ABSTRAK

HUBUNGAN KUALITAS TIDUR DENGAN PASIEN HIPERTENSI DI RSU. ROYAL PRIMA MEDAN

Hipertensi ialah ketika tekanan darah sistolik > 140 mmHg dan tekanan darah diastolik mencapai > 90 mmHg. Gejala penyakit hipertensi dapat mempengaruhi gangguan kualitas tidur penderita dan sebagian penderita kadang tidak merasakan gejala sehingga hipertensi disebut dengan Silent Killer. Pada usia lanjut dibutuhkan waktu tidur 5-8 jam untuk memelihara keadaan fisik karena semakin bertambah usia fungsi organ tubuh semakin berkurang.

Penelitian berikut bertujuan untuk menilai hubungan kualitas tidur dengan pasien hipertensi di Rumah Sakit Umum Royal Prima Medan. Jenis penelitian ini adalah penelitian *observational analitik* serta menggunakan desain *cross- sectional*. Sampel yang diperlukan pada penelitian ini berupa 38 responden yang memenuhi kriteria inklusi dan eksklusi. Sampel pada penelitian ini diambi dengan teknik *purposive sampling*. Instrumen penelitian kuesioner PSQI dan tensimeter digital dengan teknik analisis data ialah analisis univariat untuk menjabarkan penyebaran angka karakteristik responden (umur dan jenis kelamin), kualitas tidur dan hipertensi. Analisis bivariat memakai uji statistik *chi square* dan *korelasi spearman* melalui derajat kemaknaan 5%.

Hasil penelitian berdasarkan karakteristik usia diperoleh mayoritas responden lansia akhir (56-65 tahun) sebanyak 13 orang (34,2%). Karakteristik jenis kelamin diperoleh mayoritas responden ialah perempuan sebanyak 20 orang (52,6%). Distribusi frekuensi tekanan darah responden didapatkan mayoritas responden hipertensi stadium 1 dan stadium 2 sebanyak 14 orang (36,8%) dan kualitas tidur responden ditemukan kebanyakan kejadian berupa kualitas buruk dengan total 23 orang (60,5%). Berdasarkan hasil uji *korelasi Spearman* diperoleh *p value* sebesar 0,029 (p<0,05) dimana terdapat hubungan kualitas tidur dengan pasien hipertensi di RSU. Royal Prima Medan dan didapatkan hasil *correlation coefficient* (r) sebesar 0,852 yang dapat dinyatakan bahwa memiliki kekuatan hubungan yang sangat kuat.

Kata Kunci : Kualitas tidur, Hipertensi

ABSTRACT

THE CORRELATION BETWEEN SLEEP QUALITY WITH HYPERTENSION IN RSU. ROYAL PRIMA MEDAN

Hypertension is when the systolic >140 mmHg and diastolic >90 mmHg. Hypertension can affect sleep quality and because some of patient doesn't have the symptoms of hypertension, it is known as silent killer. Eldery people need 5-8 hours of sleep to maintain their physical condition because as we age the organ function is decreasing.

The aim of this study is to know the correlation between sleep quality and hypertension in RSU ROYAL PRIMA MEDAN. This study used analytic observational with cross sectional design. The sample of this study was 38 respondents who met the inclusion and exclusion criteria. The sampling technique used purposive sampling technique. The research instrument was the PSQI questionnaire and digital sphygmomanometer with data analysis techniques was univariate analysis to describe the frequency distribution of respondent characteristics (age and gender), sleep quality and hypertension. Bivariate analysis used the chi square statistical test and Spearman correlation with a significance degree of 5%.

The results of the study based on the age, the majority of the respondents were late elderly respondents (56-65 years) as many as 13 people (34.2%). From the gender, the majority of respondents were women as many as 20 people (52.6%). Distribution of respondent's blood pressure found that the majority of respondents with stage 1 hypertension and stage 2 hypertension were 14 people (36.8%) and the majority of respondents with poor quality sleep were 23 people (60.5%). Based on the results of the Spearman correlation test, it was obtained a p value of 0.029 (p <0.05), which means that there was a relationship between sleep quality and hypertension patients in RSU ROYAL PRIMA MEDAN and the results of the correlation coefficient (r) was 0.852 which can be stated that it has a very strong correlation.

Keywords: Sleep Quality, Hypertension