

**HUBUNGAN MENGONSUMSI KOPI DAN MEROKOK DENGAN
TERJADINYA INSOMNIA PADA LANSIA DI WILAYAH KERJA
UPT PUSKESMAS SEI LANGKAI KOTA BATAM**



SKRIPSI

Skripsi Ini Disusun Sebagai Salah Satu Persyaratan Untuk
Menyelesaikan Program Pendidikan Sarjana Keperawatan

NUR MASTARI
NIM. 616080721026

PRODI SARJANA KEPERAWATAN DAN PENDIDIKAN PROFESI NERS
INSTITUT KESEHATAN MITRA BUNDA
TAHUN 2025

DAFTAR ISI

HALAMAN SAMPUL LUAR	Error! Bookmark not defined.
HALAMAN SAMPUL DALAM.....	i
PERNYATAAN KEASLIAN TULISAN	Error! Bookmark not defined.
PERNYATAAN PERSETUJUAN.....	Error! Bookmark not defined.
PENGESAHAN	Error! Bookmark not defined.
RIWAYAT HIDUP	Error! Bookmark not defined.
INTISARI	Error! Bookmark not defined.
ABSTRAK.....	Error! Bookmark not defined.
KATA PENGANTAR.....	Error! Bookmark not defined.
DAFTAR ISI.....	xi
DAFTAR TABEL	Error! Bookmark not defined.
DAFTAR SKEMA	Error! Bookmark not defined.
DAFTAR LAMPIRAN	Error! Bookmark not defined.
BAB I PENDAHULUAN.....	Error! Bookmark not defined.
1.1 Latar Belakang	Error! Bookmark not defined.
1.2 Rumusan Masalah	Error! Bookmark not defined.
1.3 Tujuan Penelitian	Error! Bookmark not defined.
1.3.1 Tujuan Umum	Error! Bookmark not defined.
1.3.2 Tujuan Khusus	Error! Bookmark not defined.
1.4 Manfaat Penelitian	Error! Bookmark not defined.
1.4.1 Manfaat Teoritis	Error! Bookmark not defined.
1.4.2 Manfaat Praktis	Error! Bookmark not defined.
1.5 Keaslian Penelitian.....	Error! Bookmark not defined.
1.6 Sistematika Penelitian	Error! Bookmark not defined.
BAB II TINJAUAN PUSTAKA.....	Error! Bookmark not defined.
2.1 Konsep Dasar Lansia.....	Error! Bookmark not defined.
2.1.1 Pengertian Lansia	Error! Bookmark not defined.
2.1.2 Batasan-Batasan Lansia	Error! Bookmark not defined.
2.1.3 Teori-Teori Proses Menua.....	Error! Bookmark not defined.

2.1.4	Perubahan Fisik Yang Terjadi Pada Lansia	Error! Bookmark not defined.
2.1.5	Masalah Kesehatan Pada Lansia	Error! Bookmark not defined.
2.2	Konsep Dasar Insomnia Pada Lansia	Error! Bookmark not defined.
2.2.1	Pengertian Insomnia Pada Lansia	Error! Bookmark not defined.
2.2.2	Perubahan Tidur Pada Lansia	Error! Bookmark not defined.
2.2.3	Faktor Penyebab Insomnia Pada Lansia	Error! Bookmark not defined.
2.2.4	Klasifikasi Insomnia Pada Lansia	Error! Bookmark not defined.
2.2.5	Manifestasi Klinis Pada Lansia	Error! Bookmark not defined.
2.2.6	Penatalaksanaan Insomnia Pada Lansia	Error! Bookmark not defined.
2.3	Konsep Dasar Rokok	Error! Bookmark not defined.
2.3.1	Pengertian Rokok	Error! Bookmark not defined.
2.3.2	Kandungan Rokok	Error! Bookmark not defined.
2.3.3	Klasifikasi Rokok	Error! Bookmark not defined.
2.3.4	Faktor-Faktor Yang Mempengaruhi Kebiasaan Merokok	Error! Bookmark not defined.
2.3.5	Dampak Merokok	Error! Bookmark not defined.
2.4	Konsep Dasar Kopi	Error! Bookmark not defined.
2.4.1	Pengertian Kopi	Error! Bookmark not defined.
2.4.2	Kandungan Dalam Kopi	Error! Bookmark not defined.
2.4.3	Efek Samping Kopi	Error! Bookmark not defined.
2.4.4	Cara Menyeduh Kopi Yang Sehat	Error! Bookmark not defined.
2.5	Teori Perilaku (<i>Lawrence Green</i>)	Error! Bookmark not defined.
2.5.1	Faktor Predisposisi	Error! Bookmark not defined.
2.5.2	Faktor Pemungkin	Error! Bookmark not defined.
2.5.3	Faktor Penguat	Error! Bookmark not defined.
2.6	Kerangka Konseptual	Error! Bookmark not defined.
2.7	Hipotesis Penelitian	Error! Bookmark not defined.
BAB III METODOLOGI PENELITIAN		Error! Bookmark not defined.
3.1	Jenis dan Rancangan Penelitian	Error! Bookmark not defined.
3.2	Populasi dan Sampel	Error! Bookmark not defined.
1.4.2.1	Populasi	Error! Bookmark not defined.

