

**PENERAPAN *EVIDENCE BASED NURSING* PENGARUH
EFEKTIFITAS TERAPI RELAKSASI BENSON TERHADAP
KUALITAS TIDUR PERAWAT DI RUANG INSTALASI
GAWAT DARURAT DI RUMAH SAKIT ALI SIBROH
MALISI JAGAKARSA JAKARTA SELATAN**

Ika Budi Patmawati

Abstrak

Kualitas tidur yang buruk dapat mengurangi konsentrasi kerja perawat sehingga dapat beresiko terjadinya beberapa kesalahan seperti terjadinya kesalahan dalam menulis asuhan keperawatan, pemberian dosis obat sehingga mengakibatkan kematian bagi pasien. Salah satu penanggulangannya yaitu dengan menerapkan melakukan terapi relaksasi benson. Penelitian ini bertujuan untuk mengidentifikasi penerapan *evidence based nursing* pengaruh efektifitas terapi relaksasi benson terhadap kualitas tidur perawat di Ruang Instalasi Gawat Darurat di Rumah Sakit Ali Sibroh Malisi Jagakarsa Jakarta Selatan. Dilakukan pada tanggal 24 sampai 28 Juni 2019. Design penelitian yang digunakan adalah *Quasy-eksperimental Pre And Post Test With Control Group*. Dan dilakukan pada 34 responden yang terbagi kedalam kelompok intervensi sebanyak 17 responden dan kelompok kontrol sebanyak 17 responden. Metode teknik pengambilan sampel pada penelitian yang digunakan untuk menentukan responden adalah teknik *Total Sampling*. Penilaian kualitas tidur dengan menggunakan kuisioner PSQI (*Pittsburgh Sleep Quality Index*) yang telah divalidasi dan dilakukan 2 kali pengukuran yaitu sebelum dan sesudah diberikan terapi relaksasi benson. Hasil analisa data menggunakan uji *Beda Dua Mean Dependen (Paired T-Test)* didapatkan hasil uji statistik didapatkan nilai *P value* 0.000 maka dapat disimpulkan ada pengaruh yang signifikan antara kualitas tidur perawat sebelum dan sesudah dilakukan terapi relaksasi benson di Ruang Instalasi Gawat Darurat di Rumah Sakit Ali Sibroh Malisi Jagakarsa Jakarta Selatan. Perawat diharapkan dapat menerapkan terapi relaksasi benson selama 10-20 menit untuk dapat menciptakan serta upaya meningkatkan kualitas tidur yang baik.

Kata Kunci : Kerja Shift, Kualitas Tidur, Perawat Dinas Malam, PSQI
(*Pittsburgh Sleep Quality Index*)

**THE IMPLEMENTATION OF EVIDENCE BASED NURSING
THE EFFECTIVENESS OF THE EFFECTIVENESS OF
BENSON RELAXATION THERAPY ON NURSE SLEEP
QUALITY IN EMERGENCY INSTALLATION SPACES
IN ALI SIBROH HOSPITAL MALISI JAGAKARSA
JAKARTA SELATAN**

Ika Budi Patmawati

Abstract

Sleep quality can reduce the concentration of nurses' performance so that they can risk a number of errors such as the occurrence of errors in writing nursing care, giving doses of drugs resulting in death for patients. One response is to apply Benson relaxation therapy. This study aims to identify the application of evidence based nursing effect of the effectiveness of benson relaxation therapy on the quality of sleep nurses in the Emergency Room Installation at Ali Sibroh Malisi Jagakarsa Hospital, South Jakarta. Done on the 24th to the 28th of June 2019. The research design used was the *Quasy-experimental Pre And Post Test With Control Group*. And carried out on 34 respondents divided into intervention groups as many as 17 respondents and a control group of 17 respondents. The method of sampling technique in the research used to determine the respondents is the *Total Sampling* technique. Assessment of sleep quality using the PSQI (*Pittsburgh Sleep Quality Index*) questionnaire that has been validated and performed 2 measurements, before and after benson relaxation therapy was given. The results of data analysis using the *Difference Two Mean Dependent test (Paired T-Test)* obtained statistical test results obtained P value of 0.000, it can be concluded that there is a significant effect between nurse sleep quality before and after benson relaxation therapy in the Emergency Installation Room at the Hospital Ali Sibroh Malisi Jagakarsa South Jakarta. The nurse is expected to be able to apply benson relaxation therapy for 10-20 minutes to be able to create and try to improve the quality of good sleep.

Keywords : Sleep, Sleep Quality, Shift Work, Nurse Night Service, PSQI
(Pittsburgh Sleep Quality Index)