

**STUDY PROGRAM UNDERGRADUATE NURSING
NURSING FACULTY
ANDALAS UNIVERSITY
APRIL 2014**

**Name : SUCI ASHA RAHMADINI
Student Number : 1210326022**

The Correlation Between Patient's Anxiety Levels And Quality Of Sleep Pre Operation Patients in Surgery Room Dr. M. Djamil Padang Hospital at 2014

ABSTRACT

When people are ill or getting treatment at the hospital, they can't get sleeping easily. It's happen because of their anxiety toward their disease. The aim of this research is to investigate the correlation between anxiety level and quality of sleep pre-operation patients. The type of the research is descriptive analytic with cross sectional study design. In this research, the samples are 64 patients in surgical room Dr. M. Djamil Padang Hospital from August 2013 until April 2014. The result of the research conclude that the quality of sleep pre-operation patients are divided into two categories, they are bad sleeping (56.2%), good sleeping (44.8%). The anxiety of pre-operation patients divided into three types, they are low anxiety (34.4%), mid anxiety (45.3%), and high anxiety (20.3%). The statistical test's result showed that there are some correlation between anxiety level and quality of sleep pre-operation patients with $p=0,017$. Based on the result of research, the writer hopes that all medical staff will raise their caring standart for the patient who got the anxiety problem of pre-operation to get good quality of sleep with doing some therapy of communication in maximal level, arrange the position of patient as comfortable as possible, and teach them some relaxation techniques of taking breath to dismiss their anxiety.

Keywords : Sleeping Quality, Preoperative, Anxiety

Bibilography : 27 (1999 - 2013)