

ABSTRACT

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The relationship of Sleep Patterns and Duration of Acute Respiratory Infections (ISPA) with Toddler Growth in Working Area of Makrayu Health Center Palembang

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The health development to increase quality of human resources is not directly affected by the quality of the growth. The period of growth and development in the toddler age is the golden period of rapid and will never be repeated. Factors that affect the growth include sleep patterns and acute respiratory infections (ISPA). This research aims to know the relationship between sleep patterns and duration of acute respiratory infection (ISPA) with the growth of toddlers. This research was included in the area of community nursing issues, quantitative research with cross-sectional design. The number of samples used 38 respondents who came to Posyandu Glora Bakti, health center of Makrayu Palembang and the data obtained using a questionnaire. The results of research of sleep pattern toddler even distribution of the 38 respondents, each of toddler sleep patterns good and bad is 50%. The shortest of ISPA duration is 1 day and the longest duration is 14 days. The frequency distribution of respondents growth largely nourished was 29 people (76.3%), while respondents were less nutritional status is 23.7%.

Bivariate analysis and growth toddler's sleep patterns is obtained by 16 (84.2%) toddler nourished with good sleep patterns. While among toddlers with sleep patterns are not well there is 13 (68%) were well nourished. Chi Square of statistical test results obtained p value = 0.445, it can be concluded there is no significant relationship between sleep patterns with growing toddlers. The ISPA duration with growth using the Mann-Whitney test obtained p value $0.011 < 0.05$, it can be concluded that there is a significant relationship between the duration of ISPA with toddler growth. For that needed of cooperation with the family, especially the mothers should always monitor the growth of toddler through toddler weight monitoring, and treatment of the symptoms of pain and giving good nutrition.

BIBLIOGRAPHY : 2000-2013