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LAMPIRAN 1. Riwayat Hidup



Identitas Pribadi :

Nama : Adolfina Febrianti
Jenis Kelamin : Perempuan
Tempat, Tanggal lahir : Sorong, 17 Februari 2000
Warga Negara : Indonesia
Agama : Katolik
Golongan darah : O
Alamat : Jl. Perintis Kemerdekaan 18, Bontoramba Lorong 14
Kode Pos : 90245
Email : adolfinafebrianti@gmail.com

Riwayat Pendidikan :

| Jenjang Pendidikan | Nama Institusi | Bidang ilmu/Jurusan | Periode |
|--------------------|------------------------------------|---------------------|---------------|
| SD | SD Inpres 49 Malabutor Kota Sorong | - | 2005-2011 |
| SMP | SMP N 5 Kota Sorong | - | 2011-2014 |
| SMA | SMA N 3 Kota Sorong | MIPA | 2014-2017 |
| S1 | Universitas Hasanuddin | Pendidikan Dokter | 2018-sekarang |

Riwayat Organisasi :

| Nama Organisasi | Jabatan | Tahun Jabatan |
|--|---------------------------------|---------------|
| Medical Youth Research Club (MYRC) UNHAS | Anggota | 2020-sekarang |
| Keluarga Katolik Mahasiswa Kedokteran (KKMK) UNHAS | Koordinator Divisi Dana & Usaha | 2020-2021 |
| Roentgen Photography UNHAS | Anggota Divisi Eksternal | 2020-2021 |
| Asisten Dosen Departemen Parasitologi FK UNHAS | Anggota | 2020-2021 |

Riwayat Pelatihan :

| Nama Pelatihan | Tahun |
|--|-------|
| Masa Pengenalan Pembinaan Kader FK UNHAS | 2018 |
| Basic Student Leadership Training | 2018 |

Lampiran 2. Penjelasan Penelitian

Lembar Penjelasan Penelitian

Saya Adolfina Febrianti (C011181325) adalah mahasiswi Fakultas Kedokteran Universitas Hasanuddin Makassar yang sedang melakukan penelitian yang berjudul **“Hubungan Rinitis Alergi Dengan Kualitas Tidur Pada Mahasiswa Fakultas Kedokteran Universitas Hasanuddin Angkatan 2019”**. Penelitian ini dilakukan sebagai salah satu syarat dalam menyelesaikan tugas akhir skripsi saya.

Tujuan dari penelitian ini adalah untuk mengetahui ada atau tidaknya hubungan rinitis alergi dengan kualitas tidur pada mahasiswa Fakultas Kedokteran Universitas Hasanuddin angkatan 2019.

Oleh karena itu, saya meminta kesediaan dan kerja sama dari saudara/i untuk mengisi kuesioner yang telah disediakan. Adapun identitas dan jawaban kuesioner saudara/i pada penelitian ini akan dirahasiakan dan hanya digunakan dalam penelitian ini.

Demikian penjelasan ini saya sampaikan. Atas bantuan partisipasi dan kesediaan saudara/saudari, saya ucapkan terimakasih.

Makassar, 2021

Peneliti

Adolfina Febrianti

Lampiran 3. Informed Consent

Lembar Pernyataan Persetujuan (*Informed Consent*)

Saya yang bertandatangan di bawah ini :

Nama :

NIM :

Kelas :

Umur :

Saya bersedia ikut sebagai responden pada penelitian yang dilakukan oleh saudari Adolfina Febrianti (C011181325) Mahasiswi Fakultas Kedokteran Universitas Hasanuddin dengan judul “Hubungan Antara Rinitis Alergi Dengan Kualitas Tidur Pada Mahasiswa Fakultas Kedokteran Universitas Hasanuddin Angkatan 2019” Saya telah dijelaskan bahwa jawaban kuesioner ini hanya digunakan untuk keperluan penelitian dan saya akan menjawab pertanyaan-pertanyaan yang diajukan oleh peneliti dalam kuesioner ini dengan memberikan jawaban yang sejujurnya sesuai dengan keadaan yang saya alami.

