

**HUBUNGAN *SLEEP HYGIENE* DENGAN TINGKAT *INSOMNIA* PADA
LANSIA *HIPERTENSI* DI WILAYAH KERJA
PUSKESMAS SEDAYU 2 BANTUL**

Lailatul hikmah¹, Nindita Kumalawati Santoso², Sri Werdati²

Intisari

Latar Belakang : Kesulitan tidur atau insomnia merupakan gangguan tidur yang sering dialami oleh lansia. Gangguan tidur yang dialami pada lansia lama kelamaan akan memperburuk keadaan fisik salah satunya hipertensi, sehingga hal ini perlu ditangani agar umur harapan hidup lansia lebih panjang, upaya untuk menangani kejadian insomnia salah satunya dengan memperbaiki perilaku yaitu *sleep hygiene* dengan memperbaiki *sleep hygiene* maka akan menurunkan kejadian insomnia.

Tujuan: Tujuan dari penelitian ini adalah untuk mengetahui hubungan *sleep hygiene* dengan tingkat insomnia pada lansia hipertensi di Wilayah Kerja Puskesmas Sedayu 2.

Metode: Jenis penelitian ini adalah observasional dengan pendekatan *cross sectional*. Sampel diambil dengan teknik *simple total sampling* yang berjumlah 145 orang. Instrumen dalam penelitian ini menggunakan kuesioner SHI (*Sleep Hygiene Indeks*) dan IRS (*Insomnia Rating Scale*) Analisis menggunakan uji *pearson*.

Hasil : Didapatkan hasil jumlah responden berjenis laki-laki sebanyak 43 dan perempuan berjumlah 70, Hasil uji *pearson* menunjukkan bahwa ada hubungan antara *sleep hygiene* dengan tingkat insomnia ($p=0,000$)

Kesimpulan : Ada hubungan antara *sleep hygiene* dengan tingkat insomnia pada lansia hipertensi yang mengkonsumsi obat.

Kata Kunci: Lansia, *Hipertensi*, *Sleep hygiene*

¹ Mahasiswa Universitas Alma Ata Yogyakarta

² Dosen Universitas Alma Ata Yogyakarta

³ Dosen Universitas Alma Ata Yogyakarta

ABSTRACT

THE RELATIONSHIP BETWEEN SLEEP HYGIENE WITH INSOMNIA LEVEL ON ELDERLY HYPERTENSION THAT CONSUMES MEDICINE IN THE WORKING AREA OF COMMUNITY HEALTH CENTRE SEDAYU II

Lailatul Hikmah¹, Sri Werdati², Nindita Kumalawati Santoso³

Background: Difficult to sleep or insomnia was a sleep disorder that was often experienced by the elderly. Sleep disorders which was experienced by the elderly in the long period will worsen their physical condition. One of them was the elderly who get hypertension, so this case needs to be handled in order to enlarge live longer expectancy. The efforts which were done to deal with the sleep disorder or insomnia one of them was improving the behavior, by improving sleep hygiene. It was expected to reduce the sleep disorder or insomnia.

Objective: The objective was to know the relationship between sleep hygiene with insomnia level in elderly in Work Area of community health center Sedayu II.

Methods: The method of this study was observational with the cross-sectional approach. The sample was taken with simple total sampling technique which amounted to 145 people. Instruments in this study which was used was a questionnaire SHI (Sleep Hygiene Index) and IRS (Insomnia Rating Scale) Analysis using the Pearson test.

Results: Results of male respondents were 43 and women were 70. Pearson test showed that there was a relationship between sleep hygiene and insomnia level. (p = 0.000)

Conclusion: There was an association between sleep hygiene and insomnia rates in hypertensive elderly who consume the medicine.

Keywords: Elderly, Hypertension, Sleep hygiene