


The Relationship Of Anxiety Level And Sleep Quality In Elderly Age In Karya Culture West Sitiung 1 Puskesmas Working Area Dharmasraya District 2024

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Article Info	ABSTRACT
<p>Keywords: Anxiety Level, Sleep Quality.</p>	<p>According to World Health Organization (WHO) data, approximately 18% of the world's population has experienced difficulty sleeping, it is estimated that around 20-50% of the elderly experience sleep quality problems. In Indonesia, around 50% of elderly people experience sleep disorders or 9.3 million elderly people aged 65 years. Meanwhile, the prevalence of sleep disorders in the elderly is quite high, namely around 67%, without realizing that these sleep disorders affect the quality of sleep in the elderly. The aim of this research was to determine the relationship between anxiety levels and sleep quality. This research used a correlational type of research with a cross sectional approach, with a sample of 69 elderly people who met the inclusion and exclusion criteria using a purposive sampling technique. Based on univariate analysis, most of the 40 respondents (58%) experienced moderate levels of anxiety, and almost all of the 69 respondents, namely 56 respondents (81.2%) had poor sleep quality. Based on bivariate analysis using the Spearman Rank test with data management using SPSS. The research results were obtained with a p-value = 0.041 < 0.05, meaning that there is a relationship between the level of anxiety and the quality of sleep in elderly people in the western culture work area of the Sitiung 1 Health Center, Dharmasraya Regency in 2024. It can be concluded that the level of anxiety is very closely related to the quality of sleep, It is hoped that older people should not think too much about problems in their lives so that they do not have a high level of anxiety so they can have good quality sleep.</p>
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INTRODUCTIONS

Old age is a process of decreasing body function known as aging, characterized by a decrease in the ability of tissues to repair and maintain their normal function, as well as a decrease in the body's ability to repair damaged body conditions (Zanzadila, 2021). According to the World Health Organization (WHO), in 2021 approximately 18% of the world's population will experience insomnia (Juwita and Nulhakim, 2023). In fact, every year it is estimated that around 20% -50% of the population ages continued to report poor sleep quality and around 17% experienced serious sleep disorders. In Indonesia, around 50% of elderly people experience sleep disorders or 9.3 million elderly people aged 65

years. Meanwhile, the prevalence of sleep disorders in the elderly is quite high, namely around 67% without realizing that these sleep disorders affect the quality of sleep in the elderly (Juwita 2023). On the islands of Java or Bali, the prevalence of this disorder is also quite high, around 44% of the total number of elderly people. In Central Java, 45% of elderly people also reported experiencing sleep quality problems.

In old age, you are more susceptible to experiencing a decrease in the amount of sleep because age greatly influences a person's sleep quality. A person's sleep quality is usually defined as the state in which they feel refreshed and satisfied after waking up from their sleep. Ages 0-18 months need 12-14 hours of sleep, 3-6 years 11-13 hours, 6-10 years 10 hours, 12-18 years 8-9 hours, and 18-40 years 7-8 hours of sleep. Elderly sleep needs range from 6-7 hours of sleep per day as they get older, and at age over 60 years the need for sleep decreases to 6 hours per day (Febri Arifiati, 2023).

Poor sleep quality in old age includes difficulty getting to sleep, difficulty getting to sleep, and difficulty maintaining good quality sleep, with continuous lack of sleep can cause physical and psychological health problems. Lack of sleep can also have an impact on the physical health of the elderly, such as a weak body, pale face, loss of enthusiasm, and decreased endurance, which increases the possibility of disease in old age. Meanwhile, psychological health disorders where lack of sleep can cause anxiety about old age. Anxiety is a psychological disorder in which a person experiences symptoms such as excessive fear or worry, which ultimately causes fear and loss of focus, which reduces the ability to carry out daily activities (Novianti, 2022). General anxiety is characterized by worry, anxiety, fear, panic and unpleasant emotions (Annisa and Ildil, 2020). One way older people prepare their environment is by sleeping regularly; Elderly people need good coping mechanisms so that their responses to behavior are adaptive (Bani and Herlina, 2022).

Sleep disorders in the elderly can be overcome quickly because poor quality sleep can reduce body health and risk injury due to susceptibility to falls. One way to overcome this problem is to provide health education about the importance of good quality sleep for the elderly (Wati, 2020). One factor that can influence sleep quality is psychological factors in the form of anxiety. Anxiety consists of two components: physical heart palpitations, rapid breathing, dry mouth, stomach problems, cold hands and feet, and muscle tension (Dewi 2022). This is confirmed by the results of research (Hasim and Puspita, 2019) which found that there was a relationship between the level of anxiety and the quality of sleep of the elderly at Posbindu Anyelir, Karawangi Village, Cisarua District, West Bandung Regency. Which states that stressful conditions in life are one of the precipitating factors that cause sleep disorders in the elderly such as insomnia.