Demikianlah pernyataan ini dibuat dengan penuh kesadaran dan tanpa paksaan dari pihak manapun.

Makassar, 2021

Yang Membuat Pernyataan

(.....)

Lampiran 4. Kuesioner

Kuesioner Kuesioner Rinitis Alergi

Score for Allergic Rhinitis (SFAR)

Nama :

Umur :

Jenis Kelamin :

NIM :

1. Selama 12 bulan terakhir, apakah anda memiliki masalah pada hidung anda ketika anda sedang tidak demam dan flu seperti:

Bersin – bersin Tidak () Ya ()

Hidung berair Tidak () Ya ()

Hidung tersumbat Tidak () Ya ()

Jika YA (minimal 1 masalah hidung):

2. Selama 12 bulan terakhir, apakah masalah hidung ini disertai dengan rasa gatal dan berair pada mata ?

Tidak () Ya ()

3. Selama 12 bulan terakhir, pada bulan (musim) apakah masalah hidung ini muncul ?

Januari () Februari () Maret () April ()

Mei () Juni () Juli () Agustus ()

Sept () Oktober () Nov () Des ()

(atau jika dalam musim):

Musim dingin/hujan () Musim panas/kemarau () Sepanjang tahun ()

4. Apa faktor yang memicu dan memperburuk masalah hidung anda tersebut?

Debu rumah ()

Tungau debu rumah ()

Serbuk sari tanaman ()

Hewan (kucing, anjing) ()

Lainnya :

5. Apakah anda berpikir bahwa anda mengalami alergi ?

Tidak ()

Ya ()

6. Apakah anda pernah melakukan tes / pemeriksaan terkait alergi (SPT* / Serum

IgE)

Tidak ()

Ya ()

Jika YA:

6a. Apa hasil dari pemeriksaan ?

Positif ()

Negatif ()

7. Apakah dokter pernah mendiagnosa bahwa anda menderita / memiliki riwayat

asma, ekzema(**), atau rinitis alergi ?

Tidak ()

Ya ()

8. Apakah ada di antara anggota keluarga anda yang menderita asma, ekzema(**),

atau rinitis alergi ?

Tidak ()

Ya ()

Jika YA:

Siapa yang mengalaminya ? Apa Penyakitnya ?

| | | | |
|-------------|----------|------------|--------------------|
| Ayah () | Asma () | Ekzema () | Rinitis Alergi () |
| Ibu () | Asma () | Ekzema () | Rinitis Alergi () |
| Saudara () | Asma () | Ekzema () | Rinitis Alergi () |

Interpretasi skor pada kuesioner SFAR

| Komponen | Skor | Total Skor |
|---|-------------------------------------|------------|
| Bersin berulang, hidung berair, hidung tersumbat | 1 untuk setiap gejala | 3 |
| Bulan/musim | 1 untuk parenial 1 untuk musiman | 5 |
| Gejala hidung disertai rasa gatal pada mata (<i>rhinoconjunctivitis</i>) | 2 | 7 |
| Pencetus : | | |
| Serbuk sari, tungau dan debu rumah | 2 | |
| Epithelia (anjing, kucing) | 1 | 9 |
| Status alergi | 2 | 11 |
| Riwayat tes alergi dengan hasil positif | 2 | 13 |
| Riwayat diagnosis alergi | 1 | 14 |
| Riwayat alergi dalam keluarga | 2 | 16 |
| Total Skor | | 16 |

Total skor SFAR ≥ 7 (Positif rinitis alergi)

Total skor SFAR <7 (Negatif rinitis alergi)

Kuesioner Kualitas Tidur

Pittsburgh Sleep Quality Index (PSQI)

Pertanyaan berikut ini berkaitan dengan kebiasaan tidur anda selama sebulan terakhir. Mohon anda menjawab semua pertanyaan.

