

Abstract

RELATIONSHIP BETWEEN SEVERITY OF SYMPTOMS AND SLEEP QUALITY OF PATIENTS WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD) IN ABDUL MOELOEK REGIONAL HOSPITAL LAMPUNG PROVINCE

By

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Background. Chronic Obstructive Pulmonary Disease is a disease that has a high prevalence. The prevalence of COPD is always increasing in every country in the world. Deaths of people with COPD are associated with an increase in the severity of symptoms of the disease. The symptoms of COPD continue to worsen and have an impact on the decline in sleep quality of COPD patients. The purpose of this study was to determine the relationship relationship between severity of symptoms and sleep quality of patients with Chronic Obstructive Pulmonary Disease (COPD) in Abdul Moeloek regional hospital Lampung Province.

Methods. Observational analytical method with cross sectional design was registered in this research. The sample was 40 COPD patients in Abdul Moeloek Regional Hospital Lampung Province, taken by consecutive sampling method. The study was conducted using the COPD Assessment Test questionnaire and Pittsburgh Sleep Quality Index questionnaire in the hospital, patient's house, or patient's office. Then the results of this study were processed using computer software.

Result. Result of analysis with Chi Square test with 95% confidence level ($\alpha = 0,05$) showed p value $0,01 < 0,05$.

Conclusion. There is a significant association of Severity of Symptoms and Sleep Quality of Patients with Chronic Obstructive Pulmonary Disease (COPD) in Abdul Moeloek Regional Hospital Lampung Province.

Kata kunci: COPD, sleep

Abstrak

HUBUNGAN DERAJAT KEPARAHAN GEJALA DENGAN KUALITAS TIDUR PASIEN PENYAKIT PARU OBSTRUKTIF KRONIK (PPOK) DI RSUD ABDUL MOELOEK PROVINSI LAMPUNG

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Latar Belakang. Penyakit Paru Obstruktif Kronis merupakan penyakit dengan prevalensi cukup tinggi. Prevalensi PPOK selalu mengalami perkembangan pada setiap negara di dunia. Kematian penderita PPOK berkaitan dengan peningkatan derajat keparahan gejala penyakit. Gejala PPOK terus mengalami perburukan dan berdampak pada penurunan kualitas tidur pasien PPOK. Tujuan penelitian ini adalah untuk mengetahui hubungan derajat keparahan gejala dengan kualitas tidur pasien PPOK di RSUD Abdul Moeloek Provinsi Lampung.

Metode. Metode analitik observasional dengan pendekatan cross sectional digunakan pada penelitian ini. Sampel penelitian adalah 40 pasien PPOK di RSUD Abdul Moeloek Provinsi Lampung yang diperoleh dengan metode consecutive sampling. Penelitian dilakukan dengan wawancara kuesioner COPD Assessment Test dan Pittsburgh Sleep Quality Index di rumah sakit, rumah responden, atau tempat kerja responden. Hasil dari penelitian ini diolah menggunakan perangkat lunak komputer.

Hasil. Hasil analisis dengan uji Chi Square dengan tingkat kepercayaan 95% ($\alpha=0,05$) menunjukkan p value $0,01 < 0,05$.

Kesimpulan. Terdapat hubungan derajat keparahan gejala dengan kualitas tidur pasien PPOK di RSUD Abdul Moeloek Provinsi Lampung

Kata kunci: PPOK, tidur