Based on the initial survey conducted through interviews on 22 November 2023 with 10 elderly people, the results showed that 6 elderly people said it was difficult for them to start sleeping because they thought about getting older, while 2 elderly people said they were not satisfied with their sleep, they often woke up in the middle of the night because they wanted to urinate. urinating, 1 elderly person said he was worried about being left behind by his children and grandchildren and every night he always woke up and

complained of not sleeping soundly, and 1 other elderly person said he often woke up early or early in the morning and was sleepy during the day.

METHODS

Based on the research objectives, the design used in this research is correlational. This research uses a cross sectional approach. Correlation research is research that involves the act of collecting data to determine whether there is a relationship and the level of relationship between two or more variables. The existence of relationships and levels of these variables is important, because by knowing the level of relationships that exist, researchers will develop them according to the research objectives. In this study, the variables that will be studied are the relationship between anxiety levels and sleep quality in the elderly in Karya Budaya Barat, the working area of Sitiung 1 Health Center, Dharmasraya district in 2024.

This research was carried out on 13-17 May 2024 at Karya Budaya Barat, the working area of Puskesmas Sitiung 1, Dharmasraya Regency. In this study, the total population will be 94 elderly people and 10 people were interviewed during the initial survey, so the total population is 84 elderly people. The sampling technique in this research is purposive sampling, namely a method of determining samples based on certain criteria that will be used as research samples.

RESEARCH RESULT

Table. 1 Frequency Distribution of Respondents Based on Level of Anxiety in the Elderly in Karya Budaya Barat Working Area of Sitiung 1 Health Center, Dharmasraya Regency in 2024.

Number	Anxiety level	f	%
1.	There isn't any	2	2,9
2.	Light	26	37,7
3.	Currently	40	58
4.	Heavy	1	1,4
5.	Very Heavy / Panic	0	0
Amount		69	100

Source: Primary Data 2024

Based on table 5.1 above, it is known that most of the 69 respondents, namely 40 respondents (58%), experienced moderate levels of anxiety.

Table. 2 Frequency Distribution of Respondents Based on Sleep Quality in the Elderly in Karya Budaya Barat Working Area of Sitiung 1 Health Center, Dharmasraya Regency Year 2024.

Number	Sleep Quality	f	%
1.	Good	13	18,8
2.	Not good	56	81,2
Amount		69	100

Source: Primary Data 2024

Based on table 5.2 above, it is known that almost all of the 69 respondents, namely 56 respondents (81.2%) had poor sleep quality.

Table. 3 The Relationship between Anxiety Level and Sleep Quality in Older Age in Karya Budaya Barat Working Area of Sitiung 1 Community Health Center, Dharmasraya Regency Year 2024

Anxiety Level	Sleep Quality				Total		P-Value
	Good		Not Good		F	%	
There isn't any	f	%	F	%	F	%	
Light	1	30,8	1	50	2	100	
Currently	8	7,5	18	69,2	26	100	
Heavy	3	100	37	92,5	40	100	
Heavy	1	18,8	0	0	1	100	0,041
Total	13	18,8	56	81,2	69	100	

Source: Primary Data 2024

Based on table 5.3 above, it is known that of the 40 respondents with moderate levels of anxiety, a small number of 3 respondents (7.5%) had good sleep quality, and almost all of the respondents with moderate anxiety, namely 37 respondents (92.5%) had poor sleep quality. Of the 26 respondents with mild anxiety, almost half, namely 8 respondents (30.8%) had good sleep quality, and the majority, namely 18 respondents (69.2%) had poor sleep quality, of the 2 respondents who had no anxiety, half had 1 respondents (50%) had good sleep quality and 1 respondent (50%) had poor sleep quality. And of the 1 respondent with severe anxiety, 1 respondent (100%) had good sleep quality.

