

ABSTRAK

**PENGARUH METODE GROUP MENTORING TERHADAP
PENGETAHUAN, SIKAP, DAN TINDAKAN SLEEP HYGIENE LANSIA
DI PANTI TRESNA WERDHA HARGO DEDALI SURABAYA**

Penelitian *Pra-Experimental*

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Sleep hygiene yang kurang dapat mempengaruhi kualitas tidur seseorang. Perilaku *sleep hygiene* yang kurang dipengaruhi oleh beberapa hal, antara lain adalah tingkat pengetahuan, sikap dan tindakan lansia mengenai *sleep hygiene*. Tujuan penelitian ini adalah menjelaskan pengaruh metode *group mentoring* terhadap pengetahuan, sikap, dan tindakan *sleep hygiene* pada lansia di Panti Tresna Werdha Hargo Dedali Surabaya.

Penelitian ini menggunakan metode *pra-eksperimental one-group pra-post test design*. Populasi dalam penelitian ini adalah lansia di Panti Tresna Werdha Hargo Dedali Surabaya. Sampel sebanyak 12 responden yang diambil dengan teknik *purposive sampling*. Variabel independen dalam penelitian ini adalah metode *group mentoring*, sedangkan variabel dependen dalam penelitian ini adalah pengetahuan, sikap, dan tindakan *sleep hygiene* lansia. Pengumpulan data dilakukan dengan menggunakan kuesioner, lalu dianalisis dengan menggunakan uji *Wilcoxon Signed Rank Test* dengan signifikansi $\alpha = 0,05$.

Wilcoxon Signed Rank Test menunjukkan bahwa pendidikan kesehatan dengan metode *group mentoring* mempengaruhi pengetahuan ($p = 0,03$), sikap ($p = 0,03$), dan tindakan ($p = 0,04$) lansia.

Hasil penelitian ini menyimpulkan bahwa metode *group mentoring* dapat meningkatkan pengetahuan, sikap dan tindakan *sleep hygiene* lansia. *Group mentoring* dapat digunakan sebagai alternatif metode pendidikan kesehatan perilaku *sleep hygiene* lansia. Penelitian selanjutnya diharapkan dapat menggunakan kelompok kontrol dan meneliti faktor-faktor lain yang mempengaruhi perilaku.

Kata kunci: *group mentoring*, pengetahuan, sikap, tindakan, *sleep hygiene*, lansia

ABSTRACT

**THE EFFECT OF GROUP MENTORING METHOD ON ELDERLY'S
KNOWLEDGE, ATTITUDE, AND PRACTICE ABOUT SLEEP HYGIENE
AT PANTI TRESNA WERDHA HARGO DEDALI SURABAYA**

Pra-Experimental Research

by: Eli Sazana

Lack of sleep hygiene can affect an elderly's sleep quality. Bad sleep hygiene behavior was influenced by several factors, such as knowledge, attitude, and practice about sleep hygiene. The purpose of this study was to analyze the effect of group mentoring method on elderly's knowledge, attitude, and practice about sleep hygiene at Panti Tresna Werdha Hargo Dedali Surabaya.

This was a pra-experimental research with one-group pre-post test design. Population were elderly at Panti Tresna Werdha Hargo Dedali Surabaya. Sample were 12 respondents, taken by purposive sampling technique. The independent variable was group mentoring method, while the dependent variable were elderly's knowledge, attitude, and practice about sleep hygiene. The data was collected by using questionnaire, then analyzed by using *Wilcoxon Signed Rank Test*, with level of significance $\alpha = 0.05$.

Wilcoxon signed rank test had showed that group mentoring method was affected elderly's knowledge ($p = 0.003$), attitude ($p = 0.003$), and practice ($p = 0.004$) significantly.

The results of this study showed group mentoring method can improve sleep hygiene knowledge, attitude, and practice on elderly. Group mentoring method can be used as an alternative way to improve sleep hygiene behavior on elderly by nurses. Future studies are expected to use a control group and explore other factors which influence elderly's behavior.

Keywords: group mentoring, knowledge, attitudes, practice, sleep hygiene, elderly