

INTISARI

Latar Belakang: Tidur memiliki peranan penting dalam mendorong pertumbuhan dan perkembangan kognitif remaja. Penelitian menunjukkan 57,6% remaja mengalami gangguan tidur. Gangguan tidur tersebut merupakan salah satu dampak dari *sleep hygiene* yang buruk. Remaja perlu menerapkan *sleep hygiene* yang baik didorong efikasi diri. Edukasi kesehatan tentang *sleep hygiene* menggunakan komik perlu diberikan kepada remaja. Penelitian sebelumnya menunjukkan edukasi menggunakan komik meningkatkan efikasi diri remaja.

Tujuan Penelitian: Mengetahui pengaruh Edukasi Kesehatan Tidur-Komik (*Sleep Edukom Kit*) terhadap efikasi diri remaja tentang *sleep hygiene*.

Metode: Desain penelitian ini adalah *quasi-experimental pre-post with control group*. Partisipan penelitian yaitu siswa kelas X dan XI SMA berjumlah 78 orang. Intervensi *Sleep Edukom Kit* hanya diberikan pada kelompok intervensi dan tidak diberikan pada kelompok kontrol. Intervensi berupa membaca komik bersama-sama di kelas, membaca komik di rumah selama 3 hari dan *follow up* siswa. Efikasi diri diukur menggunakan kuesioner *Self Efficacy for Sleep Hygiene Inventory-Revised* (SESHI-R) versi bahasa Indonesia. Analisis data menggunakan uji *Independent T-Test* serta uji *Cohen's d* untuk mengetahui besar pengaruh.

Hasil: Terdapat pengaruh *Sleep Edukom Kit* terhadap efikasi diri *sleep hygiene* remaja yang ditunjukkan dari hasil selisih efikasi antara kelompok intervensi dan kelompok kontrol ($6,11 \pm 7,527$ vs $2,55 \pm 8,132$) dengan perbedaan rerata 3,565 (95% CI: 0,031-7,099) dan $p=0,048$. Besar pengaruh edukasi *Sleep Edukom Kit* terhadap efikasi diri *sleep hygiene* remaja adalah kecil dengan nilai $d=0,446$.

Kesimpulan: Edukasi Kesehatan Tidur-Komik (*Sleep Edukom Kit*) berpengaruh kecil terhadap efikasi diri remaja tentang *sleep hygiene*.

Kata kunci: Edukasi kesehatan komik, efikasi diri, *sleep hygiene* remaja

ABSTRACT

Background: Sleep plays an important role in promoting adolescent cognitive growth and development. Research shows 57,6% of adolescents have a sleep disorder. Sleep disorder is one of the effects of poor sleep hygiene. Adolescents need to implement good sleep hygiene driven by self-efficacy. Health education about sleep hygiene using comics needs to be given to adolescent. Previous research has shown that education using comics increases adolescents' self-efficacy.

Objectives: To determine the effect of Comic Sleep Health Education (Sleep Edukom Kit) on adolescent self-efficacy about sleep hygiene.

Methods: The research design was a quasi-experimental pre-post with a control group. The research participants were students in class X and XI of senior high school, totaling 78 people. The Sleep Edukom Kit intervention was only given to the intervention group and not to the control group. Interventions include reading comics together in class, reading comics at home for 3 days, and following up with students. Self-efficacy was measured using the Indonesian version of the Self Efficacy for Sleep Hygiene Inventory-Revised (SESHI-R) questionnaire. Data analysis used the Independent T-Test and Cohen's d test to determine the influence.

Results: There was an effect of the Sleep Edukom Kit on the self-efficacy of adolescent sleep hygiene, as shown by the difference in self-efficacy between the intervention group and the control group ($6,11 \pm 7,527$ vs $2,55 \pm 8,132$) with a mean difference of 3,565 (95% CI: 0,031-7,099) and $p=0.048$. The effect of Sleep Edukom Kit education on the self-efficacy of adolescent sleep hygiene is small, with a value of $d=0.446$.

Conclusion: Comic Sleep Health Education (Sleep Edukom Kit) has little effect on adolescent self-efficacy about sleep hygiene.

Keywords: adolescent sleep hygiene, comic health education, self-efficacy