

HUBUNGAN *BURDEN OF CARE* DAN *BURNOUT* DENGAN KUALITAS TIDUR *FAMILY CAREGIVER* LANSIA YANG MEMILIKI PENYAKIT KRONIS DI KELURAHAN TENGAH, JAKARTA TIMUR

Oktadin Septia

Abstrak

Family caregiver, biasanya anggota keluarga, adalah individu yang merawat lansia dengan kondisi medis, usia lanjut, atau disabilitas. Peran ini sering menimbulkan tekanan tinggi yang dapat memicu stres dan *burnout* akibat tingginya tekanan pekerjaan dalam merawat. Kualitas tidur pada *family caregiver* kerap kali kurang diperhatikan dan belum mendapat penanganan yang memadai, meskipun penting untuk kesejahteraan mereka. Penelitian ini bertujuan untuk menganalisis hubungan antara *burden of care*, *burnout*, dan kualitas tidur pada *family caregiver* lansia dengan penyakit kronis. Penelitian ini dilaksanakan di RW 007 Kelurahan Tengah, Jakarta Timur, pada bulan November hingga Desember 2024. Metode yang digunakan adalah desain *cross-sectional* dengan teknik sampel yaitu total *sampling* dan *purposive sampling*, melibatkan 117 responden. Instrumen yang digunakan mencakup kuesioner Data Demografi, *Zarit Burden Interview (ZBI)*, *Maslach Burnout Inventory – Human Service Survey (MBI-HSS)*, dan *Pittsburgh Sleep Quality Index (PSQI)*. Hasil analisis menunjukkan adanya hubungan signifikan antara *burden of care* dan kualitas tidur (p -value 0,000, $r = 0,490$) serta antara *burnout* dan kualitas tidur (p -value 0,001, $r = 0,309$) dengan tingkat hubungan yang cukup dan positif. Kesimpulannya, bahwa terdapat hubungan antara *burden of care* dan *burnout* dengan kualitas tidur pengasuh keluarga yang merawat lansia dengan penyakit kronis di Kelurahan Tengah, Jakarta Timur. Hasil ini diharapkan dapat menjadi dasar penelitian selanjutnya dengan menggunakan metode longitudinal untuk mengeksplorasi dinamika dan dampak berbagai faktor terhadap kualitas tidur pengasuh keluarga secara lebih komprehensif.

Kata Kunci: *Burden of Care*; *Burnout*; *Family Caregiver*; Kualitas Tidur; Lansia dengan Penyakit Kronis

RELATIONSHIP BETWEEN BURDEN OF CARE AND BURNOUT WITH SLEEP QUALITY OF ELDERLY FAMILY CAREGIVERS WITH CHRONIC DISEASES IN TENGAH VILLAGE, EAST JAKARTA

Oktadin Septia

Abstract

Family caregivers, usually family members, are individuals who care for elderly with medical conditions, advanced age, or disabilities. This role often causes high pressure that can trigger stress and burnout due to the high work pressure of caring. Sleep quality in family caregivers is often under-recognized and has not received adequate treatment, even though it is important for their well-being. This study aims to analyze the relationship between burden of care, burnout, and sleep quality in family caregivers of older adults with chronic diseases. This study was conducted in RW 007, Tengah Village, East Jakarta, from November to December 2024. The method used was a cross-sectional design with sample techniques, namely total sampling and purposive sampling, involving 117 respondents. The instruments used included the Demographic Data questionnaire, Zarit Burden Interview (ZBI), Maslach Burnout Inventory - Human Service Survey (MBI-HSS), and Pittsburgh Sleep Quality Index (PSQI). The results of the analysis showed a significant relationship between burden of care and sleep quality (p -value 0.000, $r = 0.490$) and between burnout and sleep quality (p -value 0.001, $r = 0.309$) with a sufficient and positive relationship level. The conclusion of this study is that there is a relationship between the burden of care and burnout with the sleep quality of family caregivers who care for the elderly with chronic diseases in Tengah Village, East Jakarta. These results are expected to be the basis for further research using longitudinal methods to explore the dynamics and impacts of various factors on the sleep quality of family caregivers more comprehensively.

Keywords: Burden of Care; Burnout; Elderly with Chronic Diseases ; Family Caregiver; Sleep Quality