

**INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA**  
**FAKULTAS KESEHATAN**  
**PROGRAM STUDI ILMU KEPERAWATAN**  
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**HUBUNGAN LINGKUNGAN PERAWATAN DENGAN POLA TIDUR  
PADA BAYI PREMATUR DI RUANG PERAWATAN BAYI RSUD  
WALED KABUPATEN CIREBON**

xv + 94 Halaman + 7 Tabel + 2 bagan + 16 Lampiran

**ABSTRAK**

Bayi prematur adalah bayi yang lahir sebelum usia kehamilan 37 minggu tanpa memperhitungkan berat badan lahir bayi. Menyatakan bayi premature yang menjalani perawatan di ruang perawatan intensif rentan terpapar rangsangan yang dapat mengganggu tidur seperti kebisingan peralatan medis, Cahaya terlalu terang, suhu yang tidak sesuai, dan rutinitas prosedur medis. **Tujuan** penelitian ini untuk mengetahui hubungan antara lingkungan perawatan dengan pola tidur pada bayi prematur di ruang perawatan bayi RSUD Waled Kabupaten Cirebon. **Metode penelitian** yaitu analisis korelasi dengan rancangan *cross sectional*. **Teknik pengambilan sampel** pada penelitian ini *accidental sampling* didapatkan sampel sejumlah 32 responden. Pengumpulan data dilakukan dengan menggunakan lembar observasi. Data dianalisis dengan cara univariat dan bivariat. Pengolahan data menggunakan program computer dengan uji *chi-square* dengan tingkat kemaknaan 95% ( $\alpha = 0,005$ ). **Hasil penelitian** dengan menggunakan analisis *chi-square* menunjukkan terdapat hubungan antara lingkungan perawatan dengan pola tidur pada bayi prematur  $\rho < \alpha$  ( $0,000 < 0,05$ ). **Kesimpulan** terdapat hubungan antara lingkungan perawatan dengan pola tidur pada bayi premature diruang perawatan bayi RSUD Waled Kabupaten Cirebon.

**Kata Kunci : Lingkungan Perawatan, Pola Tidur, Bayi Prematur**

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*Thesis, July 2023*

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***THE RELATIONSHIP OF CARE ENVIRONMENT WITH SLEEP  
PATTERNS IN PREMATURE INFANTS IN THE BABY CARE ROOM  
WALED HOSPITAL CIREBON DISTRICT***

*xv + 94 Pages + 7 Tabels + 2 Charts + 16 Attachments*

***ABSTRACT***

*Premature babies are babies born before 37 weeks of gestation regardless of the baby's birth weight. Stating that premature babies undergoing treatment in intensive care rooms are vulnerable to exposure to stimuli that can disrupt sleep such as medical equipment noise, too bright light, inappropriate temperatures, and routine medical procedures. The purpose of this study was to determine the relationship between the care environment and sleep patterns in premature infants in the infant care room at Waled General Hospital, Cirebon Regency. The research method is correlation analysis with a cross sectional design. The sampling technique in this study was accidental sampling a sample of 32 respondents was obtained. Data collection was carried out using observation sheets. Data were analyzed by means of univariate and bivariate. Data processing used a computer program with the chi-square test with a significance level of 95% ( $\alpha = 0.005$ ). The results of the study using chi-square analysis showed that there was a relationship between the nursing environment and sleep patterns in premature infants  $p < \alpha$  ( $0.000 < 0.05$ ). The conclusion is that there is a relationship between the care environment and sleep patterns in premature babies in the infant care room at Waled General Hospital, Cirebon Regency.*

***Keywords: Nursing Environment, Sleep Patterns, Premature Babies***

***Referencies : 34 (2013-2023)***