

Hubungan Kualitas Tidur Dengan Kejadian Delirium Pada Pasien Intensif RSUD Arifin Achmad Provinsi Riau

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Abstrak

Pasien yang dirawat di ruang intensif rentan mengalami gangguan kualitas tidur akibat kebisingan alat medis, pencahayaan terus-menerus, serta intervensi klinis selama 24 jam. Gangguan tidur yang berkelanjutan dapat memicu disfungsi kognitif dan meningkatkan risiko delirium. Penelitian ini bertujuan menganalisis hubungan antara kualitas tidur dengan kejadian delirium pada pasien di Ruang Intensif RSUD Arifin Achmad Provinsi Riau. Penelitian menggunakan desain kuantitatif cross-sectional dengan sampel 40 responden yang dipilih secara purposive. Kualitas tidur diukur menggunakan Richards-Campbell Sleep Questionnaire dan delirium dinilai menggunakan Confusion Assessment Method for the Intensive Care Unit. Analisis dilakukan secara univariat dan bivariat menggunakan uji Chi-Square. Hasil menunjukkan 72,5% pasien mengalami kualitas tidur buruk dan 70,0% mengalami delirium. Uji statistik menunjukkan nilai $p = 0,001$ (kurang dari 0,05), yang berarti terdapat hubungan signifikan antara kualitas tidur dan kejadian delirium. Peningkatan kualitas tidur perlu menjadi fokus intervensi keperawatan intensif untuk menurunkan risiko delirium.

Kata Kunci : Kualitas tidur, delirium, pasien intensif, keperawatan kritis

Abstract

Patients admitted to intensive care units are highly susceptible to sleep disturbances due to environmental noise, continuous light exposure, and frequent clinical interventions. Persistent sleep disruption may impair cognitive function and increase the risk of delirium. This study aimed to analyze the relationship between sleep quality and delirium incidence among patients in the Intensive Care Unit of RSUD Arifin Achmad, Riau Province. A quantitative cross-sectional design was employed with 40 respondents selected through purposive sampling. Sleep quality was measured using the Richards-Campbell Sleep Questionnaire, while delirium was assessed using the Confusion Assessment Method for the Intensive Care Unit. Data were analyzed using univariate and Chi-Square bivariate tests. Results revealed that 72.5% of patients experienced poor sleep quality and 70.0% developed delirium. Statistical analysis showed a p -value of 0.001 (less than 0.05), indicating a significant relationship between sleep quality and delirium incidence. Improving sleep quality should become a priority in intensive nursing care to reduce delirium risk.

Keyword : Sleep quality, delirium, intensive care, critical nursing

1. PENDAHULUAN

Ruang intensif merupakan lingkungan perawatan dengan kompleksitas tinggi yang ditandai oleh monitoring ketat, intervensi medis berkelanjutan, serta paparan stimulus lingkungan yang konstan. Kebisingan alarm, ventilator mekanik, percakapan staf, serta pencahayaan yang tidak mengikuti siklus siang-malam alami menyebabkan gangguan ritme sirkadian pasien [1], [2]. Kondisi

tersebut berkontribusi terhadap penurunan kualitas tidur secara signifikan.

Gangguan kualitas tidur dalam konteks perawatan kritis bukan sekadar ketidaknyamanan, tetapi berkaitan erat dengan perubahan neurobiologis. Disrupsi tidur REM dan fragmentasi tidur memengaruhi regulasi neurotransmitter seperti dopamin dan asetilkolin, yang berperan dalam stabilitas kognitif [3]. Literatur terbaru menunjukkan bahwa gangguan ritme sirkadian merupakan faktor risiko independen terjadinya delirium pada pasien ICU [4], [5].

Delirium adalah gangguan neurokognitif akut yang ditandai dengan perubahan kesadaran, gangguan perhatian, serta fluktuasi status mental [6]. Insidensinya pada pasien intensif dilaporkan mencapai lebih dari 50% pada beberapa studi terbaru [7]. Delirium berhubungan dengan peningkatan lama rawat inap, biaya perawatan, serta mortalitas [8].