| No | Pertanyaan | | | | | | | | | | |
|--|--|--|---|--------------------------------------|---------------------------|--------------------------------------|-------------------------|--|--|--|--|
| 1 | <u>Sekitar</u> pukul berapa anda biasanya tidur di malam hari?..... | | | | | | | | | | |
| 2 | Berapa menit anda membutuhkan waktu untuk dapat tertidur di malam hari? <input type="radio"/> ≤ 15 menit (0) <input type="radio"/> 16 – 30 menit (1) <input type="radio"/> 31 – 60 menit (2) <input type="radio"/> 60 menit (3) | | | | | | | | | | |
| 3 | <u>Sekitar</u> pukul berapa anda biasanya bangun tidur di pagi hari? | | | | | | | | | | |
| 4 | Berapa jam anda biasanya tidur di malam hari? | | | | | | | | | | |
| 5 | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 30%;">Selama sebulan terakhir berapa sering anda mengalami hal di bawah ini?</th> <th style="width: 15%;">Tidak pernah dalam sebulan terakhir (0)</th> <th style="width: 15%;">1 kali dalam seminggu (<u>1</u>)</th> <th style="width: 15%;">2 kali dalam seminggu (2)</th> <th style="width: 25%;">≥ 3 kali dalam seminggu (<u>3</u>)</th> </tr> </thead> <tbody> <tr> <td>a. Tidak dapat tertidur</td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table> | Selama sebulan terakhir berapa sering anda mengalami hal di bawah ini? | Tidak pernah dalam sebulan terakhir (0) | 1 kali dalam seminggu (<u>1</u>) | 2 kali dalam seminggu (2) | ≥ 3 kali dalam seminggu (<u>3</u>) | a. Tidak dapat tertidur | | | | |
| Selama sebulan terakhir berapa sering anda mengalami hal di bawah ini? | Tidak pernah dalam sebulan terakhir (0) | 1 kali dalam seminggu (<u>1</u>) | 2 kali dalam seminggu (2) | ≥ 3 kali dalam seminggu (<u>3</u>) | | | | | | | |
| a. Tidak dapat tertidur | | | | | | | | | | | |

| | | | | |
|--|--|--|--|--|
| dalam wak tu 30 menit | | | | |
| b. Terbangun ditengah malam atau pagi-pagi sekali | | | | |
| c. Terbangun karena ingin ke kamar mandi | | | | |
| d. Terganggu pernafasan | | | | |
| e. Batuk / mendengkur/ mengorok terlalu keras | | | | |
| f. Merasa | | | | |

| | | | | | |
|---|---|--|--|--|--|
| | keedinginan dimalam hari | | | | |
| | g. Merasa kepanasan dimalam hari | | | | |
| | h. Mimpi buruk | | | | |
| | i. Merasa kesakitan | | | | |
| | j. Alasan lain : _____ | | | | |
| 6 | Seberapa sering anda mengkonsumsi obat untuk membantu agar anda dapat tertidur (resep/bebas) ? | | | | |
| 7 | Seberapa sering anda mengantuk ketika melakukan | | | | |

| | | | | | |
|---|---|--------------------|-------------|--------------|---------------------|
| | aktivitas di siang hari? | | | | |
| 8 | Seberapa sering anda mengalami kesukaran berkonsentrasi ke pekerjaan? | | | | |
| | | Baik Sekali (0) | Baik (1) | Buruk (2) | Buruk Sekali (3) |
| 9 | Bagaimana anda menilai kualitas tidur anda sebulan ini ? | | | | |