Discussion

Based on the results of the research conducted above, it is known in table 1 that out of 69 respondents, the majority of 40 (58%) respondents experienced moderate levels of anxiety in Karya Budaya Barat, the working area of Sitiung 1 Health Center, Dharmasraya Regency in 2024. This research is in line with research that has been conducted by (Wulansari, 2021), in Glonggong Village, Balerejo District, Mediu Regency entitled the relationship between anxiety levels and sleep quality in the elderly, results were obtained from 36 respondents, most of whom had moderate levels of anxiety with 11 (50.0%) respondents with good sleep quality 1 (11.1%) and 8 (88.9%) respondents had poor sleep quality.

According to researchers' assumptions, anxiety is seen from the 5 most indicators, namely symptoms of sleep disorders, intelligence disorders, feelings of anxiety, tension and autonomic symptoms. Of these 5 items, there is 1 item of anxiety symptoms that almost all elderly people answered that they have experienced symptoms of anxiety, namely indicators of sleep disorders. The elderly experience anxiety from various factors, especially the age factor, as they get older, they worry about thinking about their getting older so they won't be able to accompany their children and grandchildren, and are always worried about being left alone by their children, so that at night the elderly cannot sleep. soundly and causes the quality of sleep to be poor. From the gender factor, men experience anxiety more often because men often think about the burden of their family more often than women.

Based on table 2 above, it is known that from 69 respondents, almost all 56 respondents (81.2%) had poor sleep quality in Karya Budaya Barat, the working area of Puskesmas Sitiung 1, Dharmasraya Regency in 2024. This research is in line with research conducted by (Dariah and Okatiranti 2015), in Posbindu Anyir with the title The Relationship between Anxiety Level and Sleep Quality in the Elderly. At Posbindu Anyir, Cisarua District, West Bandung Regency, the results showed that a small portion of the 30 respondents (45.4%) experienced good sleep quality and the majority, namely 36 respondents (54.6%) experienced poor sleep quality.

According to assumptions based on research results from the 7 question items regarding sleep quality, the duration of sleep greatly affects the quality of sleep in old age, because if the duration of sleep is less than normal, it will make a person feel weak and sleepy during the day, and will interfere with activities. in old age. This condition results in elderly people who sleep a lot during the day and find it difficult to sleep at night, resulting in a decrease in the quality of their sleep. The impact of decreased sleep quality can increase the risk of falls and even have an impact on health in the elderly, because sleep disorders in the elderly have a significant risk of death, including heart disease, stroke and cancer, compared to people who get enough sleep.

Based on table. 3 above, it is known that of the 40 respondents with moderate levels of anxiety, a small number of 3 respondents (7.5%) had good sleep quality, and almost all of the respondents with moderate anxiety, namely 37 respondents (92.5%) had poor sleep quality. Of the 26 respondents with mild anxiety, almost half, namely 8 respondents (30.8%) had good sleep quality, and the majority, namely 18 respondents (69.2%) had poor sleep quality, of the 2 respondents who had no anxiety, half had 1 respondents (50%) had good sleep quality and 1 respondent (50%) had poor sleep quality. And of the 1 respondent with severe anxiety, 1 respondent (100%) had good sleep quality.

From the results of the statistical test using the Spearman Rank test, it was obtained that $p\text{-value} = (0.041)$, which is smaller than 0.05, which means that H_0 is rejected and H_a is accepted. It can be said that there is a significant relationship between anxiety levels and sleep quality in old age with a correlation quite strong in Karya Budaya Barat in the working area of Sitiung 1 Community Health Center, Dharmasraya Regency in 2024. This research is in line with research conducted by Reisa (2023), entitled the relationship between anxiety levels and sleep quality for the elderly at the Tresna Werhda Pengasih Remboken Home. With the resulting $p\text{-value} (0.012) < 0.05$, H_0 is rejected and H_a is accepted. So it can be concluded that there is a relationship between anxiety levels and sleep quality in the elderly at the Tresna Werhda Pengasih Remboken Home.

CONCLUSION

From the results of research conducted on "The relationship between anxiety levels and sleep quality in the elderly in the working area of Sitiung 1 Health Center, Dharmasraya Regency in 2024". The level of anxiety in the elderly in Karya Budaya Barat, the working area of the Sitiung Community Health Center, Dharmasraya Regency, was mostly 40 (57.9%) respondents who experienced moderate levels of anxiety. The sleep quality of the

elderly in Karya Budaya Barat, the working area of Sitiung 1 Health Center, Dharmasraya district, almost all 56 (81.2%) of the respondents had poor sleep quality. There is a relationship between anxiety levels and sleep quality in the elderly in Karya Budaya Barat working area of Sitiung 1 Health Center, Dharmasraya district in 2024, namely (p -value = 0.041).

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