

GAMBARAN KUALITAS TIDUR PADA PASIEN POST- OPERASI BEDAH

JANTUNG DI RUANG ICU DAN HCU BEDAH JANTUNG

RSUP DR. SARDJITO

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INTISARI

Latar belakang: Kualitas tidur yang baik sangat penting bagi pasien yang dirawat di ruang intensif. Pasien pasca operasi pembedahan jantung yang dirawat di ruang intensif beresiko mengalami gangguan tidur. Pasien dengan penyakit kardiovaskuler jika memiliki kualitas tidur yang buruk dapat memperlambat proses penyembuhannya.

Tujuan penelitian: Mengetahui gambaran kualitas tidur pasien post operasi bedah jantung di ruang ICU Bedah Jantung RSUP Dr. Sardjito Yogyakarta.

Metode: Penelitian deskriptif dengan teknik sampling menggunakan *Consecutive sampling*, menggunakan rumus *Slovin* didapatkan 58 responden. Kualitas tidur diukur dengan instrumen *Richards Campbell Sleep Questionnaire (RCSQ)* dengan *Cut off point* $\geq 63,4$ dari rentang 0-100 mm. Analisa data penelitian menggunakan analisis *univariat* meliputi distribusi frekuensi responden: usia, jenis kelamin, penyakit, dan juga tingkat kualitas tidur responden.

Hasil: Dari penelitian didapatkan hasil total *Richards-Campbell Sleep Questionnaire (RCSQ)* dengan *Cut off point* menunjukkan hanya 18 pasien (31.0%) dengan *mean* $72,20 \pm 6,25$ yang mengalami kualitas tidur baik dan sebagian besar responden sebanyak 40 pasien (69%) dengan *mean* $44,58 \pm 12,33$ mengalami kualitas tidur yang buruk.

Kesimpulan: Sebagian besar pasien post operasi bedah jantung di ruang ICU bedah jantung RSUP Dr.Sardjito mengalami kualitas tidur yang buruk.

Kata kunci: pasien post operasi bedah jantung, kualitas tidur, *the Richards campbell sleep questionnaire (rcsq)*.

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SLEEP QUALITY IN POST-CARDIAC SURGERY PATIENTS IN THE CARDIAC SURGERY ICU AND HCU, DR. SARDJITO HOSPITAL

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ABSTRACT

Background: Good quality sleep is very important for patients treated in the intensive care unit. Post-operative heart surgery patients who are treated in the intensive care unit are at risk of experiencing sleep disorders. Patients with cardiovascular disease who have poor sleep quality can slow down the healing process.

Objective:: To understand the quality of sleep of post-cardiac surgery patients in the Cardiac Surgery ICU at Dr. RSUP. Sardjito Yogyakarta.

Method: Descriptive research with a sampling technique using Consecutive sampling, using the Slovin formula, obtained 58 respondents. Sleep quality was measured using the Richards Campbell Sleep Questionnaire (RCSQ) instrument with a cut off point ≥ 63.4 from a range of 0-100 mm. Analysis of research data using univariate analysis includes the frequency distribution of respondents: age, gender, disease, and also the level of sleep quality of respondents.

Results: From the research, total results were obtained *Richards-Campbell Sleep Questionnaire (RCSQ)* with Cut off point showed only 18 patients (31.0%) with a mean 72.20 ± 6.25 who experienced good sleep quality and the majority of respondents were 40 patients (69%) with *mean* 44.58 ± 12.33 experiencing poor sleep quality.

Conclusion: Most post-heart surgery patients in the cardiac surgery ICU at Dr. Sardjito Hospital experience poor sleep quality.

Keywords: post cardiac surgery patient, sleep quality, Richards campbell sleep questionnaire (rcsq).

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