

ABSTRAK

Kanker payudara menjadi salah satu penyumbang kematian pertama di Indonesia. Pasien akan melakukan serangkaian pengobatan yang dapat berdampak salah satunya yaitu terganggunya kualitas tidur. Kualitas tidur pasien kanker payudara dapat terganggu akibat dari faktor psikologis yaitu kecemasan yang dialami pasien karena penyakit yang dialaminya. **Tujuan** penelitian untuk mengetahui hubungan kecemasan dengan kualitas tidur pasien kanker payudara di RSUD Al-Ihsan Provinsi Jawa Barat. **Metode** penelitian menggunakan *analitik* dengan pendekatan *crosssectional*. Populasi penelitian seluruh wanita pasien kanker payudara di RSUD Al-Ihsan sebanyak 186 orang, sampel sebanyak 54 orang, teknik *purposive sampling*. Pengumpulan data menggunakan kuesioner. Analisis data menggunakan *spearman rank*. **Hasil** penelitian kecemasan diperoleh hampir sebagian besar pasien kanker payudara (42.6%) dengan kecemasan berat. Hasil penelitian kualitas tidur diperoleh sebagian besar pasien kanker payudara (64.8%) dengan kualitas tidur buruk. Hasil uji statistik diperoleh nilai $p\text{-value}$ (0.016) $< \alpha$ 0.05 yang berarti H_0 diterima maka diartikan terdapat hubungan antara kecemasan dengan kualitas tidur pasien kanker payudara di RSUD Al-Ihsan Provinsi Jawa Barat. **Simpulan** hasil penelitian menunjukkan adanya hubungan antara kecemasan dengan kualitas tidur pasien kanker payudara. Disarankan bagi petugas kesehatan khususnya perawat agar memberikan asuhan keperawatan pada kondisi psikologis pasien dengan tujuan pasien dapat mengatasi rasa cemas sehingga meningkatkan kualitas tidur pasien.

Kata Kunci : Kanker Payudara, Kecemasan, Kualitas Tidur
Kepustakaan : 15 buku (2016-2019)
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ABSTRACT

Breast cancer became one of the first contributors to death in Indonesia. Patients will carry out a series of treatments that can have an impact, one of which is disruption of sleep quality. The quality of sleep of breast cancer patients can be disrupted due to psychological factors, namely anxiety experienced by patients because of the disease they experience. The purpose of the study was to determine the relationship between anxiety and sleep quality of breast cancer patients at Al-Ihsan Hospital, West Java Province. The research method uses analytics with a cross-sectional approach. The study population of all women breast cancer patients at Al-Ihsan Hospital was 186 people, a sample of 54 people, purposive sampling techniques. Data collection using questionnaires. Data analysis using spearman rank. The results of anxiety research obtained almost most breast cancer patients (42.6%) with severe anxiety. The results of the sleep quality study obtained most breast cancer patients (64.8%) with poor sleep quality. The results of the statistical test obtained a value (-value (0.016) < α 0.05 which means H_a is accepted, it means that there is a relationship between anxiety and sleep quality of breast cancer patients at Al-Ihsan Hospital, West Java Province. The conclusion of the results showed a relationship between anxiety and sleep quality of breast cancer patients. It is recommended for health workers, especially nurses, to provide nursing care to the psychological condition of patients with the aim that patients can overcome anxiety so as to improve the quality of patient sleep.

Keywords : Anxiety, Breast Cancer, Sleep Quality

Libraries : 15 books (2016-2019)
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