

ABSTRACT

CORRELATION SHIFT WORK WITH OF SLEEP PATTERNS DISTURBANCE INSTALLATION PATTERNS IN WARD NURSE IN ABDUL MOELOEK HOSPITAL BANDAR LAMPUNG

By

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Shift work is a job that out of usual work hours. Shift work has some effects for the workers, there are physiological, pshycosocial, performance health, and safe work effects. This research is aimed to know the relation between shift work and sleep pattern disturbance in hospitalized instalation in Abdul Moeloek Hospital.

This is an observational analytic research, with cross sectional approach. This research uses primary and secondary data, which is held in November until Desember 2013, in hospitalized installation in Abdul Moeloek Bandar Lampung. Sample are 153 nurses shifted and non shifted in hospitalized installation that fit for inclusion & exclusion criterias. Data are got by interview and sleep disturbance questionnare. They are analyzed Fisher test.

The result are the most sleep disturbance happen in night shift (75,8%), and than morning shift (7,2%), and last afternoon shift (2,0%). The sleep pattern disturbance that mostly happen to the nurse are (84,3%) in shift and (15,6%) in non shift. From the analyzed data, $p=0,434$. So, there are no relation between shift work and sleep pattern disturbance.

Key words : Shift Work, Non Shift, Sleep pattern Disturbance.