

HUBUNGAN SEVERITAS INSOMNIA DENGAN HANDICAP DIZZINESS PADA ORANG LANJUT USIA (LANSIA) DI KECAMATAN KASIHAN KABUPATEN BANTUL PROVINSI YOGYAKARTA

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ABSTRAK

Latar belakang: Keluhan umum orang lanjut usia (lansia) adalah gangguan keseimbangan seperti dizziness yang dapat meningkatkan risiko jatuh dan menurunkan kualitas hidup. Insomnia dilaporkan terjadi pada 67% populasi lansia di Indonesia. Severitas insomnia diduga dapat meningkatkan risiko *handicap dizziness*. Oleh karena itu studi ini bertujuan untuk menganalisis hubungan severitas insomnia dengan *handicap dizziness* pada lansia. Metode: Analitik observasional dengan pendekatan *Cross Sectional* yang dilaksanakan di posyandu lansia wilayah Puskesmas Kasihan II, Kabupaten Bantul, Yogyakarta dengan kriteria inklusi: (1) Lansia ≥ 60 tahun, (2) Memiliki keluhan sulit tidur sesuai kriteria *International Classification of Disease* (ICD)-10, (3) Dizziness setelah mengalami sulit tidur, (4) Anggota Posyandu Lansia (5) Bersedia ikut serta dalam penelitian dengan menandatangani *Informed Consent*. Variabel bebas dalam penelitian ini adalah subjek insomnia pada lansia yang ditentukan dengan kriteria ICD-10 yang dilanjutkan menggunakan skor *Insomnia Severity Index* (ISI) dan variabel terikat adalah subjek dizziness pada lansia penderita insomnia yang diukur dengan menggunakan skoring *Dizziness Handicap Inventory* (DHI). Hasil: Dari 105 subjek, didapatkan sebanyak 80 subjek (76,2%) *subthreshold*, dan 25 subjek (23,8%) *moderate to severe*. Pekerjaan memiliki risiko 0.2 kali mengalami dizziness (OR = 0.2) dan semakin berat severitas insomnia akan memiliki risiko 5.7 kali untuk terjadi *handicap dizziness* pada lansia (OR = 5.7). Kesimpulan: Studi ini menunjukkan bahwa severitas insomnia memiliki hubungan positif dengan *handicap dizziness* pada lansia. Pekerjaan menjadi temuan lain yang signifikan dan faktor risiko protektif terhadap *handicap dizziness* pada lansia.

Kata kunci: insomnia, dizziness, lansia

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**THE RELATIONSHIP BETWEEN SEVERITY OF INSOMNIA WITH
HANDICAP DIZZINESS IN ELDERLY IN KASIHAN, BANTUL
DISTRICT, YOGYAKARTA PROVINCE**

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ABSTRACT

Background: A common complaint of elderly people is balance disorders such as dizziness which can increase the risk of falls and reduce quality of life. Insomnia is reported to occur in 67% of the elderly population in Indonesia. The severity of insomnia is thought to increase the risk of dizziness. Therefore, this study aims to analyze the relationship between insomnia severity and handicap dizziness in the elderly. Method: Observational analysis using a cross-sectional approach was carried out at the elderly posyandu in the Kasihan II Community Health Center area, Bantul Regency, Yogyakarta, with inclusion criteria: (1) Elderly > 60 years; (2) Having complaints of difficulty sleeping according to the International Classification of Disease (ICD) criteria -10; (3) Dizziness after experiencing difficulty sleeping; (4) Members of the Elderly Posyandu; (5) Willing to participate in research by signing the Informed Consent. The independent variable in this study was the subject of insomnia in the elderly, which was determined using ICD-10 criteria and continued using the Insomnia Severity Index (ISI) score, and the dependent variable was the subject of dizziness in the elderly with insomnia, which was measured using the Dizziness Handicap Inventory (DHI) scoring. Results: Of the 105 subjects, 80 subjects (76.2%) were subthreshold, and 25 subjects (23.8%) were moderate to severe. Occupation has a 0.2 times greater risk of experiencing dizziness (OR = 0.2), and the more severe the severity of insomnia, the higher the risk of handicap dizziness in the elderly (OR = 5.7). Conclusion: This study shows that the severity of insomnia has a positive relationship with handicap dizziness in the elderly. Occupation is another significant finding and a protective risk factor against handicap dizziness in the elderly.

Keywords: insomnia, dizziness, elderly

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