

ABSTRAK

Universitas Ngudi Waluyo
Program Studi S1 Keperawatan, Fakultas Keperawatan
Skripsi, Januari, 2021
Latifa Karlinda
NIM. 012191008

TINGKAT KECEMASAN DAN KUALITAS TIDUR PERAWAT SELAMA MERAUAT PASIEN COVID-19 (xvi + 65 halaman + 10 tabel + 10 lampiran)

Abstrak

Latar Belakang: Pandemi COVID-19 menimbulkan banyak dampak global diantaranya masalah kesehatan, ekonomi, dan masalah psikologis. Dampak psikologis tidak hanya dirasakan oleh masyarakat, namun juga dialami oleh petugas kesehatan tak terkecuali perawat. Bertugas di garda depan menghadapi virus dengan pengalaman dan keterbatasan yang ada mengakibatkan kecemasan dan ketegangan. Selain dampak psikologis yang dirasa, perawat juga mengalami penurunan kualitas tidur selama pandemi ini. Kecemasan dan kualitas tidur yang buruk akan menurunkan imunitas. Oleh karena itu kecemasan dan kualitas tidur perawat menjadi bahasan menarik untuk diteliti. Penelitian ini bertujuan untuk mendapatkan gambaran tingkat kecemasan dan kualitas tidur perawat selama merawat pasien COVID-19 di RSUD Temanggung.

Metode: Penelitian ini menggunakan penelitian deskriptif dengan pendekatan *cross sectional* dan menggunakan alat ukur kuesioner dalam bentuk formulir google. Teknik pengambilan sampel yang digunakan adalah Total sampling, dengan total responden 62 orang.

Hasil: Hasil penelitian didapatkan dari 62 responden 45,2% mengalami kecemasan ringan, kecemasan sedang 16,1%, dan hanya sebagian kecil mengalami kecemasan berat (3,2%). Sedangkan untuk kualitas tidur 62,9% responden memiliki kualitas tidur baik, dan 37,1% dengan kualitas tidur buruk.

Simpulan: Perbedaan fase pandemi saat pengambilan data memungkinkan perawat bangsal isolasi COVID-19 di RSUD Temanggung sudah mulai beradaptasi secara psikologis dan fisik. Tersedianya kelengkapan APD, pengetahuan, pengalaman dalam merawat pasien COVID-19 mendukung pengelolaan psikologis dan kondisi fisik para perawat.

Kata Kunci: Kecemasan, Kualitas Tidur, Perawat, COVID-19

ABSTRACT

Ngudi Waluyo University
Bachelor Nursing Program, Faculty of Nursing
Essay, January, 2021
Latifa Karlinda
NIM. 012191008

THE LEVEL OF NURSES' ANXIETY AND SLEEP QUALITY WHILE CARING FOR PATIENTS WITH COVID 19 (xvi + 65 pages + 10 tables + 10 attachments)

Abstract

Background of study: The COVID-19 pandemic has led to various global impacts including health, economic and psychological problems. The psychological impact is not only felt by the community, but also experienced by health workers, including nurses.

Serving at the vanguard, dealing with the virus and having limited experiences and facilities have created anxiety and tension. In addition to the psychological impact that they feel, nurses have also experienced decreased quality of sleep during this pandemic. As it is known, anxiety and poor quality of sleep may reduce immunity. Therefore, anxiety and nurses' quality of sleep are interesting topics to be investigated. The aim of this study is to get an overview of the level of nurses' anxiety and sleep quality at the Temanggung Regional Public Hospital.

Method: This was a descriptive study with a cross sectional approach. Questionnaire was used as a measuring tool in the form of a google form. Total Sampling was used as a sampling technique with a total of 62 respondents.

Result: The results obtained from 62 respondents are as follow : 45.2% experienced mild reports, 16.1% moderate reports, and only a small proportion had a severe experienced reports (3.2%). As for the sleep quality, 62.9% of respondents had good sleep quality, and 37.1% had poor sleep quality.

Conclusion: The different phases of the pandemic during data collection have allowed the nurses of the COVID-19 isolation ward at the Temanggung Regional Public Hospital to start adapting both psychologically and physically. The availability of PPE (Personal Protective Equipment), knowledge, experience in caring for patients with COVID 19 also have supported in managing both the psychological and physical conditions for nurses.

Keywords : Anxiety, Sleep Quality, Nurse, COVID-19