

SKRIPSI

**GAMBARAN KUALITAS TIDUR PADA PENDERITA DIABETES
MELITUS DI PUSKESMAS ANDALAS PADANG**

Penelitian Keperawatan Dasar



INTAN FAHRINI

NIM. 1511312015

**Nelwati, S.Kp., M.N., PhD
Ns. Deswita, S.Kp, M.Kep, Sp.Kep.An**

**FAKULTAS KEPERAWATAN
UNIVERSITAS ANDALAS
JULI 2022**

FAKULTAS KEPERAWATAN
UNIVERSITAS ANDALAS
Juli 2022

Nama : Intan Fahraini
NIM : 1511312015

Gambaran Kualitas Tidur Pada Penderita Diabetes Melitus Di Puskesmas Andalas
Padang

ABSTRAK

Diabetes melitus adalah penyakit kronis yang memiliki hubungan dengan aktivitas tidur. Tidur sangat dibutuhkan bagi penderita diabetes melitus untuk mengontrol gula darahnya. Sensitivitas insulin dapat menurun kerjanya sekitar 25% apabila dalam 3 hari secara terus-menerus terjadi gangguan tidur. Tujuan penelitian untuk melihat gambaran kualitas tidur penderita diabetes melitus. Jenis penelitian adalah deskriptif kuantitatif. Penelitian dilakukan di Puskesmas Andalas Padang pada bulan Juni-Juli 2022. Sampel berjumlah 138 orang penderita diabetes melitus yang didapat dengan teknik *accidental sampling*. Alat ukur penelitian menggunakan kuisisioner PSQI. Hasil penelitian didapatkan sebanyak 97,1% responden memiliki kualitas tidur yang buruk. Pada komponen kualitas tidur subjektif didapatkan hasil cukup buruk sebanyak 83,3%, pada latensi tidur didapatkan hasil cukup buruk yaitu 31-60 menit sebanyak 92,0%, pada durasi tidur didapatkan hasil 5-6 jam yang artinya cukup buruk sebanyak 62,3%, pada efisiensi tidur didapatkan hasil efisien sebanyak 58,6%, pada gangguan tidur didapatkan hasil cukup sering mengalami gangguan tidur sebanyak 81,9%, pada penggunaan obat tidur didapatkan hasil tidak pernah menggunakan obat tidur yaitu sebanyak 99,3%, dan pada komponen disfungsi aktivitas di siang hari didapatkan hasil responden jarang mengalami yaitu sebanyak 75,4%. Pelayanan kesehatan diharapkan dapat memberikan intervensi yang sesuai dan informasi yang jelas terkait pentingnya menjaga kualitas tidur pada penderita diabetes melitus.

Kata kunci : diabetes melitus, kualitas tidur

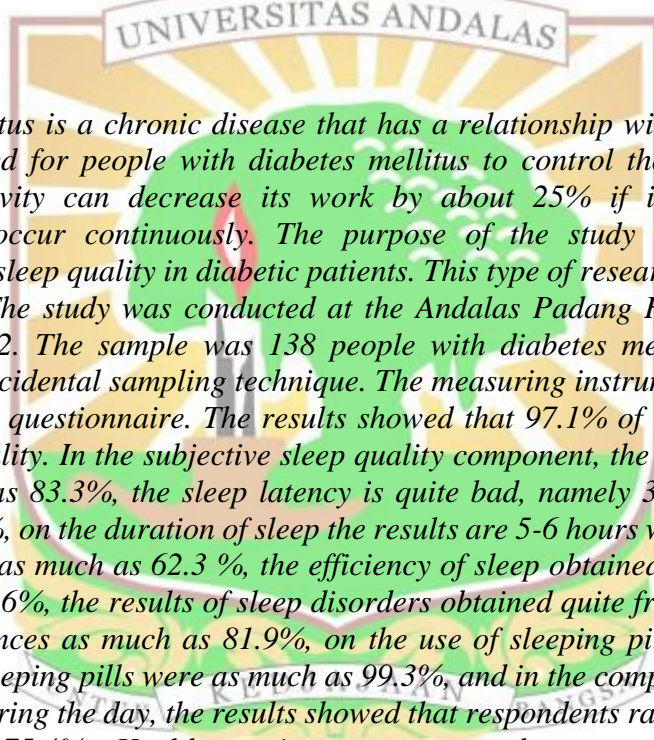
Referensi : 45(2011-2022)

NURSING FACULTY
ANDALAS UNIVERSITY
July 2022

Name : Intan Fahraini
Registered Number : 1511312015

Sleep Quality Among Diabetes Mellitus Patients At Andalas Health Center
Padang

ABSTRACT



Diabetes mellitus is a chronic disease that has a relationship with sleep activity. Sleep is needed for people with diabetes mellitus to control their blood sugar. Insulin sensitivity can decrease its work by about 25% if in 3 days sleep disturbances occur continuously. The purpose of the study was to see the description of sleep quality in diabetic patients. This type of research is descriptive quantitative. The study was conducted at the Andalas Padang Health Center in June-July 2022. The sample was 138 people with diabetes mellitus who were obtained by accidental sampling technique. The measuring instrument of the study used the PSQI questionnaire. The results showed that 97.1% of respondents had poor sleep quality. In the subjective sleep quality component, the results are quite bad as much as 83.3%, the sleep latency is quite bad, namely 31-60 minutes as much as 92.0%, on the duration of sleep the results are 5-6 hours which means that it is quite bad as much as 62.3 %, the efficiency of sleep obtained efficient results as much as 58.6%, the results of sleep disorders obtained quite frequent results of sleep disturbances as much as 81.9%, on the use of sleeping pills the results of never using sleeping pills were as much as 99.3%, and in the component of activity dysfunction during the day, the results showed that respondents rarely experienced as much as 75.4%. Health services are expected to provide appropriate interventions and clear information regarding the importance of maintaining sleep quality in people with diabetes mellitus.

Keywords : diabetes mellitus, sleep quality

Reference : 45(2011-2022)