

**PENGARUH PENERAPAN *SUNAH RASUL* SEBELUM
TIDUR TERHADAP KUALITAS TIDUR PADA PASIEN
KANKER PAYUDARA YANG MENJALANI KEMOTERAPI
DI RSUD DJOJONEGORO TEMANGGUNG**

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ABSTRAK

Latar belakang : Pasien kanker payudara mendapatkan penatalaksanaan kemoterapi. Salah satu efek kemoterapi adalah kualitas tidur buruk. Seseorang yang mengalami gangguan tidur bisa mengakibatkan kelelahan, depresi, kecemasan. Penerapan *sunah Rasul* sebelum tidur mempunyai efek positif bagi tubuh.

Tujuan : Untuk mengetahui pengaruh penerapan *sunah Rasul* sebelum tidur terhadap kualitas tidur pasien kanker payudara.

Metode : *Quasi experiment pretest-posttest with intervention control group design*. Sampel sebanyak 26 responden kanker payudara dengan teknik *Purposive Sampling*. Penilaian kualitas tidur menggunakan *Pittsburgh Sleep Quality Index*. Intervensi yang diberikan penerapan *sunah Rasul* sebelum tidur selama 7 hari. Data kualitas tidur dianalisis menggunakan *Independent t-test*.

Hasil : Kualitas tidur kelompok kontrol *pretest* 9,83 dan *posttest* 11,83, kualitas tidur kelompok intervensi *pretest* 12,93 dan *posttest* 7,00. Hasil *posttest* pada kedua kelompok dengan *p value*=0,003.

Kesimpulan : Terdapat pengaruh penerapan *sunah Rasul* sebelum tidur terhadap kualitas tidur pasien kanker payudara.

Kata Kunci : *Kanker Payudara, Kemoterapi, Sunah Rasul, Kualitas Tidur*

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**INFLUENCE OF THE IMPLEMENTATION *PROPHET'S*
SUNAH BEFORE SLEEPING ON SLEEP QUALITY OF
BREAST CANCER PATIENTS WHO UNDERWENT
CHEMOTHERAPY IN RSUD DOJONEGORO
TEMANGGUNG**

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ABSTRACT

Background : *Most breast cancer patients are suggested to undergoing of chemotherapy. One of the effects of chemotherapy is poor sleep quality. Someone suffering from sleep disorders is potential to suffer from fatigue, depression, and anxiety. The Implementation of the Prophet's sunah before sleeping gives the body a positive effect.*

Objectives: *The study aimed to determine the effect of the implementation of Prophet's sunah before sleeping to the quality of sleep for breast cancer patients*

Methods : *The study applied the Quasi Experiment pretest-posttest with intervention and control group design. The collected samples are 26 breast cancer respondents with Purposive Sampling technique. Sleep quality was assessed by using the Pittsburg Sleep Quality Index. The intervention of the Prophet's sunah was done before sleeping for 7 days. Sleep quality data were analyzed by using the Independent t-test.*

Result : *Sleep quality controls group pretest 9.83 and posttest 11.83, sleep quality interventions group pretest 12,93 and posttest 7,00. The posttest results of the two groups with p value = 0.003.*

Conclusion : *There was a influence after being implemented the Prophet's sunah before sleeping to the sleep quality of breast cancer patients*

Keywords : *Breast Cancer, Chemotherapy, Prophet's Sunah, Sleep Quality.*

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