1.4.2.2 Sampel Penelitian.....	Error! Bookmark not defined.
3.3 Lokasi dan Waktu Penelitian	Error! Bookmark not defined.
3.3.1 Lokasi Penelitian.....	Error! Bookmark not defined.
3.3.2 Waktu Penelitian	Error! Bookmark not defined.
3.4 Variabel Penelitian	Error! Bookmark not defined.
3.4.1 Variabel Independen (Bebas).....	Error! Bookmark not defined.
3.4.2 Variabel Dependen (Terikat).....	Error! Bookmark not defined.
3.5 Kerangka Kerja	Error! Bookmark not defined.
3.6 Prosedur Penelitian.....	Error! Bookmark not defined.
3.6.1. Tahap Persiapan	Error! Bookmark not defined.
3.6.2. Tahap Pelaksanaan	Error! Bookmark not defined.
3.6.3. Tahap Akhir	Error! Bookmark not defined.
3.7 Teknik Pengumpulan Data.....	Error! Bookmark not defined.
3.7.1 Instrumen Penelitian.....	Error! Bookmark not defined.
3.8 Uji Validitas Dan Uji Reliabilitas	Error! Bookmark not defined.
3.8.1 Uji Validitas	Error! Bookmark not defined.
3.8.2 Uji Reliabilitas	Error! Bookmark not defined.
3.9 Pengolahan Data dan Analisa Data	Error! Bookmark not defined.
3.9.1 Pengolahan Data.....	Error! Bookmark not defined.
3.9.2 Analisa Data	Error! Bookmark not defined.
3.10 Definisi Operasional.....	Error! Bookmark not defined.
3.11 Etika Penelitian	Error! Bookmark not defined.
3.11.1 <i>Informed Consent</i>	Error! Bookmark not defined.
3.11.2 <i>Respect For Person</i>	Error! Bookmark not defined.
3.11.3 <i>Beneficence</i>	Error! Bookmark not defined.
3.11.4 <i>Non-Maleficence</i>	Error! Bookmark not defined.
3.11.5 <i>Justice</i>	Error! Bookmark not defined.
3.11.6 <i>Confidentiality</i>	Error! Bookmark not defined.
3.12 Keterbatasan Penelitian.....	Error! Bookmark not defined.
BAB IV HASIL DAN PEMBAHASAN PENELITIAN	Error! Bookmark not defined.
4.1. Gambaran Lokasi Penelitian	Error! Bookmark not defined.
4.2. Hasil Penelitian	Error! Bookmark not defined.

4.2.1. Data Umum	Error! Bookmark not defined.
4.2.2. Data Khusus	Error! Bookmark not defined.
4.3. Pembahasan.....	Error! Bookmark not defined.
4.3.1. Analisa Univariat	Error! Bookmark not defined.
4.3.2. Analisis Bivariat.....	Error! Bookmark not defined.
BAB V KESIMPULAN DAN SARAN	Error! Bookmark not defined.
5.1. Kesimpulan	Error! Bookmark not defined.
5.2. Saran.....	Error! Bookmark not defined.
DAFTAR PUSTAKA	Error! Bookmark not defined.