

**HUBUNGAN TINGKAT KECEMASAN DENGAN KUALITAS TIDUR
PREOPERASI ANESTESI REGIONAL PADA PASIEN BEDAH
ORTHOPEDI DI RUMAH SAKIT
UMUM PKU MUHAMMADIYAH GAMPING**

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ABSTRAK

Latar Belakang: Kecemasan preoperasi merupakan masalah umum pada pasien bedah yang dapat memengaruhi proses pemulihan pascaoperasi. Pada pasien bedah orthopedi dengan anestesi regional, kecemasan dapat memengaruhi kualitas tidur selama periode perioperatif dan berpotensi memperpanjang masa pemulihan. Penelitian mengenai hubungan tingkat kecemasan dengan kualitas tidur pada pasien bedah orthopedi dengan anestesi regional masih terbatas di Indonesia.

Tujuan: Untuk mengetahui hubungan tingkat kecemasan dengan kualitas tidur preoperasi pada pasien bedah orthopedi dengan anestesi regional di RSUD PKU Muhammadiyah Gamping.

Metode: Metode penelitian yang digunakan dalam penelitian ini adalah kuantitatif non eksperimental dengan desain *cross sectional*. Pengambilan sampel dilakukan menggunakan teknik total sampling berjumlah 43 responden. Uji statistik dengan Uji *Chi Square*.

Hasil: Pada karakteristik menunjukkan mayoritas usia paling banyak 56-65 tahun yaitu 26 responden (60,5%), berdasarkan jenis kelamin di dominasi oleh laki-laki yaitu 29 responden (67,4%), berdasarkan pendidikan paling banyak berpendidikan SMA/SLTA 23 responden (53,5%), berdasarkan riwayat operasi mayoritas pernah operasi 27 responden (62,8%), berdasarkan tingkat nyeri mayoritas nyeri tingkat berat 18 responden (41,9%) . pada uji *chi square* didapatkan *p value* 0,248.

Kesimpulan: Tidak terdapat hubungan yang signifikan tingkat kecemasan pre operasi anestesi regional pada pasien bedah orthopedi di RSUD PKU Muhammadiyah Gamping.

Kata Kunci: Kecemasan, kualitas tidur, preoperasi, anestesi regional, bedah orthopedi

Keterangan:

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**THE RELATIONSHIP BETWEEN ANXIETY LEVELS AND
PREOPERATIVE SLEEP QUALITY DURING REGIONAL ANESTHESIA IN
ORTHOPEDIC SURGERY PATIENTS AT PKU MUHAMMADIYAH
GAMPING GENERAL HOSPITAL**

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ABSTRACT

Background: Preoperative anxiety is a common problem in surgical patients that can affect postoperative recovery. In orthopedic surgery patients undergoing regional anesthesia, anxiety can affect sleep quality during the perioperative period and potentially prolong recovery. Research on the relationship between anxiety levels and sleep quality in orthopedic surgery patients undergoing regional anesthesia is still limited in Indonesia.

Objective: To determine the relationship between anxiety levels and preoperative sleep quality in orthopedic surgery patients with regional anesthesia at PKU Muhammadiyah Gamping Hospital.

Method: The research method used in this study was a non-experimental quantitative study with a cross-sectional design. Sampling was conducted using a total sampling technique with 43 respondents. Statistical tests were conducted using the Chi-Square Test.

Results: The characteristics show that the majority are aged 56-65 years, namely 26 respondents (60.5%), based on gender, dominated by men, namely 29 respondents (67.4%), based on education, the most educated are high school / senior high school 23 respondents (53.5%), based on surgical history, the majority have had surgery 27 respondents (62.8%), based on the level of pain, the majority have severe pain 18 respondents (41.9%). The chi square test obtained a p value of 0.248.

Conclusion: There is no significant relationship between the level of pre-operative anxiety of regional anesthesia in orthopedic surgery patients at PKU Muhammadiyah Gamping Hospital..

Keywords: Anxiety, sleep quality, preoperative, regional anesthesia, orthopedic surgery

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