

**PROGRAM STUDI S1 KEPERAWATAN
STIKES PAYUNG NEGERI PEKANBARU
Skripsi, Juli 2022**

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**HUBUNGAN SLEEP HYGIENE TERHADAP POLA TIDUR
LANSIADENGAN HIPERTENSI DI PUSKESMAS REJOSARI
PEKANBARU**

XII + 39 Halaman + 1 skema + 9Tabel + 16 lampiran

ABSTRAK

Lansia yang berusia 65 tahun sekitar 50% sering mengalami gangguan tidur. Gangguan tidur dapat menandakan adanya sleep hygiene yang buruk. Dampak dari gangguan tidur tersebut berakibat tidak terpenuhinya kualitas dan kuantitas tidur pada lansia, sehingga lansia mudah terserang penyakit. Terapi nonfarmakologis yang paling efektif adalah terapi perilaku, yaitu sleep hygiene. Sleep hygiene merupakan identifikasi dan modifikasi perilaku dan lingkungan yang mempengaruhi tidur. Hubungan *Sleep Hygiene* Terhadap Pola Tidur Lansia Dengan Hipertensi Di Puskesmas Rejosari Pekanbaru. Penelitian ini dilakukan di Puskesmas Rejosari Pekanbaru pada bulan Juni-Juli 2022. Jenis penelitian kuantitatif dengan desain deskriptif korelasi menggunakan pendekatan cross sectional. Populasi dan sampel dalam penelitian ini 76 orang lansia. Metode pengambilan sampel adalah total sampling dengan menggunakan instrument penelitian Indeks Kebersihan Tidur kuesioner sleep hygiene. Analisis yang digunakan adalah uji statistik Chi-Square. Hasil uji statistik didapatkan p value = 0,000, hal ini berarti nilai $p < 0.05$ sehingga H_0 ditolak, artinya terdapat hubungan signifikan dengan sleep hygiene dengan pola tidur lansia penderita hipertensi di Puskesmas Rejosari Pekanbaru.

Kata kunci : sleep hygiene, pola tidur.
Daftar Pustaka : 25 (2017-2022)

**NURSING PROGRAM STUDY
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Research, July 2022**

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THE RELATIONSHIP BETWEEN SLEEP HYGIENE AND SLEEP PATTERNS IN THE ELDERLY WITH HYPERTENSION AT THE REJOSARI PUBLIC HEALTH CENTER, PEKANBARU.

XII + 39Pages + 1Scheme + 9Tables + 16Attachments

ABSTRACT

Elderly aged 65 years about 50% often experience sleep disturbances. Sleep disturbances can indicate poor sleep hygiene. The impact of these sleep disorders results in not fulfilling the quality and quantity of sleep in the elderly, so that the elderly are susceptible to disease. The most effective non-pharmacological therapy is behavioral therapy, namely sleep hygiene. Sleep hygiene is the identification and modification of behavior and environment that affect sleep. Relationship between Sleep Hygiene and Sleep Patterns for Elderly and Hypertension at Puskesmas Rejosari Pekanbaru. This research was conducted at Puskesmas Rejosari Pekanbaru in June-July 2022. This type of quantitative research with descriptive correlation design used a cross sectional approach. The population and sample in this study were 76 elderly people. The sampling method was total sampling using the Sleep Hygiene Index research instrument sleep questionnaire. hygiene. The analysis used is the Chi-Square statistical test. The results of statistical tests obtained p value = 0.000, this means that the value of $p < 0.05$ so H_0 is rejected, meaning that there is a significant relationship with sleep hygiene with sleep patterns of elderly people with hypertension at the Rejosari Health Center Pekanbaru.

Keywords : sleep hygiene, sleep pattern
References :25 (2017-2022)