

INTISARI

Latar Belakang: Leukemia merupakan jenis kanker yang paling sering terjadi pada anak. Anak dengan leukemia menjalani pengobatan kemoterapi dan dapat mengalami efek samping kemoterapi salah satunya yaitu masalah kualitas tidur. Masalah tidur yang terjadi pada anak akan memengaruhi emosi orang tua dan meningkatkan distress pada orang tua sehingga berpengaruh terhadap *resilience* orang tua.

Tujuan Penelitian: Mengetahui hubungan kualitas tidur anak leukemia dengan *resilience* orang tua di RSUD Dr. Moewardi Surakarta

Metode Penelitian: Penelitian ini merupakan penelitian deskriptif dengan rancangan *cross sectional*. Partisipan dalam penelitian ini yaitu anak penderita leukemia dan orang tua dari anak penderita leukemia di RSUD Dr. Moewardi berjumlah 39 responden. Penelitian ini menggunakan kuesioner *Children's Sleep Habits Questionnaire-Abbreviated* (CSHQ-A) untuk mengukur kualitas tidur anak dan *Connor Davidson Resilience Scale* (CD-RISC) untuk mengukur *resilience* orang tua. Uji analisis yang digunakan yaitu uji *Spearman Rank*.

Hasil Penelitian: Semua anak leukemia di RSUD Dr. Moewardi mempunyai kualitas tidur cukup dan sebagian besar orang tua mempunyai *resilience* sedang (51,3%). Hasil Uji *Spearman Rank* didapatkan nilai *p value* 0,936 pada uji hubungan antara dukungan keluarga dengan *resilience* ibu.

Kesimpulan: Tidak terdapat hubungan antara kualitas tidur anak leukemia dengan *resilience* orang tua di RSUD Dr. Moewardi Surakarta.

Kata Kunci: Anak leukemia, kualitas tidur, *resilience*

ABSTRACT

Background: Leukemia is the most common type of cancer in children. Children with leukemia undergo chemotherapy treatment and give side effects, one of them is sleep quality problem. Sleep problems that occur in children will affect the emotions of parents and increase distress so that it affects the resilience of parents. Resilience is someone's adjustment in dealing with unfavorable conditions.

Objective: To find out the relationship between sleep quality of leukemia children with parents' resilience at RSUD Dr. Moewardi Surakarta.

Methods: An descriptive research with cross sectional design was conducted to 39 couples of parents and leukemia children aged 2-10 years at RSUD Dr. Moewardi Surakarta. Children's sleep quality were measured using the Children's Sleep Habits Questionnaire-Abbreviated (CSHQ-A) and parental resilience were measured using the Connor Davidson Resilience Scale (CD-RISC) to measure the parental resilience. Spearman Rank Test was used to analyze data.

Results: All children with leukemia at RSUD Dr. Moewardi have adequate sleep quality and most parents have moderate resilience (51.3%). The Spearman Rank Test results obtained p value 0.936 in the test of the relationship between sleep quality of leukemia children with parent's resilience.

Conclusion: There is no relationship between sleep quality of leukemia children with parent's resilience at RSUD Dr. Moewardi Surakarta.

Keywords: Children leukemia, sleep quality, resilience