

## ABSTRAK

**PENGARUH *PSYCHORELIGIUS CARE*: BERSHALAWAT TERHADAP PENURUNAN KECEMASAN DAN PENINGKATAN KUALITAS TIDUR PADA LANSIA KOTA SURABAYA**

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**Pendahuluan:** Upaya untuk mengatasi kecemasan dan kualitas tidur dapat dilakukan dengan pendekatan aspek spiritual yaitu *psychoreligius care*: bershalawat untuk meningkatkan coping individu. Tujuan penelitian ini untuk mengetahui pengaruh *psychoreligius care*: bershalawat terhadap penurunan kecemasan dan peningkatan kualitas tidur pada lansia di Kota Surabaya. **Metode:** Penelitian ini quasi-experimental *pretest-posttest with control group*. Populasi penelitian adalah lansia yang tinggal di 3 panti Kota Surabaya dengan sample 70 lansia dengan teknik simple random sampling masing-masing kelompok 35 orang. Variabel independent penelitian ini adalah *Psychoreligius Care*: bershalawat dan variabel dependen yaitu kecemasan dan kualitas tidur. Instrumen penelitian ini yaitu kuesioner *Geriatric Anxiety Scale (GAS)* dan *The Pittsburgh Quality Index (PSQI)*. Analisis yang digunakan yaitu *Wilcoxon Signed Ranks Test* dan *Mann-Whitney* dengan tingkat signifikan  $p=0.05$ . **Hasil:** Analisis data dengan uji statistik *Wilcoxon Signed Ranks Test* kecemasan  $p\text{ value}=0,000$  dan PSQI  $p\text{ value}=0,001$  artinya terdapat perubahan tingkat kecemasan dan kualitas tidur sebelum dan sesudah diberikan *Psychoreligius Care* : bershalawat, sedangkan kelompok kontrol didapatkan  $p\text{ value}=1,000$  artinya tidak terjadi perubahan tingkat kecemasan dan kualitas tidur pada lansia. Uji statistik *Mann-Whitney* kuesioner GAS dan PSQI  $p\text{ value}=0,000$  terdapat perbedaan yang signifikan antara kelompok perlakuan dan kontrol. **Diskusi:** *Psychoreligius care*: bershalawat memiliki kekuatan spiritual keagamaan yang mampu memberikan efek relaksasi dan ketenangan yang mendalam terhadap Allah SWT melalui Nabi Muhammad SAW sehingga lansia tidak lagi merasa cemas dan kualitas tidur meningkat.

Kata Kunci: *Psychoreligius Care*, Shalawat, Kecemasan, Kualitas tidur

**ABSTRACT****THE INFLUENCE OF PSYCHORELIGIUS CARE: *BERSHALAWAT* TOWARD DECREASE ANXIETY AND IMPROVED SLEEP QUALITY IN THE ELDERLY IN THE SURABAYA CITY**

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**Introduction:** Efforts to overcome anxiety and sleep quality can be done with an approach to the spiritual aspect of psychoreligius care: to take care of to improve individual coping. The purpose of this study was to determine the effect of psychoreligius care: to do prostration to reduce anxiety and improve sleep quality in the elderly in the city of Surabaya. **Method:** This research used a quasi-experimental pretest-posttest with control group. The study population was the elderly who lived in 3 orphanages in the City of Surabaya with a sample of 70 elderly with a simple random sampling technique each group of 35 people. The independent variable of this study is Psychoreligius Care: oaths and dependent variables namely anxiety and sleep quality. The instruments of this study were the Geriatric Anxiety Scale (GAS) questionnaire and The Pittsburgh Quality Index (PSQI). The analysis used is the Wilcoxon Signed Ranks Test and Mann-Whitney with a significant level of  $p = 0.05$ . Data analysis with Wilcoxon Signed Ranks test anxiety test  $p$  value = 0,000 and PSQI  $p$  value = 0.001 means that there is a change in anxiety levels and sleep quality before and after Psychoreligius Care: hospitalization, while the control group is found  $p$  value = 1,000 means it does not occur changes in the level of anxiety and quality of sleep in the elderly. The statistical test of Mann-Whitney GAS questionnaire and PSQI  $p$  value = 0,000, there is a significant difference between the treatment and control groups. **Discussion:** Psychoreligius care: to have religious power has a spiritual power that is able to provide a profound relaxation and calm effect on Allah SWT through the Prophet Muhammad SAW so that the elderly no longer feel anxious and the quality of sleep improves.

Keywords: Psychoreligius Care, *Shalawat*, anxiety, sleep quality