

## ABSTRAK

Gambaran Kualitas dan Kuantitas Tidur pada Lansia yang Mengalami Insomnia sesudah Minum Susu di Panti Griya Asih Lawang. Hannov Helwatul Warda (2017) Karya Tulis Ilmiah Studi Kasus, Program Studi Keperawatan Malang, Jurusan Keperawatan, Politeknik Kesehatan Kementerian Kesehatan Malang. Pembimbing (Utama) Imam Subekti, S.Kp., M.Kep., Sp.Kom, (Pendamping) Lenni Saragih, SKM., M.Kes.

**Kata Kunci:** Kualitas dan Kuantitas Tidur, Lansia, Insomnia, Minum Susu

Salah satu permasalahan yang sering dialami oleh lansia adalah gangguan tidur yaitu insomnia, dalam hubungan antara penuaan fisik dan psikologis, upaya mengatasi insomnia dapat dilakukan dengan minum susu sebelum tidur, karena susu mengandung asam amino triptofan. Jumlah serotonin yang terbentuk dalam hormon melatonin juga meningkat apabila triptofan bertambah sehingga akan menyebabkan keadaan mengantuk/tidur. Bila pembentukannya terhambat, maka terjadi keadaan tidak bisa tidur. Tujuan dari studi kasus untuk mengetahui gambaran kualitas dan kuantitas tidur pada lansia yang mengalami insomnia setelah mengkonsumsi susu di Panti Griya Asih Lawang. Metode penelitian menggunakan rancangan deskriptif (metode studi kasus) dengan memberikan intervensi minum susu sebelum tidur selama 15 hari kemudian kualitas dan kuantitas tidur diukur dengan alat ukur *Pittsburgh Sleep Quality Index (PSQI)* melalui wawancara dan observasi. Subjek studi kasus ini adalah Oma M berusia 70 tahun, mengalami insomnia selama 3 tahun dan telah minum susu selama 15 hari. Hasil penelitian menunjukkan kualitas dan kuantitas tidur oma M mengalami peningkatan tidur baik atau insomnia dapat teratasi setelah minum susu sebelum tidur selama 15 hari dan mendapatkan jumlah skor 3 dari sebelumnya jumlah skor 18. Rekomendasi dari penelitian diharapkan memberikan masukan untuk menginformasikan manfaat minum susu sebelum tidur khususnya bagi lansia yang enggan minum susu.

## **ABSTRACT**

Overview of Sleep Quality and Quantity in Elderly Insomnia after Drinking Milk at Griya Asih Lawang Home. Hannov Helwatul Warda (2017) Scientific Writing Case Study, Nursing Study Program of Malang, Nursing major of Malang, Health Polytechnic of Health Ministry of Malang. Supervisor (Main) Imam Subekti, S.Kp., M.Kep., Sp.Kom, (Companion) Lenni Saragih, SKM., M.Kes.

Keywords: Sleep Quality and Quantity, Elderly, Insomnia, Drinking Milk

One of the problems that is often experienced by the elderly is a sleep disorder that is insomnia, in the relationship between physical and psychological aging, helping to overcome insomnia can be done by drinking milk before bed because milk contains tryptophan amino acids. The amount of serotonin that is formed in the hormone melatonin also increases when tryptophan increases so it will cause sleepiness/sleep. When the formation is inhibited, then the state of sleep can not happen. The purpose of case study is to know the description of quality and quantity of sleep in elderly who experience insomnia after consuming milk at Panti Griya Asih Lawang. Research method used descriptive design (case study method) by giving intervention drinking milk before bed for 15 days then quality and quantity of sleep measured by Pittsburgh Sleep Quality Index (PSQI) measuring instrument through interview and observation. The subject of this case study is 70-year-old Oma M, having insomnia for 3 years and has been drinking milk for 15 days. The results showed the quality and quantity of sleep oma M has improved sleep well or insomnia can be resolved after drinking milk before bed for 15 days and get the total score of 3 from formerly total score of 18. The conclusion of this study is that consume milk for 15 days gives good results to sleep patterns of oma M, especially can help in overcoming difficulties start sleep and insomnia complaints experienced oma M can be reduced. Recommendation of research Is expected to provide input to inform the benefits of drinking milk before bed, especially for elderly who are reluctant to drink milk.