Berbagai penelitian intervensi telah mengevaluasi pengendalian lingkungan dan protokol peningkatan tidur sebagai strategi pencegahan delirium [9], [10]. Namun, kajian empiris pada populasi lokal khususnya di Indonesia masih terbatas. Dengan demikian, penelitian ini bertujuan menganalisis hubungan antara kualitas tidur dengan kejadian delirium pada pasien di Ruang Intensif RSUD Arifin Achmad Provinsi Riau.

2. METODOLOGI PENELITIAN

1) Tahapan Penelitian

Penelitian ini menggunakan desain kuantitatif dengan pendekatan cross-sectional. Penelitian dilaksanakan pada Januari 2026 di Ruang Intensif RSUD Arifin Achmad Provinsi Riau.

Tahapan penelitian meliputi:

- Identifikasi pasien sesuai kriteria inklusi dan eksklusi.
- Pengukuran kualitas tidur menggunakan Richards-Campbell Sleep Questionnaire.
- Penilaian delirium menggunakan Confusion Assessment Method for the ICU.
- Analisis data univariat dan bivariat menggunakan uji Chi-Square

2) Populasi dan Sampel

Populasi adalah seluruh pasien yang dirawat di ruang intensif. Sampel berjumlah 40 responden yang dipilih menggunakan teknik purposive sampling. Instrumen penelitian telah terstandarisasi secara internasional dan digunakan luas dalam penelitian ICU [11], [12].

3. HASIL DAN PEMBAHASAN

1) Hasil

Analisis Univariate

Tabel 1 Distribusi Frekuensi Karakteristik Pasien di Ruang Intensif (N = 40)

No	Karakteristik Responden	Frekuensi (n)	Presentase (%)
1	Usia		
	Dewasa Muda (26-44 tahun)	5	12.5%
	Usia Pertengahan (45-59 tahun)	10	25.0%
	Lansia(60-74 tahun)	25	62.5%
2	Jenis Kelamin		
	Perempuan	17	42.5%
	Laki Laki	23	57.5%
	Total	40	100%

Sumber : Analisa data primer, 2025

Tabel 2 Distribusi Frekuensi Kualitas Tidur Pasien di Ruang Intensif (N = 40)

No	Variabel Kualitas Tidur	Frekuensi (n)	Presentase (%)
1	Baik	11	27.5%
2	Buruk	29	72.5%
Total		40	100%

Sumber : Analisa data primer,2025

Tabel 3 Distribusi Frekuensi Kejadian Delirium Pasien di Ruang Intensif (N = 40)

No	Variabel Kejadian Delirium	Frekuensi (n)	Presentase (%)
1	Ya	28	70.0%
2	Tidak	12	30.0%
Total		40	100%

Sumber : Analisa data primer,2025

Analisis Bivariat

Tabel 4 Hubungan Kualitas Tidur Dengan Kejadian Delirium Pasien di Ruang Intensif (N = 40)

Kualitas Tidur	Delirium Ya	%	Delirium Tidak	%	Jumlah	%	p value	OR
Baik	3	27.3%	8	72.7%	11	100%		
Buruk	25	86.2%	4	18.8%	29	100%	0.001	16.7
Total	28	70.0%	12	30.0%	40	100%		

Sumber : Analisa data primer,2025

2) Pembahasan

Hasil penelitian ini menunjukkan bahwa kualitas tidur memiliki hubungan yang signifikan dengan kejadian delirium pada pasien di ruang intensif. Pasien dengan kualitas tidur buruk cenderung lebih sering mengalami delirium dibandingkan pasien dengan kualitas tidur baik. Hal ini sejalan dengan teori yang menyatakan bahwa gangguan tidur dapat memengaruhi fungsi kognitif

Melalui perubahan ritme sirkadian dan penurunan fase tidur REM. Temuan ini juga sejalan dengan penelitian sebelumnya yang menyatakan bahwa gangguan kualitas tidur merupakan faktor risiko utama terjadinya delirium pada pasien kritis. Oleh karena itu, intervensi keperawatan yang bertujuan untuk meningkatkan kualitas tidur, seperti pengaturan lingkungan ruang intensif dan pengurangan kebisingan, sangat penting untuk mencegah terjadinya delirium,

4. KESIMPULAN

Terdapat hubungan yang signifikan antara kualitas tidur dengan kejadian delirium pada pasien di Ruang Intensif RSUD Arifin Achmad Provinsi Riau.

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