Interpretasi Skor Kuesioner PSQI

| Komponen | Skor |
|---------------------------------------|---|
| Komponen 1 (kualitas tidur subjektif) | Pertanyaan no 9 baik sekali = 0 baik = 1 buruk = 2 buruk sekali = 3 |
| Komponen 2 (latensi tidur) | Pertanyaan no 2 ≤ 15 menit = 0 16-30 menit = 1 31-60 menit = 2 >60 menit = 3 Pertanyaan no 5a tidak pernah = 0 1x seminggu = 1 2x seminggu = 2 $\geq 3x$ seminggu = 3 |
| Komponen 3 (durasi tidur) | Pertanyaan no 4 >7 jam = 0 6-7 jam = 1 5-6 jam = 2 <5 jam = 3 |

| | |
|---|---|
| Komponen 4 (efisiensi kebiasaan tidur) | <p>Pertanyaan no 1 dan no 3</p> <p>Total lamanya tidur/total lamanya menghabiskan waktu ditempat tidur x 100 =</p> <p>.....</p> <p>>85% = 0</p> <p>75%-84% = 1</p> <p>65%-74% = 2</p> <p><65% = 3</p> |
| Komponen 5 (gangguan tidur) | <p>Pertanyaan no 5b – 5j</p> <p>tidak pernah = 0</p> <p>1x seminggu = 1</p> <p>2x seminggu = 2</p> <p>≥3x seminggu = 3</p> |
| Komponen 6 (penggunaan obat-obat tidur) | <p>Pertanyaan nomor 6</p> <p>tidak pernah = 0</p> <p>1x seminggu = 1</p> <p>2x seminggu = 2</p> <p>≥3x seminggu = 3</p> |
| Komponen 7 (gangguan fungsi harian) | <p>Pertanyaan no 7 dan 8</p> <p>tidak pernah = 0</p> <p>1x seminggu = 1</p> <p>2x seminggu = 2</p> <p>≥3x seminggu = 3</p> |
| Total Skor | 21 |

Total skor PSQI ≤ 5 (kualitas tidur baik)

Total skor PSQI >5 (kualitas tidur buruk)

