

ABSTRACT

THE ASSOCIATION BETWEEN SLEEP QUALITY AND NUTRITIONAL STATUS OF ELDERLY WOMEN IN PURWOBINANGUN SLEMAN

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Background: The increase in life expectancy in Indonesia has led to an increase in the number of elderly people, with projections reaching 25% by 2050. In Yogyakarta, especially Sleman Regency, there are more elderly women than men, and they tend to be more vulnerable to health problems, including nutritional status and sleep quality. Purwobinangun, Sleman, is a disaster-prone area that can increase the risk of psychological disorders, such as anxiety and depression, which also affect the quality of sleep of the elderly. These sleep disorders have the potential to negatively impact the body's metabolism, thus affecting nutritional status.

Objective: To determine the association of sleep quality with nutritional status in elderly women in Purwobinangun, Sleman.

Methods: This study used a cross-sectional design with a non-experimental observational analytic approach. The study subjects consisted of 105 elderly women living in five hamlets in Purwobinangun sub-district, Sleman. The instruments used included the Pittsburgh Sleep Quality Index (PSQI) to measure sleep quality and the Mini Nutritional Assessment Short-Form (MNA-SF) to assess nutritional status. Data were analyzed using Spearman Correlation and Chi-Square tests.

Results: The results showed that 25.7% of elderly women in Purwobinangun, Sleman, had good sleep quality, while 73.3% experienced poor sleep quality. A total of 31.4% had normal nutritional status, 55.2% were at risk of malnutrition, and 13.3% were malnourished. Statistical tests showed no significant relationship between sleep quality and nutritional status in elderly women ($p=0.331$; $r_s=-0.096$).

Conclusion: This study shows that the majority of elderly women in Purwobinangun, Sleman, experience poor sleep quality and are at risk of malnutrition. Analysis found no significant relationship between sleep quality and nutritional status. This finding indicates that improving sleep quality does not directly contribute to improving nutritional status. Therefore, it is important to develop a holistic intervention program that includes meeting the nutritional needs and attention to the physical and mental health of the elderly.

Keyword: sleep quality; nutritional status; elderly women

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INTISARI

HUBUNGAN KUALITAS TIDUR DENGAN STATUS GIZI PADA LANSIA WANITA DI PURWOBINANGUN SLEMAN

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Latar Belakang: Peningkatan usia harapan hidup di Indonesia telah menyebabkan bertambahnya jumlah lansia, dengan proyeksi mencapai 25% pada tahun 2050. Di Yogyakarta, khususnya Kabupaten Sleman, jumlah lansia wanita lebih banyak dibandingkan pria, dan mereka cenderung lebih rentan terhadap masalah kesehatan, termasuk status gizi dan kualitas tidur. Purwobinangun, Sleman, merupakan kawasan rawan bencana yang dapat meningkatkan risiko gangguan psikologis, seperti kecemasan dan depresi yang turut mempengaruhi kualitas tidur lansia. Gangguan tidur ini berpotensi berdampak negatif pada metabolisme tubuh, sehingga memengaruhi status gizi.

Tujuan Penelitian: Mengetahui hubungan kualitas tidur dengan status gizi pada lansia wanita di Purwobinangun, Sleman.

Metode: Penelitian ini menggunakan desain cross-sectional dengan pendekatan analitik observasional non-eksperimental. Subjek penelitian terdiri dari 105 lansia wanita yang tinggal di lima padukuhan di Kalurahan Purwobinangun, Sleman. Instrumen yang digunakan meliputi Pittsburgh Sleep Quality Index (PSQI) untuk mengukur kualitas tidur dan Mini Nutritional Assessment Short-Form (MNA-SF) untuk menilai status gizi. Data dianalisis menggunakan uji Spearman Correlation dan Chi-Square.

Hasil: Hasil penelitian menunjukkan bahwa 25,7% lansia wanita di Purwobinangun, Sleman, memiliki kualitas tidur yang baik, sementara 73,3% mengalami kualitas tidur yang buruk. Sebanyak 31,4% memiliki status gizi normal, 55,2% berisiko mengalami malnutrisi, dan 13,3% mengalami malnutrisi. Uji statistik menunjukkan tidak adanya hubungan signifikan antara kualitas tidur dan status gizi pada lansia wanita ($p=0,331$; $r_s=-0,096$).

Kesimpulan: Penelitian ini menunjukkan bahwa mayoritas lansia wanita di Purwobinangun, Sleman, mengalami kualitas tidur yang buruk dan berisiko malnutrisi. Analisis tidak menemukan hubungan signifikan antara kualitas tidur dan status gizi. Temuan ini mengindikasikan bahwa peningkatan kualitas tidur tidak secara langsung berkontribusi terhadap perbaikan status gizi. Oleh karena itu, penting untuk mengembangkan program intervensi holistik yang mencakup pemenuhan kebutuhan nutrisi dan perhatian terhadap kesehatan fisik serta mental lansia.

Kata Kunci: kualitas tidur; status gizi; lansia wanita

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