

ABSTRAK

KONSUMSI KOPI DAN KEJADIAN INSOMNIA PADA LANSIA DI WILAYAH PUSKESMAS WIRE KABUPATEN TUBAN

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Pada lansia, kebutuhan tidur akan mengalami perubahan. Selain itu diperkirakan tiap tahun sekitar 25%-57% orang dewasa dan lansia mengalami gangguan tidur dan sekitar 19% diantaranya mengalami masalah gangguan tidur yang serius. Akibat stress, pengaruh gaya hidup seperti minum kopi, alkohol dan merokok. Kebiasaan minum kopi pada lansia sering terjadi di lingkungan sekitar yang berpotensi tinggi mempengaruhi pola tidur atau kebutuhan waktu tidur pada lansia. Tujuan penelitian ini yaitu untuk mengetahui hubungan konsumsi kopi dan kejadian insomnia pada lansia di wilayah Puskesmas Wire Kabupaten Tuban.

Desain penelitian menggunakan korelasi dengan pendekatan cross sectional. Populasi dalam penelitian ini adalah semua lansia yang aktif di Posyandu Lansia sejumlah 104 lansia, dan Sampel penelitian sebanyak 82 orang dan teknik sampling yang digunakan adalah *purposive sampling*. Instrumen penelitian menggunakan kuesioner konsumsi kopi dan kejadian insomnia. Analisis data menggunakan uji *spearman rank correlation*.

Hasil penelitian menunjukkan hampir setengah mengkonsumsi kopi tingkat sedang dan hampir setengahnya mengalami insomnia berat. Hasil uji *spearman rank correlation* didapatkan *p-value*= 0,01 yang berarti ada hubungan konsumsi kopi dan kejadian insomnia pada lansia di wilayah Puskesmas Wire Kabupaten Tuban.

Semakin banyak lansia mengkonsumsi kopi maka semakin banyak yang mengalami insomnia. Upaya peyembuhan insomnia dapat berupa terapi farmakologi dan non farmakologi. Terapi farmakologi yang bisa digunakan untuk menangani gangguan tidur seperti pemberian zolpidem dan estazolam, adapun upaya non farmakologi untuk mengatasi insomnia adalah dengan menjalankan pola hidup sehat yaitu dengan menghindari atau meminimalkan minum kopi dan olahraga teratur.

Kata kunci : Konsumsi Kopi, Insomnia, Lansia

ABSTRACT

COFFEE CONSUMPTION AND THE INCIDENCE OF INSOMNIA IN THE ELDERLY IN THE WIRE HEALTH CENTER AREA OF TUBAN REGENCY

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In the elderly, sleep requirements will change. Apart from that, it is estimated that every year around 25% -57% of adults and the elderly experience serious sleep disorders. due to stress, lifestyle influences such as drinking coffee, alcohol and smoking. The habit of drinking coffee in the elderly often occurs in the surrounding environment which has a high potential to influence sleep patterns or sleep needs in the elderly. The aim of this research is to determine the relationship between coffee consumption and the incidence of insomnia in the elderly in the Wire Health Center area of Tuban Regency.

The research design used correlation with a cross sectional approach. The population in this study were all elderly people who were active in elderly Posyandu, totaling 104 elderly people, and the research sample was 82 people and the sampling technique used was purposive sampling. The research instrument used a questionnaire on coffee consumption and the incidence of insomnia. Data analysis uses the Spearmen rank correlation test.

The results of the study showed that almost half consumed moderate coffee consumption and almost half experienced severe insomnia. The results of the Spearmen Rank correlation test obtained $p\text{-value} = 0,01$, which means there is a relationship between coffee consumption and the incidence of insomnia in the elderly in the Tuban Regency Wire Community Health Center area.

The more elderly people consume coffee, the more they experience insomnia. Efforts to cure insomnia can take the form of pharmacological and non-pharmacological therapy. Pharmacological therapy that can be used to treat sleep disorders such as administering zolpidem and estazolam, while non-pharmacological efforts to overcome insomnia are by adopting a healthy lifestyle, namely by avoiding or minimizing drinking coffee, and regular exercise.

Key words : Coffee Consumption, Insomnia, Elderly