

PROGRAM STUDI D-III KEPERAWATAN

IKES PAYUNG NEGERI PEKANBARU

Karya Tulis Ilmiah, 18 Juni 2025

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Hubungan Tingkat Kecemasan Dan Kualitas Tidur Pada Lansia Di UPT.

Pelayanan Sosial Tresna Werdha Husnul Khotimah Provinsi Riau

Xiv + 45 Halaman + 6 Tabel + 9 Lampiran

ABSTRAK

Lansia merupakan kelompok yang rentan mengalami kecemasan dan gangguan tidur. Data *WHO* 2021 menunjukkan 20% lansia mengalami kecemasan dan lebih dari 50% mengalami gangguan tidur. Di Indonesia, Riskesdas 2018 mencatat 35% lansia mengalami gangguan tidur, termasuk yang dipengaruhi oleh kecemasan. Fenomena serupa juga ditemukan di Panti Sosial Tresna Werdha Husnul Khotimah Pekanbaru. Penelitian ini bertujuan mengetahui hubungan tingkat kecemasan dengan kualitas tidur pada lansia di panti tersebut. Penelitian menggunakan metode kuantitatif dengan desain cross sectional. Populasi penelitian berjumlah 80 orang, dengan sampel 44 orang yang dipilih melalui total sampling. Instrumen penelitian menggunakan (*HARS*) untuk mengukur kecemasan dan (*PSQI*) untuk menilai kualitas tidur. Hasil penelitian menunjukkan 79,5% responden mengalami kecemasan berat, sedangkan 88,6% memiliki kualitas tidur sangat buruk. *Uji Chi-Square* memperoleh nilai $p = 0,000$, sehingga terdapat hubungan signifikan antara tingkat kecemasan dengan kualitas tidur. Disimpulkan bahwa ada hubungan antara kecemasan dan kualitas tidur pada lansia. Intervensi untuk menurunkan kecemasan penting di lakukan guna meningkatkan kualitas ttidur lansia.

Kata Kunci : Lansia, Kecemasan, Kualitas Tidur

Daftar Pustaka : 33 Referensi (2015-2024)

D-III NURSING STUDY PROGRAM
IKES PAYUNG NEGERI PEKANBARU

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*The Relationship Between Anxiety Levels and Sleep Quality in the Elderly at
Tresna Werdha Husnul Khotimah Social Home, Province Riau*

Xiv + 45 Pages + 6 Tables + 9 Appendic

ABSTRACT

The elderly are a vulnerable group prone to anxiety and sleep disturbances. WHO data (2021) show that 20% of elderly individuals experience anxiety and more than 50% suffer from sleep disorders. In Indonesia, Riskesdas (2018) reported that 35% of elderly experience sleep problems, often influenced by anxiety. A similar phenomenon was also found at Tresna Werdha Husnul Khotimah Social Home, Pekanbaru. This study aimed to determine the relationship between anxiety levels and sleep quality among the elderly in the social home. The research employed a quantitative method with a cross-sectional design. The study population consisted of 80 elderly individuals, with a sample of 44 selected using total sampling. Research instruments included (HARS) to measure anxiety and (PSQI) to assess sleep quality. The results showed that 79.5% of respondents experienced severe anxiety, while 88.6% had very poor sleep quality. The Chi-Square test obtained a p-value of 0.000, indicating a significant relationship between anxiety levels and sleep quality. It is concluded that there is a significant relationship between anxiety and sleep quality in the elderly. Interventions to reduce anxiety are essential to improve sleep quality among the elderly.

Keywords : Elderly, Anxiety, Sleep Quality

Bibilioghrapy : 33 References (2015-2024)