

HUBUNGAN KUALITAS TIDUR DENGAN STATUS TEKANAN DARAH PADA LANSIA DI POSYANDU PANUNTUN KWARASAN NOGOTIRTO GAMPING SLEMAN YOGYAKARTA

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INTISARI

Latar Belakang : Perubahan normal pada proses menua menimbulkan berbagai masalah kesehatan, salah satu masalah kesehatan yang sering timbul adalah gangguan istirahat dan tidur. Kurang tidur merupakan salah satu faktor resiko hipertensi pada orang dewasa. Hasil tidur yang lebih singkat dapat menyebabkan gangguan metabolisme dan endokrin, sehingga akan berdampak pada gangguan kardiovaskuler. Tekanan darah secara normal menurun ketika tidur sekitar 10-20% karena penurunan aktivitas simpatis pada saat tidur, sehingga seseorang yang mengalami gangguan tidur akan beresiko mengalami peningkatan tekanan darah.

Tujuan Penelitian : Diketahui hubungan antara kualitas tidur dengan status tekanan darah pada lansia di Posyandu lansia Panuntun Kwarasan.

Metode Penelitian : Jenis penelitian *descriptive correlational* dengan rancangan penelitian *cross sectional*. Sampel diambil dengan teknik *purposive sampling* sebanyak 63 lansia. Instrumen penelitian adalah kuesioner PSQI dan alat ukur tensimeter. Hasil penelitian dianalisis dengan uji *spearman*.

Hasil penelitian : Kualitas tidur lansia sebagian besar buruk (82,5%). Status tekanan darah lansia sebagian besar kategori hipertensi stage 1(42,9%). Hasil uji *spearman* diperoleh *p-value* sebesar 0,000 dengan koefisien korelasi 0,464.

Kesimpulan : Terdapat hubungan antara kualitas tidur dengan status tekanan darah lansia di Posyandu Panuntun Kwarasan dengan keeratan hubungan sedang.

Kata kunci : kualitas tidur, status tekanan darah lansia

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THE RELATIONSHIP BETWEEN SLEEP QUALITY WITH BLOOD PRESSURE STATUS TOWARD ELDERLY AT POSYANDU PANUNTUN KWARASAN NOGOTIRTO GAMPING SLEMAN YOGYAKARTA

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Abstract

Background: Normal changes in the aging process is the cause of variety health problems, one of the health problems that often arise is disruption of rest and sleep. Sleep deprivation is one of the risk factors for hypertension in adults. Shorter sleep results can cause metabolic and endocrine disorders, it will have an impact to cardiovascular disorders. Normal blood pressure decreases when someone sleep around 10-20% because the sympathetic activity will decrease during sleep, so if someone who has sleep disorder will be have a risk of increasing in blood pressure.

Objective: Known the relationship between sleep quality with blood pressure status in the elderly at the elderly Posyandu Panuntun Kwarasan.

Methodology: This research used descriptive correlation with cross sectional study design. Sample of this research is taken by purposive sampling technique for 63 elderly. This research also used PSQI questionnaire as the instrument of the study and used sphygmomanometer (tensimeter) measuring instrument.

Findings: The quality of sleep for the elderly is mostly bad (82,5%). Elderly blood pressure status is mostly in 1st stage of hypertension category (42,9%). The spearman test results obtained p-value of 0,000 with a correlation coefficient of 0.464.

Conclusion: There are the relationship between the quality of sleep with the status of elderly blood pressure at Posyandu Panuntun Kwarasan with the closeness of the relationship is moderate status.

Keywords: Sleep quality, Elderly blood Pressure status.

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