

ABSTRACT BOOK

“Harmony of Caring and Healing Inquiry for Holistic Nursing Practice; Enhancing Quality of Care”

Semarang, 20 – 21 August 2015



Organized by

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3rd JAVA INTERNATIONAL NURSING CONFERENCE 2015

*“Harmony of Caring and Healing
Inquiry for Holistic Nursing Practice;
Enhancing Quality of Care”*

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“Harmony of Caring and Healing Inquiry for Holistic Nursing Practice; Enhancing Quality of Care”

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The relationship between sleep disorders: The degree of insomnia and women menopause quality of life in Tembalang Village

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Menopause is a phase when the reproduction cycle of women stopped. Menopausal women require special attention because of the consequences caused by menopause. The consequences are experienced sleep disorder: insomnia. Insomnia causes the reduction of life quality when it disturbs the body's health. The purpose of this research was to determine the relationship between sleep disorders: the degree of insomnia and the quality of life of postmenopausal women in the Tembalang Village, Semarang. Research design was quantitative study using cross sectional approach. Respondents were selected by cluster sampling technique with 134 respondents. Data was collected using questionnaire. Analysis of data used Spearman rank. Most menopausal women had mild insomnia level (98 people/73.1%) and lower quality of life (71 people/53%). There was a relationship between sleep disorder : the degree of insomnia with quality of life of menopausal women (p value: 0.000, $\alpha = 0.05$). It is recommended to menopausal women to search information to reduce the level of insomnia that can increase quality of life. Nurses can provide health education and therapy for menopausal women to improve both the quality of sleep and the quality of life.

Keywords : The degree of insomnia, Quality of life, Menopausal women