

PENGARUH TERAPI GUIDED IMAGERY MENGGUNAKAN MEDIA AUDIOVISUAL TERHADAP KUALITAS TIDUR ANAK REMAJA DI SMP NEGERI 1 TAHUNA

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Abstrak

Latar Belakang : Kualitas tidur yang baik sangat penting untuk kesehatan dan kesejahteraan seseorang, terutama bagi remaja. Namun sayangnya, banyak remaja mengalami masalah kualitas tidur yang dapat mempengaruhi kesehatan dan kesejahteraan mereka. Faktor-faktor yang dapat mempengaruhi kualitas tidur remaja termasuk penggunaan teknologi sebelum tidur, tingkat stres, pergaulan malam, serta peran orang tua dalam pengaturan jam tidur.

Tujuan : Untuk mengetahui pengaruh terapi *guided imagery* menggunakan media audiovisual terhadap kualitas tidur anak remaja di SMP Negeri 1 Tahuna

Metode : Penelitian kuantitatif desain quasi eksperimen tidak menggunakan kelompok kontrol melalui pendekatan *one group pre test-post test design*. Populasi dalam penelitian ini yaitu anak remaja di SMP Negeri 1 Tahuna mulai dari kelas 7-9 berdasarkan hasil wawancara yang dengan kualitas tidur yang buruk berjumlah 105 orang. Teknik pengambilan sampel menggunakan *purposive sampling* dan didapatkan sampel 52 responden sesuai kriteria inklusi dan eksklusi.

Hasil : Analisis univariat hasilnya nilai *mean* mengalami penurunan dari 7.56 sebelum diberikan intervensi menjadi 4.48 setelah diberikan intervensi, analisis bivariat uji *wilcoxon* didapatkan *p-value* 0,000 (*p value*<0,05) sehingga dapat dinyatakan H_0 diterima artinya ada perbedaan antara kualitas tidur saat *pre-test* dan *post-test*.

Kesimpulan : Ada peningkatan kualitas tidur pada anak remaja di SMP Negeri 1 Tahuna setelah dilakukan intervensi artinya ada pengaruh terapi *guided imagery* terhadap kualitas tidur anak remaja di SMP Negeri 1 Tahuna.

Kata Kunci : Anak Remaja, *Guided Imagery*, Kualitas Tidur

EFFECTS OF GUIDED IMAGERY THERAPY USING AUDIOVISUAL MEDIA ON THE QUALITY OF SLEEP OF TEENAGERS IN TAHUNA 1 PUBLIC JUNIOR HIGHSCHOOL

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Abstract

Background: Good sleep quality is essential for one's health and well-being, especially for adolescents. Unfortunately, many teenagers experience sleep quality problems that can affect their health and well-being. Factors that can affect teenagers' sleep quality include the use of technology before bedtime, stress levels, night socializing, as well as the role of parents in regulating sleep hours.

Objective: To determine the effects of guided imagery therapy using audiovisual media on the quality of sleep of teenagers in Tahuna 1 public Junior Highschool.

Methods: Quantitative research quasi experiment design did not utilize control group through one group pre test post test design approach. The population in this research were teenagers at Tahuna 1 Public Junior Highschool ranging from grades 7-9 based on the results of interviews with poor sleep quality in total of 105 people. The sampling technique used purposive sampling and obtained a sample of 52 respondents according to the inclusion and exclusion criteria.

Results: Univariate analysis showed that the mean value decreased from 7.56 before the intervention to 4.48 after the intervention, bivariate analysis of the Wilcoxon test obtained a p-value of 0.000 (p value <0.05) so that it could be stated that Ha was accepted, meaning that there was a difference between pre-test and post-test sleep quality.

Conclusion: There was an increase in sleep quality of teenagers at Tahuna 1 Public Junior Highschool after intervention was done, it meant that there was an effect of guided imagery therapy on sleep quality on teenagers at Tahuna 1 Public Junior Highschool.

Keywords: Teenagers, Guided imagery, Sleep quality

This translation has been checked and proven accurate.



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