

ABSTRAK

Hipertensi ialah kondisi kronis yang dapat meningkatkan risiko kematian akibat penyakit kardiovaskular, sering disebut sebagai *silent killer* karena gejalanya yang sering tidak terdeteksi. Penelitian ini bertujuan untuk menganalisis hubungan antara tingkat stres dan kualitas tidur terhadap tekanan darah pada mahasiswa Fakultas Kedokteran Universitas Prima Indonesia angkatan 2021. Metode penelitian yang digunakan adalah studi observasional analitik dengan desain *cross-sectional*. Sebanyak 56 mahasiswa dipilih sebagai sampel menggunakan teknik *purposive sampling* berdasarkan kriteria inklusi dan eksklusi. Data dikumpulkan melalui kuesioner *Perceived Stress Scale-10* (PSS-10) untuk mengukur tingkat stres, *Pittsburgh Sleep Quality Index* (PSQI) untuk kualitas tidur, serta pengukuran tekanan darah menggunakan sfigmomanometer digital. Hasil penelitian menunjukkan bahwa 75% responden mengalami tingkat stres sedang, 66,1% memiliki kualitas tidur yang buruk, dan 82,1% memiliki tekanan darah normal. Kesimpulannya, terdapat indikasi bahwa tingkat stres dan kualitas tidur berkaitan dengan tekanan darah pada mahasiswa Fakultas Kedokteran Universitas Prima Indonesia angkatan 2021.

Kata kunci: Stres, Kualitas Tidur, Tekanan Darah, Mahasiswa Kedokteran, *Cross-sectional*.

ABSTRACT

Hypertension is a chronic condition that can increase the risk of death from cardiovascular disease, often referred as a silent killer due to its frequently undetected symptoms. This study aims to analyze the relationship between stress levels and sleep quality on blood pressure among the 2021 cohort of medical students at Universitas Prima Indonesia. The research method used is an observational analytic study with a cross-sectional design. A total of 56 students were selected as samples using purposive sampling based on inclusion and exclusion criteria. Data were collected through the Perceived Stress Scale-10 (PSS-10) questionnaire to measure stress levels, the Pittsburgh Sleep Quality Index (PSQI) to assess sleep quality, and blood pressure measurements using a digital sphygmomanometer. The results showed that 75% of respondents experienced moderate stress, 66.1% had poor sleep quality, and 82.1% had normal blood pressure. In conclusion, there is an indication that stress levels and sleep quality are associated with blood pressure among medical students at Universitas Prima Indonesia in the 2021 cohort.

Keywords: Stress, Sleep Quality, Blood Pressure, Medical Students, Cross-sectional