Lampiran 5. Data Responden

| No | JK | Skor SFAR | Bersin | Hidung Berair | Hidung Tersumbat | Mata gatal & berair | Sifat berlangsung | Derajat Keparahan Penyakit | Riwayat Alergi Keluarga | Skor PSQI |
|----|----|---------------|--------|---------------|------------------|---------------------|-------------------|----------------------------|-------------------------|---------------|
| 1 | P | SFAR ≥ 7 | Ya | Ya | Ya | Tidak | Persisntent | Moderate-severe | Ya (Ibu) | PSQI ≤ 5 |
| 2 | P | SFAR ≥ 7 | Ya | Ya | Ya | Ya | Intermittent | Moderate-severe | Ya (Ibu) | PSQI > 5 |
| 3 | P | SFAR ≥ 7 | Ya | Ya | Ya | Ya | Persisntent | Moderate-severe | Ya (ibu, Saudara) | PSQI ≤ 5 |
| 4 | L | SFAR ≥ 7 | Ya | Ya | Ya | Tidak | Intermittent | Moderate-severe | Ya (Ayah) | PSQI > 5 |
| 5 | P | SFAR ≥ 7 | Tidak | Ya | Ya | Ya | Intermittent | mild | Tidak | PSQI > 5 |
| 6 | L | SFAR ≥ 7 | Tidak | Ya | Ya | Ya | Persisntent | Moderate-severe | Ya (Ayah) | PSQI > 5 |
| 7 | P | SFAR ≥ 7 | Ya | Ya | Ya | Ya | Persisntent | Moderate-severe | Ya (Ayah) | PSQI > 5 |
| 8 | L | SFAR ≥ 7 | Ya | Tidak | Tidak | Tidak | Persisntent | Moderate-severe | Ya (Ayah) | PSQI > 5 |
| 9 | P | SFAR ≥ 7 | Ya | Tidak | Ya | Ya | Persisntent | Moderate-severe | Ya (Ibu) | PSQI > 5 |
| 10 | P | SFAR ≥ 7 | Ya | Ya | Ya | Ya | Persisntent | Moderate-severe | Ya (Ibu, Saudara) | PSQI > 5 |
| 11 | P | SFAR ≥ 7 | Tidak | Ya | Ya | Ya | Intermittent | Moderate-severe | Tidak | PSQI > 5 |
| 12 | L | SFAR ≥ 7 | Ya | Ya | Ya | Tidak | Intermittent | Moderate-severe | Ya (Ayah) | PSQI > 5 |
| 13 | L | SFAR ≥ 7 | Ya | Ya | Ya | Tidak | Persistent | Moderate-severe | Tidak | PSQI > 5 |
| 14 | L | SFAR ≥ 7 | Ya | Tidak | Tidak | Ya | intermittent | Moderate-severe | Ya (Ayah) | PSQI > 5 |
| 15 | P | SFAR ≥ 7 | Ya | Ya | Ya | Ya | Persistent | Moderate-severe | Ya (Ayah) | PSQI > 5 |
| 16 | P | SFAR ≥ 7 | Tidak | Ya | Ya | Ya | Persistent | Mild | Tidak | PSQI > 5 |
| 17 | P | SFAR ≥ 7 | Ya | Ya | Ya | Ya | Persistent | Moderate-severe | Ya (Ibu, Saudara) | PSQI > 5 |
| 18 | P | SFAR ≥ 7 | Tidak | Tidak | Ya | Ya | intermittent | Mild | Ya (Ayah, Ibu) | PSQI > 5 |
| 19 | L | SFAR ≥ 7 | Ya | Ya | Ya | Ya | intermittent | Mild | Tidak | PSQI > 5 |
| 20 | P | SFAR ≥ 7 | Ya | Ya | Tidak | Ya | Persistent | Moderate-severe | Ya (Saudara) | PSQI > 5 |
| 21 | P | SFAR ≥ 7 | Ya | Ya | Ya | Ya | Persistent | Mild | Ya (Ayah) | PSQI > 5 |
| 22 | P | SFAR ≥ 7 | Ya | Ya | Ya | Ya | Persistent | Moderate-severe | Ya (Saudara) | PSQI ≤ 5 |
| 23 | L | SFAR ≥ 7 | Ya | Ya | Ya | Ya | intermittent | Mild | Ya (Ayah, Ibu, Saudara) | PSQI > 5 |

| | | | | | | | | | | |
|----|---|-------------|-------|-------|----|-------|-------------|---------------------|----------------------------------|-------------|
| 24 | P | SFAR ≥ 7 | Ya | Ya | Ya | Ya | intermitten | Mild | Ya (Ibu, Saudara) | PSQI > 5 |
| 25 | P | SFAR ≥ 7 | Tidak | Tidak | Ya | Tidak | intermitten | Mild | Ya (Ayah, Ibu, Saudara) | PSQI ≤ 5 |
| 26 | P | SFAR ≥ 7 | Ya | Ya | Ya | Tidak | intermitten | Mild | Ya (Ayah) | PSQI ≤ 5 |
| 27 | P | SFAR ≥ 7 | Ya | Ya | Ya | Ya | Persistent | Moderate- severe | Tidak | PSQI > 5 |
| 28 | P | SFAR ≥ 7 | Ya | Ya | Ya | Ya | Persistent | Mild | Ya (Ibu, Saudara) | PSQI > 5 |
| 29 | P | SFAR ≥ 7 | Ya | Ya | Ya | Ya | Persistent | Moderate- severe | Ya (Ayah, Ibu) | PSQI > 5 |
| 30 | P | SFAR ≥ 7 | Ya | Ya | Ya | Tidak | intermitten | Mild | Ya (Ibu) | PSQI > 5 |
| 31 | P | SFAR ≥ 7 | Ya | Ya | Ya | Ya | intermitten | Moderate- severe | Ya (Saudara) | PSQI > 5 |
| 32 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 33 | L | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 34 | L | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 35 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 36 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 37 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 38 | L | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 39 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 40 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 41 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 42 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 43 | L | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 44 | L | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 45 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 46 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 47 | L | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 48 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 49 | P | SFAR | - | - | - | - | | | - | PSQI |

