

Overview of Elderly Knowledge about Insomnia at Tresna Werdha Budi Mulia Social Original 03 Margaguna Jakarta Selatan

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Abstract

Insomnia is a disturbance pattern frequent sleep occurs in the elderly. 9.3 million Elderly who experience insomnia in Indonesia elderly. Frequent symptoms _ experienced by the elderly who experience insomnia , namely: difficulty for sleep , often awakened more early , sick head at noon day , trouble concentrate easy _ angry until cause depression . Destination from study this is for knowing description knowledge about insomnia in the elderly at PSTW Budi Mulia 03 Margaguna, South Jakarta. Study this is type study descriptive with cross sectional study design. Amount sample as many as 71 respondents. Data collection is carried out with submit question structured use questionnaire. Analysis carried out is univariate. Research results show that percentage respondent man by 37 people (52.1%), the percentage respondents who have graduated from school base namely 29 people (40.8%), the elderly who have good insomnia knowledge were 37 people (52.1%), while elderly who have knowledge good about the definition of insomnia was 62 people (87.3%), who had knowledge good about the etiology of insomnia were 45 people (63.4%), who had knowledge good about symptoms of insomnia were 55 people (77.5%), who had knowledge bad about classification of insomnia is 37 people (52.1%), who have knowledge good about the impact of insomnia was 38 people (53.5%) and who had knowledge good about management of insomnia was 56 people (78.9%). Suggestions for study next use different method _ like method experiment.

Keywords

elderly; insomnia; knowledge



I. Introduction

Insomnia is inability for sleep although there is desire for do it. Complaints of insomnia include: inability for fall asleep, often awakened, incapacity for continue sleep , as well awakened more early (Stanley & Beare , 2006). Where insomnia can also said as disturbance sleep that makes sufferer feel not yet enough sleep at _ awakened (Kurnia , 2015). According to the National Institute of Health America, the number of more insomniacs tall experienced by the elderly, and the average occurs at the age of 60 years. Where is the insomnia 50% attacking elderly living at home and 66% living in facilities together like social home.

According to the World Health Organization (WHO), about 100 million seniors suffer from sleep disorders each year. Insomnia is a common sleep disorder. It is estimated that about 20%-50% of adults report sleep disturbances each year, and about 17% have severe sleep disorders. In 2010, the prevalence of sleep disorders in the elderly was about 67%. By age 40, 7% of cases complain of sleep problems (sleeping no more than 5 hours

per day). The same problem was found among people aged 70 years, by 22 percent. This group of seniors often wakes up early, with 30 percent of 70-year-olds waking up at night.

Insomnia is caused by a variety of factors, namely psychological and physical, drug and alcohol use, disturbing environments and bad habits, which can also lead to sleep disorders. Psychological factors play a major role in insomnia tendencies. This condition can be caused by various physical diseases such as coughing, pain (rheumatism, sprains, gout), migraines, restless legs, etc.) or shortness of breath (asthma, bronchitis). Excessive alcohol use can also cause insomnia, especially caffeine in coffee, tea, chocolate, and cola drinks. Certain types of medications can also interfere with sleep physiology, such as analgesics (containing caffeine), anorexia, glucocorticoids, dopamine agonists, beta-blockers, and some psychotropic drugs (fluoxetine, risperidone) ketones, benzodiazepine withdrawal syndrome).

Older adults with insomnia have trouble sleeping, frequent early wakefulness, headaches during the day, difficulty concentrating, and irritability. The broader effects are depression, insomnia can also lead to homework or driving, and daily activities can be disrupted. If the elderly are sleep deprived, they feel confused, suspicious, work efficiency decreases, and immunity decreases. Lack of sleep can cause problems in the quality of life of older adults, worsen underlying medical conditions, change behavior, become negative emotions, and lead to accidents such as falls, as well as household accidents. Insomnia also kills older adults.

