemasan, dan pola tidur. Analisis data dilakukan secara univariat untuk deskripsi dan bivariat menggunakan uji Chi-Square.

Hasil: Dari 67 responden, sebagian besar berjenis kelamin perempuan (83,6%), berusia 18-25 tahun (83,6%), berpendidikan SMA (77,6%), bekerja (59,7%), dan tidak memiliki riwayat operasi sebelumnya (95,5%). Sebanyak 61,2% responden mengalami kecemasan dan 41,8% memiliki pola tidur terganggu. Uji Chi-Square menunjukkan hubungan signifikan antara tingkat kecemasan dan pola tidur ($p=0,006$).

Kesimpulan: Terdapat hubungan bermakna antara tingkat kecemasan dan pola tidur pada pasien preoperasi bedah besar elektif. Kecemasan yang tinggi meningkatkan risiko gangguan pola tidur.

Kata Kunci: Tingkat Kecemasan, Pola Tidur, Pasien Preoperasi, Bedah Besar Elektif

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ABSTRAK

Background: Major elective surgery is an invasive procedure that often triggers preoperative anxiety in patients, which can affect sleep patterns through the activation of the sympathetic nervous system and increased stress hormones. Data indicate a rise in surgical procedures in Indonesia, with preoperative anxiety affecting 60-80% of patients, potentially worsening sleep quality and hemodynamic stability, although findings on the relationship between the two vary.

Objective: This study aims to analyze the relationship between anxiety levels and sleep patterns in preoperative patients undergoing major elective surgery in the Irna 2 Utama Ward of Sukabumi Regional Hospital.

Methods: This study employed a correlational design with a cross-sectional approach. Data were collected through questionnaires covering respondent characteristics, anxiety levels (using the Hamilton Anxiety Rating Scale/HARS), and sleep patterns (using the Pittsburgh Sleep Quality Index/PSQI). Data analysis was conducted using univariate statistics for descriptive purposes and bivariate analysis with the Chi-Square test to examine the relationship between anxiety levels and sleep patterns.

Results: Of the 67 respondents, the majority were female (83.6%), aged 18–25 years (83.6%), had a high school education (77.6%), were employed (59.7%), and had no prior surgical history (95.5%). A total of 61.2% of respondents experienced anxiety, and 41.8% had disturbed sleep patterns. Bivariate analysis showed a significant relationship between anxiety levels and sleep patterns with a p-value of 0.006.

Conclusion: There is a significant relationship between anxiety levels and sleep patterns in preoperative patients undergoing major elective surgery, where higher anxiety levels increase the risk of disturbed sleep patterns.

Keywords: Anxiety Levels, Sleep Patterns, Preoperative Patients, Major Elective Surgery

References: 83 LXXXIII (2018–2024)