| | | | | | | | | | | |
|----|---|-------------|---|---|---|---|--|--|---|-------------|
| | | < 7 | | | | | | | | > 5 |
| 50 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 51 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 52 | L | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 53 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 54 | L | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 55 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 56 | L | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 57 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 58 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 59 | L | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 60 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 61 | L | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 62 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 63 | L | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 64 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 65 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 66 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 67 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 68 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 69 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 70 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 71 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 72 | L | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 73 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 74 | L | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 75 | L | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 76 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |

| | | | | | | | | | | |
|-----|---|-------------|---|---|---|---|--|--|---|-------------|
| 77 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 78 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 79 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 80 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 81 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 82 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 83 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 84 | L | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 85 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 86 | L | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 87 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 88 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 89 | L | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 90 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 91 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 92 | L | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 93 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 94 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 95 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 96 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 97 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 98 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 99 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 100 | L | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 101 | L | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 102 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 103 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 104 | L | SFAR | - | - | - | - | | | - | PSQI |

| | | | | | | | | | | |
|-----|---|-------------|---|---|---|---|--|--|---|-------------|
| | | < 7 | | | | | | | | ≤ 5 |
| 105 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 106 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 107 | L | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 108 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 109 | L | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 110 | L | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 111 | L | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 112 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 113 | L | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 114 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 115 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 116 | L | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 117 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 118 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 119 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 120 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 121 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 122 | L | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 123 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 124 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 125 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 126 | L | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 127 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 128 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 129 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 130 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 131 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |

| | | | | | | | | | | |
|-----|---|------------|---|---|---|---|--|--|---|-------------|
| 132 | L | SFAR <7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 133 | L | SFAR <7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 134 | P | SFAR <7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 135 | P | SFAR <7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 136 | L | SFAR <7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 137 | P | SFAR <7 | - | - | - | - | | | - | PSQI > 5 |
| 138 | P | SFAR <7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 139 | P | SFAR <7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 140 | L | SFAR <7 | - | - | - | - | | | - | PSQI > 5 |
| 141 | L | SFAR <7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 142 | P | SFAR <7 | - | - | - | - | | | - | PSQI > 5 |
| 143 | L | SFAR <7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 144 | P | SFAR <7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 145 | L | SFAR <7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 146 | P | SFAR <7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 147 | P | SFAR <7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 148 | P | SFAR <7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 149 | P | SFAR <7 | - | - | - | - | | | - | PSQI > 5 |
| 150 | P | SFAR <7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 151 | L | SFAR <7 | - | - | - | - | | | - | PSQI > 5 |
| 152 | L | SFAR <7 | - | - | - | - | | | - | PSQI > 5 |
| 153 | P | SFAR <7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 154 | L | SFAR <7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 155 | L | SFAR <7 | - | - | - | - | | | - | PSQI > 5 |
| 156 | L | SFAR <7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 157 | P | SFAR <7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 158 | P | SFAR <7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 159 | P | SFAR | - | - | - | - | | | - | PSQI |

| | | | | | | | | | | |
|-----|---|-------------|---|---|---|---|--|--|---|-------------|
| | | < 7 | | | | | | | | > 5 |
| 160 | L | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 161 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 162 | L | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 163 | L | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 164 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 165 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 166 | L | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 167 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 168 | L | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 169 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 170 | L | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 171 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 172 | L | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 173 | L | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 174 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 175 | L | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 176 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 177 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 178 | L | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 179 | L | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 180 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 181 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 182 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 183 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 184 | L | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 185 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 186 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |

