

ABSTRAK**Hubungan Kualitas Tidur dengan Fungsi Kognitif pada Lansia
di Puskesmas Nelayan Gresik**

Lansia memiliki masalah yang serius terhadap kebutuhan tidur sehingga dapat menyebabkan gangguan kognitif. Kebanyakan lansia memiliki kualitas tidur yang kurang dan sering terbangun di malam hari serta sulit untuk tidur kembali, sehingga kualitas tidur pada lansia perlu diperhatikan. Tujuan penelitian untuk mengetahui hubungan kualitas tidur dengan fungsi kognitif pada lansia di Puskesmas Nelayan Gresik. Metode penelitian ini menggunakan *Analitik Observasional* dengan pendekatan *cross sectional*. Teknik pengambilan sampel menggunakan *Accidental Sampling* dengan sampel 30 responden. Instrumen yang digunakan adalah Kuesioner. Kuesioner PSQI (*Pittsburgh Sleep Quality Index*) dan kuesioner MMSE (*Mini-Mental State Examination*). Berdasarkan uji statistik Chi-square dengan kualitas tidur dan fungsi kognitif didapatkan nilai $p = 0,002$ berarti $p < 0,05$. Maka H_0 ditolak H_1 diterima dimana terdapat hubungan antara kualitas tidur dengan fungsi kognitif pada lansia. Simpulan dari penelitian ini adanya hubungan antara kualitas tidur dengan fungsi kognitif pada lansia di puskesmas nelayan Gresik.

Kata Kunci : Kualitas Tidur, Fungsi Kognitif, Lansia

ABSTRACT**Relationship between Sleep Quality and Cognitive Functions in the Elderly
at the Gresik Fisherman Health Center**

Elderly people have serious problems with sleep needs so that they can cause cognitive impairment. Most elderly people have poor sleep quality and often wake up at night and find it difficult to go back to sleep, so the quality of sleep in the elderly needs to be considered. The purpose of the study was to determine the relationship between the quality of sleep and cognitive function in the elderly at the Gresik Fisheries Health Center. This research method uses Observational Analytics with a cross sectional approach. The sampling technique uses accidental sampling with a sample of 30 respondents. The instrument used was a questionnaire. PSQI (Pittsburgh Sleep Quality Index) questionnaire and MMSE (Mini-Mental State Examination) questionnaire. Based on the Chi-square statistical test with sleep quality and cognitive function, the value of $p = 0.002$ means $p < 0.05$. Then H_0 is rejected H_1 is accepted where there is a relationship between the quality of sleep and cognitive function in the elderly. Conclusion from this study there is a relationship between the quality of sleep and cognitive function in the elderly at the Gresik fishing clinic.

Keywords: Sleep Quality, Cognitive Function, Elderly