

PEMBERIAN TERAPI SPIRITUAL PADA LANSIA DENGAN GANGGUAN KUALITAS TIDUR DI WISMA ANDONG SUMAWI BPSTW ABIYOSO

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INTISARI

Latar Belakang: Gangguan tidur (*sleep disorder*) merupakan masalah kesehatan yang sering dialami lansia dan dapat memengaruhi kondisi fisik maupun mental. Data tahun 2017 menunjukkan jumlah lansia di dunia mencapai 962 juta jiwa usia 60–79 tahun dan 137 juta jiwa usia ≥ 80 tahun. Di Indonesia terdapat 23,66 juta lansia, termasuk 3,68 juta jiwa di Provinsi DIY. Gangguan tidur pada lansia dipengaruhi oleh faktor internal (penyakit kronis, nyeri, gangguan pernapasan, demensia, depresi, kecemasan) dan faktor eksternal (lingkungan, kebiasaan tidur, merokok, konsumsi alkohol, serta kurang aktivitas fisik). Pendekatan nonfarmakologis lebih diutamakan karena efektif, aman, dan dapat dilakukan mandiri.

Tujuan: Mengetahui pengaruh melakukan terapi spiritual pada lansia dengan gangguan kualitas tidur di wisma Andong Sumawi BPSTW Abiyoso

Metode: Penelitian ini menggunakan desain penelitian studi kasus dengan metode pengumpulan data observasi partisipatif dan wawancara. Sampel dalam penelitian ini adalah Ny.E yang menderita gangguan kualitas tidur di wisma Andong BPSTW Abiyoso. Instrumen pengukuran kualitas tidur menggunakan *Pittsburgh Sleep Quality Index* (PSQI) dengan skala 0-21.

Hasil: Setelah dilakukan terapi spiritual selama 3 hari, terdapat peningkatan kualitas tidur Ny.E. Sebelum melakukan terapi sama sekali skala 8, setelah dilakukan terapi selama 3 hari menjadi skala 6

Kesimpulan: Terapi spiritual dzikir dapat meningkatkan kualitas tidur pada lansia yang akan berdampak pada kesehatan dan aktifitas sehari-hari lansia.

Kata Kunci: Terapi Spiritual, Lansia dengan Gangguan Kualitas Tidur.

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Spiritual Therapy Intervention for Elderly with Sleep Quality Disorders at Wisma Andong Sumawi BPSTW Abiyoso

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ABSTRACT

Background: Sleep disorders are common health problems experienced by the elderly and can affect both physical and mental conditions. Data from 2017 show that the global elderly population reached 962 million people aged 60–79 years and 137 million people aged ≥80 years. In Indonesia, there were 23.66 million elderly individuals, including 3.68 million in the Special Region of Yogyakarta (DIY). Sleep disorders in the elderly are influenced by internal factors (chronic diseases, pain, respiratory disorders, dementia, depression, anxiety) and external factors (environment, sleep habits, smoking, alcohol consumption, and lack of physical activity). Non-pharmacological approaches are preferred because they are effective, safe, and can be performed independently.

Objective: To determine the effect of spiritual therapy on elderly individuals with sleep quality disorders at Wisma Andong Sumawi BPSTW Abiyoso.

Method: This study used a case study design with data collection methods including participatory observation and interviews. The sample was Mrs. E, an elderly individual with sleep quality disorder at Wisma Andong BPSTW Abiyoso. Sleep quality was measured using the Pittsburgh Sleep Quality Index (PSQI) with a scale of 0–21.

Results: After three days of spiritual therapy, there was an improvement in Mrs. E's sleep quality. Before the therapy, her PSQI score was 8, and after three days of therapy, it decreased to 6.

Conclusion: Spiritual therapy in the form of dzikir can improve sleep quality in the elderly, which has a positive impact on their health and daily activities.

Keywords: *Spiritual Therapy, Elderly with Sleep Quality Disorders*

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