

# EFEKTIVITAS PENGGUNAAN EYE MASK DAN EAR PLUG TERHADAP KUALITAS TIDUR PASIEN DI RUANG ICU DI RS TK. II MOH. RIDWAN MEURAKSA

Nurus Syifa

## Abstrak

Lingkungan *Intensive Care Unit (ICU)* dengan kebisingan tinggi dan pencahayaan yang terus menyala sering menyebabkan gangguan kualitas tidur pasien. Penelitian ini bertujuan untuk mengetahui efektivitas penggunaan *eye mask* dan *ear plug* terhadap kualitas tidur pasien di ruang ICU RS Tk. II Moh. Ridwan Meuraksa. Penelitian ini menggunakan desain *quasi experiment* dengan *pretest-posttest* kontrol group design. Sampel berjumlah 40 pasien *ICU* yang dibagi menjadi kelompok intervensi dan kelompok kontrol menggunakan teknik *purposive sampling*. Kualitas tidur diukur menggunakan *Richards-Campbell Sleep Questionnaire (RCSQ)*. Kelompok intervensi diberikan *eye mask* dan *ear plug*, sedangkan kelompok kontrol tidak diberikan intervensi. Hasil penelitian menunjukkan bahwa rata-rata skor kualitas tidur kelompok intervensi meningkat dari 36,88 menjadi 62,80 setelah intervensi. Uji *Wilcoxon* menunjukkan perbedaan signifikan sebelum dan sesudah intervensi ( $p\text{-value} = 0,000$ ), serta uji *Mann-Whitney* menunjukkan perbedaan signifikan antara kelompok intervensi dan kontrol ( $p\text{-value} = 0,000$ ). Disimpulkan bahwa penggunaan *eye mask* dan *ear plug* efektif meningkatkan kualitas tidur pasien *ICU* dan dapat diterapkan sebagai intervensi non-farmakologis yang sederhana, aman, dan berbiaya rendah dalam praktik keperawatan.

**Kata Kunci:** *Ear Plug, Eye Mask, ICU, Kualitas Tidur.*

**EFFECTIVENESS OF EYE MASK AND EAR PLUGS ON  
PATIENT SLEEP QUALITY IN THE ICU HOSPITAL TK. II  
MOH. RIDWAN MEURAKSA**

**Nurus Syifa**

***Abstract***

*The Intensive Care Unit (ICU) environment, characterized by high noise levels and continuous lighting, often causes disturbances in patients' sleep quality. This study aimed to determine the effectiveness of using eye masks and ear plugs on the sleep quality of patients in the ICU of RS Tk. II Moh. Ridwan Meuraksa. This study employed a quasi-experimental design with a pretest–posttest control group design. A total of 40 ICU patients were selected using purposive sampling and divided into an intervention group and a control group. Sleep quality was measured using the Richards-Campbell Sleep Questionnaire (RCSQ). The intervention group was provided with eye masks and ear plugs, while the control group did not receive any intervention. The results showed that the mean sleep quality score in the intervention group increased from 36.88 to 62.80 after the intervention. The Wilcoxon test indicated a significant difference before and after the intervention ( $p$ -value = 0.000), and the Mann–Whitney test also showed a significant difference between the intervention and control groups ( $p$ -value = 0.000). It was concluded that the use of eye masks and ear plugs is effective in improving the sleep quality of ICU patients and can be applied as a simple, safe, and low-cost non-pharmacological intervention in nursing practice.*

***Keywords:*** Earplugs, Eye Mask, ICU, Sleep Quality