

# GAMBARAN GANGGUAN TIDUR PADA ANAK *CEREBRAL PALSY* DI YPAC JAKARTA

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## Abstrak

**Latar Belakang:** *Cerebral palsy* merupakan gangguan neurologis non-progresif yang membatasi aktivitas anak. Selain gangguan motorik, anak *cerebral palsy* sering mengalami gangguan tidur, seperti *insomnia* dan sering terbangun. Gangguan tidur berdampak pada pertumbuhan, fungsi kognitif, emosi dan kualitas hidup anak. Identifikasi dini penting dilakukan agar penanganan gangguan tidur dilakukan secara terarah. Namun, data gambaran gangguan tidur pada anak *cerebral palsy* di Jakarta masih terbatas, sehingga diperlukan penelitian. **Tujuan:** Mengetahui gambaran gangguan tidur pada anak *cerebral palsy* di YPAC Jakarta berdasarkan usia, jenis kelamin, GMFCS, tipe *cerebral palsy*, dan jenis gangguan tidur. **Metode:** Penelitian menggunakan kuantitatif deskriptif dengan pendekatan *cross-sectional* yang berjumlah 60 anak *cerebral palsy*. Instrumen yang digunakan adalah kuesioner *Sleep Disturbance Scale for Children (SDSC)*. **Hasil:** Sebagian besar anak *cerebral palsy* mengalami jenis gangguan tidur *Sleep-Wake Transition Disorders (SWTD)*. Gangguan tidur tersebut lebih banyak ditemukan pada usia remaja awal sebesar (20%), jenis kelamin perempuan sebesar (20%), GMFCS 4 sebanyak (13,3%), serta pada tipe spastik diplegi (16,7%). **Kesimpulan:** Gangguan tidur pada anak *cerebral palsy* di YPAC Jakarta lebih banyak terjadi pada jenis *Sleep-Wake Transition Disorders (SWTD)* dengan karakteristik dominan pada usia remaja, jenis kelamin perempuan, GMFCS 4, dan tipe diplegi.

**Kata Kunci :** *Cerebral Palsy*; Fisioterapi; Gangguan Tidur; *Sleep Disturbance Scale for Children (SDSC)*; YPAC Jakarta

# DESCRIPTION OF SLEEP DISORDERS AMONG CHILDREN WITH CEREBRAL PALSY AT YPAC JAKARTA

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## Abstract

**Background:** Cerebral palsy is a non-progressive neurological disorder that limits children's activities. In addition to motor disorders, children with cerebral palsy often experience sleep disorders, such as insomnia and frequent waking. Sleep disorders affect children's growth, cognitive function, emotions, and quality of life. Early identification is important so that sleep disorders can be treated in a targeted manner. However, data on sleep disorders on children with cerebral palsy in Jakarta is still limited, so further research is needed. **Objective:** To determine the characteristics of sleep disorders in children with cerebral palsy at YPAC Jakarta based on age, gender, GMFCS, type of cerebral palsy, and type of sleep disorder. **Methods:** This study used a descriptive quantitative with a cross-sectional approach involving 60 children with cerebral palsy. The instrument used was the Sleep Disturbance Scale for Children (SDSC) questionnaire. **Results:** Most children with cerebral palsy experienced Sleep-Wake Transition Disorders (SWTD). This sleep disorders were more prevalent in early adolescence (20%), females (20%), GMFCS 4 (13.3%), and spastic diplegia (16.7%). **Conclusion:** Sleep disorders in children with cerebral palsy at YPAC Jakarta were more prevalent in the form of Sleep-Wake Transition Disorders (SWTD), with dominant characteristics in adolescence, female, GMFCS 4, and diplegic type.

**Keywords :** Cerebral Palsy; Physiotherapy; Sleep Disorders; Sleep Disturbance Scale for Children (SDSC); YPAC Jakarta