

PROGRAM STUDI S1 KEPERAWATAN
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Pengaruh Pemberian Slow Stroke Back Massage (SSBM) Terhadap Kualitas Tidur Pasien Stroke Di Puskesmas Garuda Kota Pekanbaru

Xv + Halaman + 8 Tabel + 1 Skema + 4 Gambar + 15 Lampiran

ABSTRAK

Stroke merupakan penyakit gangguan fungsional yang dapat menimbulkan berbagai keluhan, salah satunya menurunkan kualitas tidur. *Slow stroke back massage* (SSBM) adalah salah satu intervensi non-farmakologis yang dianggap dapat meningkatkan kualitas tidur. Penelitian ini bertujuan untuk mengetahui pengaruh pemberian *slow stroke back massage* (SSBM) terhadap kualitas tidur pasien stroke di Puskesmas Garuda Kota Pekanbaru. Penelitian ini merupakan penelitian kuantitatif dengan desain *quasi eksperimen* dengan rancangan *one group pre and post test without control*. Sampel penelitian terdiri dari 14 pasien stroke yang dipilih secara purposive sampling yang berada di wilayah kerja Puskesmas Garuda Kota Pekanbaru. Kualitas tidur diukur menggunakan *Pittsburgh Sleep Quality Index* (PSQI) dan SSBM dilakukan selama 3-10 menit dalam 3 hari berturut-turut. Dan penelitian ini dilakukan mulai tanggal 10-25 Juni 2024. Analisis yang digunakan adalah analisis univariat dengan karakteristik responden dan analisis bivariat dengan menggunakan uji Paired Sample T-Test. Hasil penelitian menunjukkan bahwa terdapat penurunan yang signifikan pada skor PSQI sebelum dan setelah diberikan intervensi. Hal tersebut dapat dilihat dari hasil uji Bivariat dan uji Paired Sampel T-Test nilai Rerata pre-test PSQI yaitu 10,642 dan rerata post-test PSQI yaitu 8,357 dengan selisih rerata 2,2857 dan didapatkan nilai p value 0,000 maka H0 ditolak yang artinya ada pengaruh pemberian slow stroke back massage (ssbm) terhadap kualitas tidur pasien stroke di Puskesmas Garuda Kota Pekanbaru. Rekomendasi atau saran penelitian dapat menjadi salah satu menganalisis pengaruh slow stroke back massage (SSBM) terhadap keluhan lain pada penderita stroke seperti ketidak nyamanan, meningkatkan relaksasi otot dan lain sebagainya.

Kata Kunci : Stroke, Kualitas Tidur, Slow Stroke Back Massage (SSBM)
Daftar Pustaka : 45 (2010-2023)

**NURSING PROGRAM
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The Effect of Giving Slow Stroke Back Massage (SSBM) on Sleep Quality of Stroke Patients at Garuda Health Center, Pekanbaru City

Xv + Pages + 8 Table + 1 Scheme + 4 Figure + 15 Appendix

ABSTRACT

Stroke is a functional disorder that can cause various complaints, one of which is reduced sleep quality. Slow stroke back massage (SSBM) is a non-pharmacological intervention that is thought to improve sleep quality. This study aims to determine the effect of giving slow stroke back massage (SSBM) on the sleep quality of stroke patients at the Garuda Health Center, Pekanbaru City. This research is a quantitative research with a quasi-experimental design with a one group pre and post test design without control. The research sample consisted of 14 stroke patients selected by purposive sampling in the working area of the Garuda Health Center, Pekanbaru City. Sleep quality was measured using the Pittsburgh Sleep Quality Index (PSQI) and SSBM was carried out for 3-10 minutes on 3 consecutive days. And this research was conducted from 10-25 June 2024. The analysis used was univariate analysis with respondent characteristics and bivariate analysis using the Paired Sample T-Test. The results of the study showed that there was a significant decrease in PSQI scores before and after the intervention was given. This can be seen from the results of the Bivariate test and the Paired Sample T-Test test. The PSQI pre-test mean value is 10.642 and the PSQI post-test mean is 8.357 with a mean difference of 2.2857 and a p value of 0.000 is obtained, so H_0 is rejected, which means there is an influence. giving slow stroke back massage (ssbm) to the sleep quality of stroke patients at the Garuda Health Center, Pekanbaru City. Recommendations or research suggestions could be one way to analyze the effect of slow stroke back massage (SSBM) on other complaints in stroke sufferers such as discomfort, increasing muscle relaxation and so on.

Keywords :Stroke, Sleep Quality, Slow Stroke Back Massage (SSBM)
Reference :45(2010-2023)