



HUBUNGAN KELELAHAN DENGAN MASALAH TIDUR PADA ANAK DISABILITAS DAKSA DI KABUPATEN BANTUL

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INTISARI

Latar Belakang: Salah satu gangguan yang dialami pada anak dengan disabilitas daksa adalah masalah tidur. Salah satu faktor penyebab masalah tidur pada anak adalah kelelahan. Kelelahan dapat menyebabkan gangguan tidur, dimana biasanya seseorang yang kelelahan akan merasa seolah-olah mereka bangun ketika tidur dan biasanya tidak mendapatkan tidur yang dalam.

Tujuan: Untuk mengetahui hubungan kelelahan dengan masalah tidur pada anak disabilitas daksa di Kabupaten Bantul.

Metode: Jenis penelitian ini adalah deskriptif korelasional dengan rancangan *cross-sectional*. Penelitian ini dilakukan pada Bulan Februari sampai April 2017 dengan responden sebanyak 52 orang tua atau orang terdekat dari anak dengan disabilitas daksa yang berusia 4-12 tahun, bersekolah di SLB N 1 Bantul, SLB Sekar Melati, SLB Tunas Bhakti Pleret, SLB Widya Mulia Pundong, dan anak yang sedang mengikuti terapi di *Children House Griya Lare Utami Bantul* dengan *total sampling*. Instrumen penelitian menggunakan kuesioner *The Children's Sleep Habit Questionnaire (CSHQ)* dan Kuesioner PedsQL MFS dan analisis *Corelation Pearson*.

Hasil: 52 anak (100%) mengalami masalah tidur. Sebesar (65,38%) masalah tidur yang selalu terjadi adalah *Bed time resistance* dan *Sleep Anxiety* pada item (*Need parent in room to sleep*). Analisis korelasi menunjukkan bahwa tidak ada hubungan yang signifikan antara kelelahan dengan masalah tidur pada anak dengan disabilitas daksa ($p=0,640$).

Kesimpulan: Tidak ada hubungan yang signifikan antara kelelahan dengan masalah tidur pada anak dengan disabilitas daksa di Kabupaten Bantul DIY ($P>0,05$).

Kata Kunci: Disabilitas Fisik, Kelelahan, Masalah Tidur, *The Children's Sleep Habit Questionnaire (CSHQ)*.

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THE RELATIONSHIP BETWEEN FATIGUE AND SLEEPING DISTURBANCES FOR CHILDREN WITH PHYSICAL DISABILITIES IN BANTUL DISTRICT

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ABSTRACT

Background: One of the disturbances experienced by the physically disabled, in particularly children, include sleeping disturbances. One of the factors causing these disturbances is fatigue. Fatigue is likely to lead to sleeping disturbance, where usually someone who is exhausted will be likely to feel they are awake when sleeping; and thus, they are usually not getting a well-rested sleep.

Objective: To identify the relation between fatigue and sleeping disturbances in children with physical disabilities in Bantul District.

Methods: This was a correlational descriptive study, with a crossed-sectional structure. This study was conducted from February to April 2017, involving 52 parents (or the equivalent of such) as respondents to children with physical disabilities between the age of 4-12 year-old, who were studying at SLB N 1 Bantul, SLB Sekar Melati, SLB Tunas Bhakti Pleret, SLB Widya Mulia Pundong, as well as children who had joined the therapy group in Children House Griye Lare Utami Bantul with total sampling method. The research instrument involved the used of The Children's Sleep Habit Questionnaire (CSHQ) and PedsQL MFS Questionnaire, as well as data analysis used Correlation Pearson analysis.

Result: There were 52 children (100%) experiencing sleeping disturbances. Sleep disturbed that always occur bedtime resistance and sleep anxiety in the item of (*Need parent in room to sleep*) (65,38%). The correlation analysis showed that there was significant relation between fatigue and sleeping disturbances for children with physical disabilities ($p=0,640$).

Conclusion: There was not significant relation between fatigue and sleeping disturbances for children with physical disabilities in Bantul District, DIY ($P>0,05$).

Keywords: Fatigue, Sleep Disturbances, Physical Disabilities, The Children's Sleep Habit Questionnaire (CSHQ).

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