PENGARUH *BUNDLE* MANAJEMEN LINGKUNGAAN TERHADAP KUALITAS TIDUR PASIEN KRITIS DI RUANG *INTENSIVE CARE UNIT*

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Abstrak

Latar Belakang: Gangguan tidur adalah masalah umum bagi pasien ICU, yang disebabkan oleh faktor lingkungan, prosedur medis, kondisi psikologis, yang berdampak negative pada pemulihan pasien. Intervensi non farmakologis seperti kontrol lingkungan dan menjaga kebersihan diri kemungkinan dapat untuk meningkatkan kualitas tidur dan mendukung pemulihan pasien kritis di ICU.
Tujuan: Untuk mengidentifikasi pengaruh *bundle* manajemen lingkungan terhadap kualitas tidur pasien kritis. **Metode:** Penelitian ini merupakan penelitian kuantitatif dengan *quasi experimental with control group pre test – post test design.* Sampel diambil secara *counsecutive sampling* sebanyak 44 sampel. Pengambilan data dengan menggunakan kuesioner *self-report* RCSQ, intervensi berupa pengurangan pencahayaan, pengurangan kebisingan, dan meningkatkan kebersihan diri pasien. Analisis data menggunakan *independent sample t-test*. **Hasil:** Terdapat pengaruh *bundle manajemen lingkungan* terhadap peningkatan kualitas tidur pasien kritis kelompok kontrol T1: 52,46, T2: 60,73 dan kelompok intervensi T1: 60,68, T2: 82,58, dengan nilai *p* 0,001dan cohen's D: 1,21.
Kesimpulan: *Bundle* manajemen lingkungan berpengaruh terhadap kualitas tidur kritis di ruang ICU.**Saran:** *Bundle* manajemen lingkungan dapat digunakan sebagai bahan referensi dalam mengkaji pasien kritis yang mengalami kualitas tidur buruk dan dapat diaplikasikan untuk meningkatkan kualitas tidur pasiesn di ruang ICU.

Keyword: pasien kritis, *bundle* manajemen lingkungan, *intensive care unit*, kualitas tidur, RCSQ

THE EFFECT OF THE EVIRONMENTAL MANAGEMENT BUNDLE ON THE SLEEP QUALITY OF CRITICAL PATIENTS IN THE INTENSIVE CARE UNIT

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Abstract

Background: Sleep disorders are a common problem for ICU patients, caused by environmental factors, medical procedures, and psychological conditions, which negatively impact patient recovery. Non-pharmacological interventions, such as environmental control and maintaining personal hygiene, are likely to improve sleep quality and support the recovery of critical patients in the ICU. **Objective:** To identify the effect of environmental management bundles on the sleep quality of critical patients. **Method:** This research is quantitative with a quasi-experimental design, including a control group with pre-test and post-test assessments. Samples were taken by consecutive sampling as many as 44 sample. Data collection was conducted using the RCSQ self-report questionnaire, interventions included reducing lighting, reducing noise, and improving patient personal hygiene. Data analysis used an independent sample t-test. **Results:** The environmental management bundle positively influenced the sleep quality of critical patients. In the control group, the sleep quality scores were T1: 52.46 and T2: 60.73, while in the intervention group, the scores were T1: 60.68 and T2: 82.58, with a p-value of 0.001 and Cohen's D of 1.21.
Conclusion: The environmental management bundle effectively improves the sleep quality of critical patients in the ICU. **Suggestion:** The environmental management bundle can serve as a reference for assessing critical patients experiencing poor sleep quality and can be applied to improve the sleep quality of patients in the ICU.

Keywords: critical patients, environmental management bundle, intensive care unit, sleep quality, RCSQ