According to the National Institutes of Health, insomnia is more common in older adults, with one in four people aged 60 years or older having severe trouble sleeping, sleeping more than four hours. Sleep disorders affect 50% of seniors who live at home and 66% of seniors who live long-term in facilities such as social institutions. Busko and Vega (2008) also noted in their study that the prevalence of insomnia in the elderly living in the community is about 10-17%. The results of an epidemiological survey (2008) found that the prevalence of insomnia in the elderly in Indonesia is about 49% or 9.3 million elderly. The prevalence of insomnia is also quite high in Java and Bali, which is about 44% of the total elderly population of 18.96 million people.

Japan's elderly population has reached a new world record, with one in three of the population over the age of 65. The Japanese government reports that the country currently has the highest ratio in the world for the number of elderly, reaching 35.6 million or about 28 percent of the total population. More elderly women than men shows that 9 out of 10 elderly people in Japan are women.

In people with senior age, the condition of sleep quality at night will be reduced compared to adults. In people aged 70 years, 22% had complaints about sleep problems and 30% of those ages also experienced waking up at night. The prevalence of insomnia itself tends to increase in the elderly. Signs and symptoms of insomnia itself that often appear are difficulty sleeping at night, irritability, depression, restlessness, ulcers and difficulty to start sleeping. Another problem that triggers insomnia in the home environment is disputes between friends and noise between friends. Insomniacs often complain of not being able to sleep, lack of sleep, sleeping with scary dreams, and feeling that their health is disturbed. People who suffer from insomnia will not be able to sleep soundly even though they are given many opportunities to sleep.

There is There are several factors that influence insomnia, namely: psychological, biological, use drugs, alcohol, disease certain (such as cough), smoking, and consumption of coffee or tea . It is this factor that aggravates problem experienced sleep the elderly, and problems that often appear in the elderly who have insomnia are : difficulty for sleep, often awakened more early, sick head at noon day, trouble concentrate, and easy angry. If Thing

the occur by continuously so will make elderly Becomes depression, annoying activity everyday, feel suspicious, arise feeling confused, and also can lower immunity (Fitriani, 2014).

Before researcher pick up this topic researcher already do studies preliminary related knowledge and ways insomnia treatment at the nursing home Social Tresna Werdha Budi Mulya 03 Margaguna , South Jakarta, got 15 people or not knowing about insomnia and 10 people said if insomnia treatment still not enough right , and 7 more people say handling often with method drink coffee, smoke , watch tv and sit back and relax . See phenomenon the researcher interested for do a study about “ Overview Knowledge elderly about insomnia in the orphanage Social Tresna Werdha Budi Mulya 03 Margaguna South Jakarta”.

II. Research Method

Design research used _ is type study quantitative with method used _ is descriptive Cross Sectional, which was carried out to elderly with insomniacs. Data collection is done by with method fill in a questionnaire conducted in the month March until April 2016. Determination total respondent conducted with method total sampling with total suitable respondent _ with criteria inclusion as many as 71 people from total the population in PSTW Budi Mulia 03 Margaguna , South Jakarta , is 230 elderly . Criteria inclusion study this is elderly 60-74 years old and able communicate with good. Before researcher do data collection, researcher must follow procedures research set _ start from ask agreement party orphanages and seniors alone, then ask elderly for fill in questionnaire that. Instruments used _ is customized questionnaire _ with destination research and refers to the framework existing concepts and theories. _ Where consist from demographic data (name, age, gender) gender, and education) and part second consist of 20 questions closed related insomnia knowledge. Regarding the instrument validity test using Person Product Moment and test her reability use Cronbach's alpha.

Data processing in study this using the software with the SPSS program then analyzed with method analysis univariate and exposed in form table distribution frequency for describe number the incidence of insomnia in the elderly and the variables that affect like , type gender , and education

III. Results and Discussion

3.1 Description General Characteristics Respondent

Description General Characteristics Respondent of the whole total respondents, obtained 37 people (52.1%) type sex male, and 34 gender sex women (47.9%) (Figure 1). Whereas from aspect education average education last is SD, with percentage Not 14 students (19.7%), SD 29 (40.8%), Middle School 14 (19.7%), SMA 6 (8.5%), College 8 people (11.3%) high.

