

ABSTRAK

Insomnia pada Lansia Merupakan keadaan dimana Individu mengalami suatu perubahan dalam kuantitas dan kualitas pola istirahatnya yang menyebabkan rasa tidak nyaman atau mengganggu gaya hidup yang diinginkan. Insomnia dapat berdampak pada gangguan aktivitas dan produktifitas lansia. Penelitian ini bertujuan untuk mengidentifikasi gambaran tingkat insomnia pada lansia di rumah keperawatan lansia Titian Benteng Gading dan Panti jompo Muhammadiyah Bandung.

Jenis penelitian ini adalah *kuantitatif* deskriptif. Populasi yaitu seluruh lansia yang ada di rumah keperawatan lansia Titian Benteng Gading dan Panti Jompo Muhammadiyah Bandung sebanyak 70 orang. Sampel berjumlah 41 responden yang diambil menggunakan teknik *stratified random sampling* Instrument yang digunakan yaitu kuesioner KSPBJ – IRS (Kelompok Studi Psikiatrik Biologi Jakarta-*Insomnia Rating Scale*). Analisis yang digunakan yaitu analisis univariat distribusi frekuensi.

Hasil penelitian menunjukkan bahwa secara keseluruhan insomnia pada lansia di rumah keperawatan lansia Titian Benteng Gading dan Panti Jompo Muhammadiyah Bandung pada kategori insomnia sedang sebanyak 26 orang (63,4%), kategori insomnia ringan 12 (29,3%), dan kategori insomnia berat 3 orang (7,3%). Dari hasil penelitian di dapatkan hasil insomnia sedang karena adanya lansia yang mengalami kondisi tidur sekitar $\geq 4,5 - 5,5$ jam dengan kualitas tidur terhitung baik tetapi mudah terbangun. Tingkat insomnia sedang mulai masuk tidur antara 1 -3 jam dan bisa terbangun 3 – 4 kali di malam hari.

Perlu adanya kegiatan yang dapat menurunkan tingkat insomnia pada lansia seperti terapi farmakologi dan nonfarmakologi yaitu stimulus control. Lansia diedukasi untuk menggunakan tempat tidur hanya untuk tidur dan menghindari aktivitas lain seperti membaca dan menonton tv di tempat tidur.

Kata Kunci : Insomnia, Lansia
Daftar Pustaka : 16 Jurnal (2016-2021)
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ABSTRACT

Insomnia in the elderly is a condition in which the individual experiences a change in the quantity and quality of his rest pattern that causes discomfort or interferes with the desired lifestyle. Insomnia can have an impact on the activity and productivity of the elderly. This study aims to identify the description of the level of insomnia in the elderly at the nursing home of Titian Benteng Gading and the Muhammadiyah nursing home in Bandung.

This type of research is descriptive quantitative. The population is all the elderly in the nursing home for the elderly Titian Benteng Gading and the Muhammadiyah Nursing Home in Bandung as many as 70 people. The sample amounted to 41 respondents who took using stratified random sampling technique. The instrument used is the KSPBJ – IRS (Psychiatric Biology Study Group Jakarta-Insomnia Rating Scale) questionnaire. The analysis used is the univariate analysis of the frequency distribution.

The results showed that overall insomnia in the elderly in the nursing home of Titian Benteng Gading and Panti Jompo Muhammadiyah Bandung in the moderate insomnia category was 26 people (63.4%), mild insomnia category 12 (29,3%), and severe insomnia category 3 people (7,3%). From the results of the study, it was found that moderate insomnia was due to the elderly who experienced sleep conditions of about ≥ 4.5 - 5.5 hours with good sleep quality but easily awakened. The level of insomnia is starting to go to sleep between 1-3 hours and can wake up 3-4 times at night.

There needs to be activities that can reduce the level of insomnia in the elderly such as pharmacological and non-pharmacological therapy, namely stimulus control. The elderly are educated to use the bed only for sleeping and avoid other activities such as reading and watching TV in bed. There needs to be activities that can reduce the level of insomnia in the elderly such as non-pharmacological therapy, namely stimulus control.

Keywords : Elderly, Insomnia

Bibliography : 16 Journals (2016-2021)
10 Books (2016-2019)