| | | | | | | | | | | |
|-----|---|-------------|---|---|---|---|--|--|---|-------------|
| 187 | L | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 188 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 189 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 190 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 191 | L | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 192 | L | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 193 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 194 | L | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 195 | L | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 196 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 197 | L | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 198 | L | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 199 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 200 | L | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 201 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 202 | L | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 203 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 204 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 205 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 206 | L | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 207 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 208 | L | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 209 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 210 | L | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 211 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 212 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 213 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 214 | L | SFAR | - | - | - | - | | | - | PSQI |

| | | | | | | | | | | |
|-----|---|-------------|---|---|---|---|--|--|---|-------------|
| | | < 7 | | | | | | | | > 5 |
| 215 | L | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 216 | L | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 217 | L | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 218 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 219 | L | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 220 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 221 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 222 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 223 | L | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 224 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 225 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 226 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 227 | L | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 228 | L | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 229 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 230 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 231 | L | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 232 | L | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 233 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 234 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 235 | L | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 236 | L | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 237 | L | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 238 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 239 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 240 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 241 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |

| | | | | | | | | | | |
|-----|---|-------------|---|---|---|---|--|--|---|-------------|
| 242 | L | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 243 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 244 | P | SFAR < 7 | - | - | - | - | | | - | PSQI > 5 |
| 245 | L | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 246 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |
| 247 | P | SFAR < 7 | - | - | - | - | | | - | PSQI ≤ 5 |

Lampiran 6. Hasil Olah Data

Diagnosa Rinitis_Alergi

| | Frequency | Percent | Valid Percent | Cumulative Percent |
|----------------------------|-----------|---------|---------------|--------------------|
| Valid Tidak Rinitis Alergi | 216 | 87.4 | 87.4 | 87.4 |
| Rinitis Alergi | 31 | 12.6 | 12.6 | 100.0 |
| Total | 247 | 100.0 | 100.0 | |

Rinitis_Alergi * Jenis_Kelamin Crosstabulation

Count

| | | Jenis_Kelamin | | Total |
|----------------|-------|---------------|-----------|-------|
| | | Laki-laki | Perempuan | |
| Rinitis_Alergi | Tidak | 81 | 135 | 216 |
| | Ya | 8 | 23 | 31 |
| Total | | 89 | 158 | 247 |

Gejala bersin_bersin

| | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------------|-----------|---------|---------------|--------------------|
| Valid Tidak | 6 | 19.4 | 19.4 | 19.4 |
| Ya | 25 | 80.6 | 80.6 | 100.0 |
| Total | 31 | 100.0 | 100.0 | |

hidung_berair

| | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------------|-----------|---------|---------------|--------------------|
| Valid Tidak | 5 | 16.1 | 16.1 | 16.1 |
| Ya | 26 | 83.9 | 83.9 | 100.0 |
| Total | 31 | 100.0 | 100.0 | |

hidung_tersumbat

| | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------------|-----------|---------|---------------|--------------------|
| Valid Tidak | 3 | 9.7 | 9.7 | 9.7 |
| Ya | 28 | 90.3 | 90.3 | 100.0 |
| Total | 31 | 100.0 | 100.0 | |

mata_gatal_berair

| | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------------|-----------|---------|---------------|--------------------|
| Valid Tidak | 8 | 25.8 | 25.8 | 25.8 |
| Ya | 23 | 74.2 | 74.2 | 100.0 |
| Total | 31 | 100.0 | 100.0 | |

sifat_berlangsung

| | Frequency | Percent | Valid Percent | Cumulative Percent |
|--------------------|-----------|---------|---------------|--------------------|
| Valid intermittent | 14 | 45.2 | 45.2 | 45.2 |
| persistent | 17 | 54.8 | 54.8 | 100.0 |
| Total | 31 | 100.0 | 100.0 | |

derajat_penyakit

| | Frequency | Percent | Valid Percent | Cumulative Percent |
|-----------------|-----------|---------|---------------|--------------------|
| Valid mild | 11 | 35.5 | 35.5 | 35.5 |
| moderate-severe | 20 | 64.5 | 64.5 | 100.0 |
| Total | 31 | 100.0 | 100.0 | |