Table 1. Overview Characteristics Demographics Respondent

| Variable | Frequency (f) | Percentage (%) |
|------------------|---------------|----------------|
| Type sex | | |
| - Man | 37 | 52.1% |
| - Woman | 34 | 47.9% |
| Education | | |
| - Not school | 14 | 19.7% |
| - SD | 29 | 40.8% |

| | | |
|----------------------|----|-------|
| - junior high school | 14 | 19.7% |
| - senior High School | 6 | 8.5% |
| - PT | 8 | 11.3% |

Knowledge Level Respondent

a. Knowledge Level by Whole

By whole level knowledge almost the same respondents for each level knowledge. Most _ knowledge respondent good as many as 37 people (52.1%) and knowledge bad as many as 34 people (47.9%).

b. Knowledge Level Based on Definition of Insomnia

From result study distribution level knowledge respondent almost equally for every level knowledge based on definition of insomnia. Most _ knowledge good as many as 62 people (87.3%) and the level of knowledge bad as many as 9 people (12.7%)

c. Knowledge Level Based on Etiology of Insomnia

From result study distribution level knowledge respondent almost equally for every level knowledge based on the etiology of insomnia. Most _ level knowledge good as many as 45 people (63.4%) and the level of knowledge bad as many as 26 people (36.6%).

d. Knowledge Level Based on Symptoms of Insomnia

From result study distribution level knowledge respondent almost equally for every level knowledge based on insomnia symptoms. Most _ level knowledge good as many as 55 people (77.5 %) and the level of knowledge bad as many as 16 people (22.5%).

e. Knowledge Level Based on Insomnia Classification

From result study distribution level knowledge respondent almost equally for every level knowledge based on insomnia classification. Most _ level knowledge good as many as 37 people (52.1%) and the level of knowledge bad as many as 34 people (47.9%).

f. Knowledge Level Based on Impact of Insomnia

From result study distribution level knowledge respondent almost equally for every level knowledge based on effects of insomnia. Most _ level knowledge good as many as 38 people (53.5 %) and the level of knowledge bad as many as 33 people (46, 5%).

g. Knowledge Level Based on Insomnia Management

From result study distribution level knowledge respondent almost equally for every level knowledge based on insomnia management. Most _ level knowledge good as many as 56 people (78.9 %) and the level of knowledge bad as many as 15 people (21.1%).

Table 2. Levels of Knowledge Respondent

| Variable | Frequency | Percentage (%) |
|---|-----------|----------------|
| a. Knowledge Level by Whole | | |
| - Well | 37 | 52.1 |
| - Bad | 34 | 47.9 |
| b. Knowledge Level Based on Definition of Insomnia | 62 | 87.3 |
| - Well | 9 | 12.7 |
| - Bad | | |
| c. Knowledge Level Based on Etiology of Insomnia | 45 | 63.4 |
| - Well | 26 | 36.6 |
| - Bad | | |
| d. Knowledge Level Based on Symptoms of Insomnia | 55 | 77.5 |

| | | |
|--|----|------|
| - Well | 16 | 22.5 |
| - Bad | | |
| e. Knowledge Level Based on Insomnia Classification | 34 | 47.9 |
| - Well | 37 | 52.1 |
| - Bad | | |
| f. Knowledge Level Based on Impact of Insomnia | | |
| - Well | 38 | 53.5 |
| - Bad | 33 | 46.5 |
| g. Knowledge Level Based on Insomnia Management | | |
| - Well | 56 | 78.9 |
| - Bad | 15 | 21.1 |

3.2 Discussion

Based on results study obtained characteristics respondents to the elderly in nursing homes this is in 2016 manifold sex man numbered 37 people, while woman totaling 34 people. This thing show that based on type gender in PSTW Budi Mulia 03 margaguna Jakarta the majority man totaled 37 people (52.1%).

