

ABSTRAK

Penyakit tuberkulosis paru ini juga dapat mengancam kehidupan penderitanya dan dapat menimbulkan perubahan emosional dan perilaku yang lebih luas, seperti ansietas, syok, marah, dan menarik diri. Gangguan seperti inilah yang dapat mengakibatkan gangguan pada pola istirahat pada penderitanya termasuk akan terjadi gangguan pola tidur penderita tuberkulosis paru. Terapi foot massage merupakan perlakuan yang dapat merangsang jaringan kulit dengan sentuhan dan ketegangan yang lembut, memberikan sensasi yang luar biasa kepada pasien setelah perawatan pijat kaki semakin mengembangkan kualitas istirahat. Tujuan penelitian pengaruh terapi foot massage terhadap kualitas tidur pasien tuberkulosis paru di RSUD Royal Prima Medan. Jenis Penelitian adalah penelitian eksperimen semu dengan menggunakan irancangan *one group pre-test* dan *post-test design* yaitu kelompok dimana subjek diobservasi sebelum dilakukan intervensi. Populasi adalah pasien yang mengalami tuberkulosis paru. Tehnik pengambilan sampel "*accidental sampling*" yaitu suatu metode penentuan sampel dengan mengambil responden yang kebetulan ada disuatu tempat penelitian sebanyak 30 orang. Hasil penelitian menjelaskan bahwa ada pengaruh terapi foot massage terhadap kualitas tidur pasien tuberkulosis paru di Rumah Sakit Royal Prima Medan dengan nilai Pvalue 0,016 dan Z -3,950. Bagi responden agar mampu memanfaatkan dan melakukan terapi foot massage sebagai salah satu alternatif yang bermanfaat bagi kesehatan khususnya untuk meningkatkan kekuatan otot

Kata Kunci: foot massage, tuberkulosis paru, kualitas tidur

ABSTRACT

Pulmonary tuberculosis sufferers often experience psychological disorders due to their illness. Psychological problems that are often experienced include anxiety, stress and depression. Apart from that, pulmonary tuberculosis sufferers also often experience disturbed sleep patterns due to coughing and shortness of breath which they experience as signs and symptoms of pulmonary tuberculosis. Foot massage therapy is a treatment that can stimulate skin tissue with gentle touch and pressure, providing a pleasant sensation for the patient after foot massage therapy has the effect of improving sleep quality. Sleep is one of the basic human needs whose importance is the same as other basic needs. The aim of this research is to find out whether there is an effect of foot massage therapy on the sleep quality of pulmonary tuberculosis patients at the Royal Prima Hospital in Medan. The research used was quasi-experimental research using a one group pre-test and post-test design, namely groups where subjects were observed before the intervention was carried out, then observed after the intervention was carried out. This sampling technique is accidental sampling with a sample size of 30 people. The results of the study explain the influence of foot massage therapy on the sleep quality of pulmonary tuberculosis patients at the Royal Prima Medan Hospital. The conclusion obtained from this research is that there is an influence of foot massage therapy on the sleep quality of pulmonary tuberculosis patients at the Royal Prima Medan Hospital.

Keywords: foot massage, pulmonary tuberculosis, sleep quality