ABSTRACT

Ratna Pramesti 3001110336
The Relation between Anxiety Level and Sleeping Pattern in the Elderly in Panti Werdha Dharma Bakti KM 7 Palembang

SKRIPSI
Program Studi S1 Keperawatan
Fakultas Ilmu Kesehatan
Universitas Katolik Musi Charitas

Keywords :Sleep, anxiety, elderly
(xv + 46 pages + 5 tables + 2 charts + 12 appendices)

Anxiety is a response given by someone to an object with unclear cause, characterized by fear of danger or threat toward him / herself, others and the environment where she / he is located. Sleep is a process required by the brain to work optimally. The purpose of this study was to discover the relation between anxiety level and sleeping pattern of the elderly in Dharma Bakti Nursing Home KM 7 Palembang in 2015. The research method was analytic surveywith cross sectional approach. The sampling technique was total sampling with a total of 22 respondents who met the inclusion criteria, using Instrument Hamilton Anxiety Rating Scale (HARS) questionnaire. The research result showed that 6 elderly people had mild anxiety and 16 had medium anxiety. Meanwhile, 15 elderly people had good sleeping patter and 7 had bad sleeping pattern. The result of chi squarestatistical test showed that there's no relation between anxiety level and sleeping pattern in the elderly in Panti Werdha Dharma Bakti KM 7 Palembang 2015 with pvalue = 0,616. The suggestion for Panti Werdha Dharma Bakti KM 7 Palembang was to give socialization to nurses of the home every month to pay attention to the anxiety in the elderly by accompanying and chatting with them in their spare times.

Bibliography : 30 (2000-2015)