Based on study Sumedi, 2010 explains that man more many experience insomnia by (56.25%), women of (43.7%). Where they often awakened at night day ranges from 3-5 times in one night, and it's hard for asleep back. Then appear most common symptoms is inability for fall asleep, often awakened, incapacity for continue sleep, often awakened more early (Stanley, 2006). Women are also more have possibility for dream bad, trouble sleep and often awakened compared to men (Darmojo, 2005).

Results show that elementary education , namely as many as 29 people (40.8%) while for education Not Schools , junior high schools, senior high schools and universities (19.7%), (19.7%), (8.5%) and (11.3%). %. This thing show that the majority of education at PSTW Budi Mulia 03 Margaguna Jakarta Elementary school education is 29 people (40.8%). Low level of education in the elderly causing lack of ability they to be able to understand information by live or not (Jackson et al, 1994 in Bastable, 2009). Education has influence urgent to knowledge somebody so that the more high education somebody so the more good knowledge too.

Knowledge Level by

Based on from results study show level knowledge almost the same respondents for each level knowledge. most _ knowledge respondent good as many as 37 people (52.1%) and knowledge bad as many as 34 people (47.9%). Research conducted _ Narulita et al , 2013 knowledge elderly related to insomnia , namely in categorical bad , because not yet existence education health in nursing that . Whereas for knowledgeable elderly _ good supported by behavior they want to read book , got information from friends , energy medical , electronic media or written .

Research results show level knowledge respondent related knowledge definition of good insomnia as many as (87.3%), based on the etiology of good insomnia as many as (63.4%), tied good insomnia symptoms as much as (77.5%), insomnia classification is good as many as (52.1%), the impact of insomnia is good as much as (53.5%), and the level of knowledge based on good insomnia management as much as (78.9%). so could concluded that level knowledge elderly associated with insomnia with a number of variable the in majority good .

A number of theory explain that aging could result in disturbance cognitive , clear look at power memory and intelligence (Santoso & Ismail, 2009). Plus with existence disturbance from environment like noise , intensity light and temperature around the place sleep at _ it . seniors often experience disturbance communication because experience drop sight , hearing speech and perception causing drop ability elderly in accept message or information (Nugroho, 2009).

In line with theory existence drop from intellectual covers perception , ability cognitive , memory and learning in the elderly make elderly Becomes difficult for understand and interact (Maryam, 2008). With a lot supporting theory _ that the elderly will many experience change in various aspect , which thing the support occurrence of insomnia.

With a lot supporting theory _ occurrence of insomnia, there is a number of the thing that makes knowledge elderly related to insomnia good that is they exposed information from current student _ that do practice at the orphanage so that make elderly knowing a number of information related to insomnia (disorder) sleep). Plus more students _ it also does intervention like education health , create comfortable environment , train _ various type technique relaxation such as (listening to music, listening to mural , give aromatherapy) etc.

IV. Conclusion

Characteristics respondents at PSTW Budi Mulia 03 Margaguna South Jakarta from 71 respondents obtained based on type sex majority boy as many as 37 people (52.1%) and elementary school education reached an average of 29 people (40.8 %). Description knowledge related to insomnia of the total respondents majority knowledgeable good with percentage (52.1%) while based on level knowledge related definition of insomnia, etiology , classification , symptoms , effects and management that is level knowledge respondent related definition of insomnia in category good 62 people (87.3%), aetiological insomnia level knowledge respondent enter in category good as many as 45 people (63.4%), insomnia symptoms level knowledge respondent in category good as many as 55 people (77.5%). Classification of insomnia grade knowledge respondent in category bad as many as 37 people (52.1%), the impact of insomnia level knowledge respondent in category good as many as 38 people (53.5%), and for level knowledge related management of insomnia in category good as many as 56 people (78.9%)

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