

**PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KESEHATAN
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**HUBUNGAN *SLEEP DEPRIVATION* DENGAN *RESPONSE TIME*
PERAWAT DI RUANG INSTALASI GAWAT DARURAT (IGD) RSUD
TAREMPA**

56 Halaman + 6 Tabel + 2 Skema + 11 Lampiran

ABSTRAK

Latar Belakang: Instalasi Gawat Darurat (IGD) merupakan akses pertama kali pasien dalam memperoleh perawatan. Perawat bekerja 24 jam dengan 3 *shift* sehingga dapat mempengaruhi kuantitas dan kualitas tidurnya yang dapat menyebabkan gangguan tidur. *Sleep deprivation* dapat mempengaruhi *response time* yang dapat mengganggu kinerja perawat dalam melakukan pelayanan. Tujuan: Penelitian ini dilakukan untuk menganalisa hubungan *sleep deprivation* dengan *response time* perawat di Ruang Instalasi Gawat Darurat (IGD) RSUD Tarempa. Metode penelitian: Desain penelitian yang digunakan yaitu deskriptif analitik antar variabel dengan pendekatan *cross-sectional*. Penelitian ini melibatkan 40 orang responden yang dipilih dengan menggunakan *total sampling*. Instrumen dalam penelitian ini menggunakan lembar observasi *response time* perawat dan kuesioner *Pittsburgh Sleep Quality Index (PSQI)*. Pengolahan data yang digunakan uji statistik *chi-square*. Hasil: hasil penelitian univariat menunjukkan bahwa 55% perawat memiliki *sleep deprivation* dalam kategori buruk dan 67,5% perawat memiliki *response time* dalam kategori cepat. Sementara hasil bivariate menunjukkan terdapat hubungan antara *sleep deprivation* dengan *response time* perawat di Ruang Instalasi Gawat Darurat (IGD) RSUD Tarempa dengan *p value* <0,001. Kesimpulan: Terdapat hubungan *sleep deprivation* dengan *response time* perawat di Ruang Instalasi Gawat Darurat (IGD) RSUD Tarempa. Diharapkan kepada peneliti selanjutnya agar dapat memasukkan faktor-faktor lain yang mempengaruhi *sleep deprivation* dan *response time* perawat.

Kata kunci: *Sleep deprivation*, *Response Time*, Perawat IGD

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***RELATIONSHIP BETWEEN SLEEP DEPRIVATION AND RESPONSE
TIME IN THE EMERGENCY DEPARTMENT OF RSUD TAREMPA***

56 Pages + 6 Tabels + 2 Pictures + 11 Attachments

ABSTRACT

Background: emergency department is the first time acces of patients in obtaining health service. Nurses work for 24 hours with 3 shifts have affect the quantity and quality of sleep. Sleep deprivation can affect the response time on job performace
Objectives: the aim of this study to determine the relationship between sleep deprivation and response time in the emergency department of RSUD Tarempa
Methods: 40 respondents participates in this study was choose using total sampling technique with descriptive analytic cross-sectional study. The instruments used in this study are response time observational form and Pittsburgh Sleep Quality Index (PSQI) Questionnaire using chi-square statistic test. Results: the result of the univariate analysis showed 55% respondents have poor sleep deprivation and 67,5% have fast response time. The result of bivariate analysis showed that there was a relationship between sleep deprivation and response time in the emergency department of RSUD Tarempa with p value <0,001. Conclusion: there was significant relationship between sleep deprivation and response time in the emergency department of RSUD Tarempa. Reaserchers hope that future reasearchers on future research identify other factors that can affect sleep deprivation and response time of nurses.

Keywords: Sleep deprivation, Response Time, Emergency Nurses