Keluhan_utama

| | Frequency | Percent | Valid Percent | Cumulative Percent |
|-----------------------|-----------|---------|---------------|--------------------|
| Valid bersin-bersin | 9 | 29.0 | 29.0 | 29.0 |
| hidung berair | 5 | 16.1 | 16.1 | 45.2 |
| hidung tersumbat | 15 | 48.4 | 48.4 | 93.5 |
| mata gatal dan berair | 2 | 6.5 | 6.5 | 100.0 |
| Total | 31 | 100.0 | 100.0 | |

Riwayat_Alergi_Keluarga

| | Frequency | Percent | Valid Percent | Cumulative Percent |
|----------|-----------|---------|---------------|--------------------|
| Valid Ya | 25 | 80.6 | 80.6 | 80.6 |
| Tidak | 6 | 19.4 | 19.4 | 100.0 |
| Total | 31 | 100.0 | 100.0 | |

Ayah

| | Frequency | Percent | Valid Percent | Cumulative Percent |
|----------|-----------|---------|---------------|--------------------|
| Valid Ya | 12 | 38.7 | 38.7 | 38.7 |
| Tidak | 19 | 61.3 | 61.3 | 100.0 |
| Total | 31 | 100.0 | 100.0 | |

Ibu

| | Frequency | Percent | Valid Percent | Cumulative Percent |
|----------|-----------|---------|---------------|--------------------|
| Valid Ya | 13 | 41.9 | 41.9 | 41.9 |
| Tidak | 18 | 58.1 | 58.1 | 100.0 |
| Total | 31 | 100.0 | 100.0 | |

Saudara

| | Frequency | Percent | Valid Percent | Cumulative Percent |
|----------|-----------|---------|---------------|--------------------|
| Valid Ya | 10 | 32.3 | 32.3 | 32.3 |
| Tidak | 21 | 67.7 | 67.7 | 100.0 |
| Total | 31 | 100.0 | 100.0 | |

Tidak Ada Riwayat keluarga

| | Frequency | Percent | Valid Percent | Cumulative Percent |
|----------|-----------|---------|---------------|--------------------|
| Valid Ya | 6 | 19.4 | 19.4 | 19.4 |
| Tidak | 25 | 80.6 | 80.6 | 100.0 |
| Total | 31 | 100.0 | 100.0 | |

Kualitas Tidur Responden Rinitis Alergi

| | Frequency | Percent | Valid Percent | Cumulative Percent |
|------------|-----------|---------|---------------|--------------------|
| Valid Baik | 5 | 16.1 | 16.1 | 16.1 |
| Buruk | 26 | 83.9 | 83.9 | 100.0 |
| Total | 31 | 100.0 | 100.0 | |

Rinitis_Alergi * Kualitas_Tidur Crosstabulation

| | | Kualitas_Tidur | | Total | |
|----------------|-------|-------------------------|--------|--------|--------|
| | | baik | buruk | | |
| Rinitis_Alergi | Tidak | Count | 104 | 112 | 216 |
| | | % within Kualitas_Tidur | 95.4% | 81.2% | 87.4% |
| | Ya | Count | 5 | 26 | 31 |
| | | % within Kualitas_Tidur | 4.6% | 18.8% | 12.6% |
| Total | | Count | 109 | 138 | 247 |
| | | % within Kualitas_Tidur | 100.0% | 100.0% | 100.0% |

Chi-Square Tests

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|------------------------------------|---------------------|----|-----------------------|----------------------|----------------------|
| Pearson Chi-Square | 11.273 ^a | 1 | .001 | | |
| Continuity Correction ^b | 10.011 | 1 | .002 | | |
| Likelihood Ratio | 12.467 | 1 | .000 | | |
| Fisher's Exact Test | | | | .001 | .000 |
| Linear-by-Linear Association | 11.227 | 1 | .001 | | |
| N of Valid Cases | 247 | | | | |

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 13.68.

b. Computed only for a 2x2 table