

HUBUNGAN SKOR KUALITAS TIDUR DENGAN LAMA RAWAT PASIEN *POST OPERASI* FRAKTUR DI BANGSAL BEDAH RSUD PANEMBAHAN SENOPATI BANTUL YOGYAKARTA

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INTISARI

Latar Belakang: Peran perawat dalam melakukan perawatan pasien *post operasi* fraktur sangat penting dalam proses pemenuhan kebutuhan pasien. Secara umum, perawatan pasien *post operasi* fraktur bertujuan untuk mengembalikan fungsi sistem muskuloskeletal, menghindari komplikasi seperti infeksi dan sepsis, menghilangkan nyerinya, menjaga kenormalan pola mobilisasinya, mencegah kematian, dan mencukupi kebutuhan tidurnya

Tujuan Penelitian: mengetahui hubungan skor kualitas tidur dengan lama rawat pasien *post operasi* fraktur di bangsal bedah RSUD panembahan senopati bantul.

Metode Penelitian: Penelitian non eksperimental dengan metode deskriptif analitik dan menggunakan rancangan *cross sectional*. Jumlah sampel yang diperoleh sebanyak 34 responden dengan teknik sampling yang digunakan adalah teknik *purposive sampling*. Analisis statistik inferensial menggunakan Uji Korelasi *Pearson* dengan tingkat kepercayaan 95% ($\alpha = 0,05$).

Hasil Penelitian: Rerata skor kualitas tidur pasien *post operasi* fraktur di RSUD Panembahan Senopati Bantul sebesar 6,97 dalam kategori buruk (skor > 5). Rerata lama rawat inap pasien *post operasi* fraktur di RSUD Panembahan Senopati Bantul sekitar 3,68 hari. Keeratan hubungan antara kualitas tidur dengan lama rawat pasien *post operasi* fraktur di RSUD Panembahan Senopati Bantul dalam kategori kuat $r = 0,659$ berada pada interval 0,51-0,75.

Kesimpulan: Terdapat korelasi yang signifikan antara skor kualitas tidur dengan lama rawat pasien *post operasi* fraktur di bangsal bedah RSUD Panembahan Senopati Bantul dengan $p = 0,000$ ($p < 0,05$).

Kata Kunci: Kualitas tidur, lama rawat, pasien *post operasi* fraktur

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**RELATIONS QUALITY SLEEP SCORE WITH OLD HOSPITAL PATIENTS
POST FRACTURE IN SURGICAL WARD OPERATION HOSPITAL
PANEMBAHAN SENOPATI BANTUL YOGYAKARTA**

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ABSTRACT

Background: The role of nurses in patient care post fracture surgery is essential in the process of fulfilling the needs of the patient. In general, patients with postoperative fracture treatment aims to restore function muskuluskeletal system, avoiding complications such as infection and sepsis, relieve pain, maintain normality patterns of mobilization, to prevent death, and meet his needs

Objective: To determine the relationship of sleep quality with the length of postoperative fracture patients in hospitals Panembahan senopati Bantul.

Method: The study was non-experimental method used descriptive analytic and cross sectional design. The number of samples obtained as much as 34 respondents to the sampling technique used was purposive sampling technique. Inferential statistical analysis using Pearson Correlation Test with a confidence level of 95% ($\alpha = 0.05$).

Results: The mean score of sleep quality in patients with post operative fracture Panembahan Senopati Bantul Hospital for 6,97 dalam bad category (score > 5). The mean length of stay of patients in hospitals post surgery fracture Panembahan Senopati Bantul approximately 3.68 days. The relationship between quality of sleep with a length of post operative fracture patients in hospitals Panembahan Senopati Bantul in the strong category $r = 0.659$ is in the interval from 0.600 to 0.799.

Conclusion: There was a significant correlation between quality of sleep with a length of postoperative fracture patients in hospitals Panembahan Senopati Bantul with $p = 0.000$ ($p < 0.05$).

Keywords: sleep quality, length of stay, patient post operative fracture

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