

## KUALITAS TIDUR IBU MENYUSUI SELAMA PERIODE PEMBERIAN ASI EKSKLUSIF DI WILAYAH KERJA PUSKESMAS SEYEGAN KABUPATEN SLEMAN

Risky Amalia Widi Astuti<sup>1</sup>, Sri Mulyani<sup>2</sup>

### INTISARI

**Latar Belakang:** Setelah melahirkan, banyak ibu yang mengeluhkan gangguan tidur terutama pada saat 6 bulan pertama kehidupan, di mana bayi sangat bergantung pada ibu selama periode ASI eksklusif, hal tersebut mengakibatkan terganggunya tidur ibu, yang berdampak pada kualitas tidurnya.

**Tujuan:** Mengetahui bagaimana kualitas tidur ibu menyusui selama periode pemberian ASI eksklusif di wilayah kerja Puskesmas Seyegan Kabupaten Sleman.

**Metode:** Penelitian ini adalah penelitian deskriptif korelasional dengan total responden sebanyak 58 orang dengan kriteria inklusi wanita yang sedang tidak menderita penyakit kronis, dengan status menyusui ASI secara eksklusif yang datang ke puskesmas Seyegan saat dilakukan penelitian pada bulan Maret-Agustus 2017. Variabel yang diteliti adalah kualitas tidur dengan *checklist* PSQI yang didalamnya terdapat komponen: kualitas tidur subyektif, durasi tidur, latensi tidur, efisiensi tidur, penggunaan obat, gangguan tidur dan disfungsi di siang hari. Data dianalisis dengan metode analisis univariat dan bivariat.

**Hasil:** Sebanyak 67,2% ibu menyusui selama periode ASI eksklusif di wilayah kerja Puskesmas Seyegan kualitas tidurnya dalam kategori buruk. Terdapat pengaruh yang signifikan pada variabel usia responden ( $p = 0,000$ ) dan status pendidikan ( $p = 0.036$ ) terhadap kualitas tidur.

**Kesimpulan:** Sebagian besar ibu menyusui secara eksklusif di wilayah kerja Puskesmas Seyegan memiliki kualitas tidur yang buruk.

**Kata kunci:** kualitas tidur, menyusui secara eksklusif, wanita menyusui, PSQI

<sup>1</sup>Mahasiswa Program Studi Ilmu Keperawatan Fakultas Kedokteran, Kesehatan Masyarakat dan Keperawatan Universitas Gadjah Mada

<sup>2</sup>Staff pengajar Program Studi Ilmu Keperawatan Fakultas Kedokteran, Kesehatan Masyarakat dan Keperawatan Universitas Gadjah Mada

## SLEEP QUALITY OF EXCLUSIVELY BREASTFEEDING MOTHER IN WORKING REGION OF SEYEGAN HEALTH CENTER SLEMAN REGENCY

Risky Amalia Widi Astuti<sup>1</sup>, Sri Mulyani<sup>2</sup>

### ABSTRACT

**Background:** After giving birth, many mothers complain of sleep problems during the first 6 months of life, where babies are very dependent on the period of exclusive breastfeeding, this causes disruption of the mother's sleep, which affects the quality of her sleep.

**Objective:** To find out how the quality of sleep for breastfeeding mothers during the period of exclusive breastfeeding in the work area of Seyegan Health Center, Sleman Regency.

**Method:** This study was a descriptive correlational study with total subjects of 58 respondents who exclusively breastfeeding, have no chronic ill and who came to the health center Seyegan during the study in March-August 2017. The variables studied was the quality of sleep with a PSQI checklist in which there were components: quality subjective sleep, sleep duration, sleep latency, sleep efficiency, drug use, sleep disorders and dysfunction during the day. Data were analyzed by univariate and bivariate analysis methods.

**Results:** A total of 67.2% exclusive breastfeeding mothers in the working area of the Seyegan Health Center had poor sleep quality. There are significant effects in the variable age of respondents ( $p = 0,000$ ) and educational status ( $p = 0.036$ ) on the quality of sleep.

**Conclusion:** Most of exclusively breastfeeding mother in Seyegan Health Center's area had poor sleep quality.

**Keywords:** quality of sleep, exclusive breastfeeding, breastfeeding women, PSQI

<sup>1</sup>Nursing student School of Nursing Faculty of Medicine, Public Health and Nursing Gadjah Mada University

<sup>2</sup>Lecturer School of Nursing Faculty of Medicine, Public Health and Nursing Gadjah Mada University