

INTISARI

Latar belakang: Pendidikan dokter spesialis merupakan pendidikan dan pelatihan intensif yang berisiko membuat residen sebagai peserta didik mengalami kurang tidur, baik akut maupun kronis. Hal tersebut berimbas terhadap buruknya kualitas tidur dan berhubungan dengan menurunnya kualitas pelayanan terhadap pasien.

Tujuan: Menentukan faktor-faktor yang mempengaruhi kualitas tidur residen.

Metode: Penelitian analitik dengan studi *cross sectional* metode survei terhadap residen yang terdaftar di Rumah Sakit Umum Pusat (RSUP) Dr Sardjito antara bulan Agustus-Desember 2014. Responden melengkapi sendiri kuesioner *The Epworth Sleepiness Scale*, *The Fatigue Severity Scale*, dan *The Pittsburgh Sleep Quality Index* versi bahasa Indonesia.

Hasil: Evaluasi terhadap 124 dari 136 kuesioner yang disebar menunjukkan *response rate* sebesar 91,2%. Analisis bivariat menunjukkan adanya hubungan antara kualitas tidur dengan memiliki anak ($p=0,005$), rutin mengonsumsi kopi ($p=0,045$), memiliki gangguan tidur dan kesehatan ($p=0,015$), durasi tidur di hari nonjaga ($r= -0,33$; $p=0,001$), tingkat kantuk ($r=0,25$; $p=0,006$), dan tingkat kelelahan ($r=0,27$; $p=0,003$). Analisis multivariat ($R^2=30,9\%$) menunjukkan pengaruh positif skor kualitas tidur terhadap rutin mengonsumsi kopi ($p=0,04$), memiliki gangguan tidur dan kesehatan ($p=0,01$), dan skor tingkat kelelahan ($p = 0,01$). Pengaruh negatif ditunjukkan pada memiliki anak ($p=0,03$) dan durasi tidur di hari nonjaga ($p=0,01$).

Simpulan: Kombinasi faktor memiliki anak, rutin mengonsumsi kopi, memiliki gangguan tidur dan kesehatan, durasi tidur di hari nonjaga, dan tingkat kelelahan berpengaruh terhadap kualitas tidur residen.

Kata kunci: residen, kualitas tidur, hutang tidur, pola kerja dan gaya hidup, residensi

ABSTRACT

Background: Residency program is an intensive education and training which risks residents as their students experience sleep deprivation, both acute and chronic. This affects the poor quality of sleep and is associated with a decrease in the quality of care for patients.

Objective: To develop an insight into the importance and impact of attributes which affect the resident's quality of sleep.

Methods: An analytical study with a cross-sectional design using a survey was conducted. The subjects were registered resident at General Public Hospital Dr. Sardjito Yogyakarta Indonesia. We used a self-administered questionnaire, The Epworth Sleepiness Scale, The Fatigue Severity Scale, and The Pittsburgh Sleep Quality Index in Indonesian version.

Results: We had evaluated 124 from 136 questionnaires, the response rate was 91.2%. Bivariate analysis showed the relationship between quality of sleep and having children ($p=0.005$), routine caffeine/coffee consumption ($p=0.045$), having sleep-related and health-related problems ($p=0.015$), routine sleep duration on non-duty days ($r= -0.33$; $p=0.001$), sleepiness level ($r=0.25$; $p=0.006$), and fatigue level ($r=0.27$; $p=0.003$). Multivariate analysis ($R^2=30.9\%$) showed that positive influence of resident's sleep quality to consuming caffeine/coffee routinely ($p=0.04$), having sleep-related and health-related problems ($p=0.01$), and levels of fatigue ($p=0.01$). Negative impact toward having children ($p=0.03$) and routine sleep duration on non-duty days ($p=0.01$).

Conclusions: Several factors influence resident's sleep quality, including having children, routine caffeine/coffee consumption, having sleep-related and health-related problems, routine sleep duration on non-duty days, and fatigue levels.

Keywords: resident, sleep quality, sleep debt, lifestyle, residency