

HUBUNGAN KUALITAS TIDUR DAN TINGKAT STRESS TERHADAP TEKANAN DARAH TINGGI PADA LANSIA PESERTA POS BINA TERPADU (POSBINDU) DESA TAJUG KECAMATAN KARANGMONCOL

The relationship between sleep quality and stress levels on high blood pressure in elderly participants of the Integrated Development Post in Tajug Village, Karangmoncol District

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ABSTRAK

Hipertensi didefinisikan sebagai penyakit yang ditandai dengan peningkatan tekanan darah di atas nilai normal yaitu nilai sistolik >140 mmHg dan nilai diastolik >90 mmHg. Tujuan penelitian ini adalah untuk mengetahui hubungan kualitas tidur dan tingkat stress terhadap tekanan darah tinggi pada lansia peserta pos bina terpadu (posbindu) Desa Tajug Kecamatan Karangmoncol. Desain penelitian ini adalah penelitian kolerasi melalui pendekatan *cross sectional*. Jumlah sampel yaitu 50 responden dan menggunakan metode *non-probability sampling*. Data yang diperoleh dilakukan uji *rank spearman*. Hasil penelitian didapatkan hasil $p\text{ value} = 0.013 < 0.050$, nilai koefisiensi kolerasi 0.350, dapat disimpulkan bahwa H_0 ditolak dan H_a diterima terdapat hubungan yang signifikan antara kualitas tidur dengan tekanan darah tinggi lansia di Posbindu Desa Tajug hubungan yang cukup dan searah. Hasil penelitian didapatkan $p\text{ value} = 0.004 < 0.050$, nilai koefisiensi kolerasi sebesar 0.400, dapat disimpulkan bahwa H_0 ditolak dan H_a diterima terdapat hubungan yang signifikan antara stres dengan tekanan darah tinggi lansia di Posbindu Desa Tajug dengan kekuatan hubungan yang cukup dan searah. Kesimpulan diharapkan dapat meningkatkan pengetahuan tentang kualitas tidur, tingkat stress, tekanan darah tinggi pada lansia agar lansia dapat mengetahui apa itu kualitas tidur, tingkat stress, dan tekanan darah tinggi.

Kata Kunci : Hipertensi, tingkat stress, kualitas tidur

ABSTRACT

Hypertension is defined as a disease characterized by an increase in blood pressure above normal values, namely systolic values >140 mmHg and diastolic values >90 mmHg. The aim of this study was to determine the relationship between sleep quality and stress levels on high blood pressure in elderly participants in the integrated development post (posbindu) in Tajug Village, Karangmoncol District. The design of this research is correlation research using a cross sectional approach. The number of samples was 50 respondents and used a non-probability sampling method. The data obtained was carried out by the Spearman rank test. The research results showed that the $p\text{ value} = 0.013 < 0.050$, the correlation coefficient value was 0.350, it can be concluded that H_0 was rejected and H_a was accepted, there was a significant relationship between sleep quality and high blood pressure in the elderly at Posbindu, Tajug Village, the relationship was sufficient and in the same direction. The research results showed that $p\text{ value} = 0.004 < 0.050$, the correlation coefficient value was 0.400, it can be concluded that H_0 was rejected and H_a was accepted, there was a significant relationship between stress and high blood pressure in the elderly at Posbindu, Tajug Village, with the strength of the relationship being sufficient and in the same direction. The conclusion is expected to increase knowledge about sleep quality, stress levels, high blood pressure in the elderly so that the elderly can know what sleep quality, stress levels and high blood pressure are.

Keywords: Hypertension, stress level, sleep quality