

GANGGUAN DAN KUALITAS TIDUR PADA ANAK AUTIS DI SEKOLAH LUAR BIASA DI KABUPATEN KULONPROGO YOGYAKARTA

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INTISARI

Latar Belakang: Autis termasuk kondisi yang paling berat dalam gangguan perkembangan perfasif. Autis sering dijumpai di klinik dan kasusnya selalu meningkat setiap tahun. Anak autis sering mengalami masalah tidur jika dibandingkan dengan anak pada populasi umum. Masalah tidur merupakan masalah kesehatan utama pada anak autis karena bisa menimbulkan gangguan lain seperti gangguan perilaku, kognitif, dan memperparah gejala autis itu sendiri. Untuk mencegah hal tersebut maka dibutuhkan skrining kualitas tidur pada anak autis sehingga bisa mendapatkan penanganan yang tepat.

Tujuan: Mengetahui kualitas tidur dan gangguan tidur pada anak autis di SLB di Kabupaten Kulonprogo Yogyakarta.

Metode: Penelitian deskriptif dengan rancangan *cross sectional*. Orang tua/wali/pengasuh anak mengisi kuesioner *Children's Sleep Habit Questionnaire* (CSHQ). Subyek penelitian berjumlah 30 responden. Pengambilan sampel dilakukan dengan teknik *total sampling*.

Hasil: Hasil penelitian menunjukkan bahwa kualitas tidur anak autis di SLB Kulonprogo Yogyakarta buruk dengan skor rata-rata $54,13 \pm 5,16$. Gangguan tidur yang paling banyak adalah durasi tidur yaitu sebesar 17% dan *sleep onset delay* sebesar 17%.

Kesimpulan: Anak autis yang bersekolah di SLB di Kabupaten Kulonprogo Yogyakarta memiliki kualitas tidur buruk. Gangguan tidur yang paling banyak dialami anak autis yang bersekolah di SLB di Kabupaten Kulonprogo Yogyakarta adalah durasi tidur dan *sleep onset delay*.

Kata kunci: Autis, kualitas tidur, gangguan tidur, *Children's Sleep Habit Questionnaire* (CSHQ).

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SLEEP QUALITY AND SLEEP DISORDERS ON CHILDREN WITH AUTISM AT SPECIAL SCHOOL IN KULONPROGO YOGYAKARTA

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ABSTRACT

Background: Autism includes the most severe conditions in pervasive developmental disorders. Autism is often encountered in the clinic and the case is increasing every year. Children with autism often have sleep problems compared to children in general population. Sleep problems are a major health problem in children with autism because it can lead to other disorders such as behavioral disorders, cognitive, and exacerbate the symptoms of autism. To prevent that, it takes screening of sleep quality in children with autism so they can get the appropriate treatment.

Objective: To know the quality of sleep and sleep disorders on children with autism in SLB Kulonprogo Yogyakarta.

Methods: Descriptive study with cross sectional design. Parents/guardians/caregivers children fill out the Children's Sleep Habit Questionnaire (CSHQ). The subjects included 30 respondents. Sampling was done by total sampling technique.

Results: The results showed that the quality of sleep of children with autism in SLB Kulonprogo Yogyakarta are poorly with an average score of 54.13 ± 5.16 . The most sleep disorder that happens is the sleep duration by 17% and sleep onset delay by 17%.

Conclusion: Children with autism who attend to SLB in Kulonprogo Yogyakarta has poor sleep quality. Sleep disorders are the most widely experienced by autistic children who attend to SLB in Kulonprogo Yogyakarta is sleep duration and sleep onset delay.

Keywords: Autism, quality of sleep, sleep disorders, Children's Sleep Habit Questionnaire (CSHQ).

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