

Hubungan tidur tidak adekuat dengan peningkatan tekanan darah pada mahasiswa program s1 reguler di perguruan tinggi negeri x di Depok = Relationship between inadequate of sleep quantity with the elevation of blood pressure among bachelor students in university x in Depok

Elfa Silvia Dewi, author

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Abstrak

[ABSTRAK]

Berbagai penelitian menunjukkan individu dengan waktu tidur yang singkat mengalami pengurangan waktu pemulihan dan pembaharuan sel yang mendasari terjadinya peningkatan tekanan darah sistemik. Penelitian ini bertujuan untuk mengidentifikasi hubungan antara waktu tidur tidak adekuat dengan peningkatan tekanan darah pada usia dewasa awal. Desain penelitian yang digunakan adalah deskriptif korelasi dengan pendekatan cross sectional dan menggunakan teknik purposive sampling serta melibatkan 89 sampel yang merupakan mahasiswa program S1 reguler. Instrumen penelitian yang digunakan adalah kuesioner Pittsburg Sleep Quality Index untuk mengukur kuantitas dan kualitas tidur responden. Hasil uji Chi Square menunjukkan tidak terdapat hubungan yang signifikan antara kuantitas waktu tidur tidak adekuat dengan peningkatan tekanan darah (P value = 0,68), namun terdapat hubungan yang signifikan antara jenis kelamin dengan peningkatan tekanan darah (P value = 0,00). Hasil penelitian juga menunjukkan mahasiswa yang mengalami peningkatan tekanan darah sebanyak 29,2%. Saran untuk penelitian selanjutnya adalah untuk memperluas cakupan penelitian dengan meneliti hubungan jenis kelamin dan kualitas tidur dengan peningkatan tekanan darah serta faktor-faktor lain yang dapat menyebabkan peningkatan tekanan darah pada usia dewasa awal.;

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<i>ABSTRACT</i>

;Several researches revealed that people with short sleep duration tend to have shorter recovery time and cells renewal which could lead to increase systemic blood pressure. This research aims to identify the relationship between inadequate of sleep quantity with the elevation of blood pressure in early adults, especially among bachelor students. This study used descriptive correlative design and cross sectional method. This study recruited 89 samples of regular program students with using purposive sampling technique. The instrument used in this study was Pittsburg Sleep Quality Index questionnaire and the samples were also measured blood pressure. The result of Chi Square test showed that there was no significant relationship between quantity of sleep and the elevation of blood pressure among respondents (P value = 0,68), but there was significant relationship between gender and the elevation of blood pressure. This study also showed the elevation of blood pressure occurred to 29,20 % respondents. It is recommended for further research to extend the area including the relationship between gender and the elevation of blood pressure and also the risk factors that can trigger the elevation of blood pressure in early adults, especially among bachelor students., Several researches revealed that people with short sleep duration tend to have shorter recovery time and cells renewal which could lead to increase systemic blood pressure. This research aims to identify the relationship between inadequate of sleep quantity with the elevation of blood pressure in early adults, especially among bachelor students. This study used descriptive correlative design and cross

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