

**PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN
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ABSTRAK

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**HUBUNGAN KUALITAS TIDUR DENGAN TEKANAN DARAH PADA
LANSIA HIPERTENSI DI RUMAH PELAYANAN LANJUT USIA
PUCANG GADING SEMARANG**

51 halaman + 9 tabel + 2 skema + xv + 17 lampiran

Latar belakang : Hipertensi termasuk penyakit tidak menular yang memerlukan perhatian dari pemerintah. Di Indonesia diketahui prevalensi masyarakat terdiagnosis tenaga kesehatan terkena penyakit hipertensi sebesar 9,4%. Faktor yang menyebabkan peningkatan tekanan darah pada lansia diantaranya usia, ras, jenis kelamin, dan stress. Pada proses penuaan tidak hanya berpengaruh terhadap tekanan darah, namun mempengaruhi seseorang dalam mempertahankan kualitas tidur. Tujuan penelitian ini untuk mengetahui hubungan Kualitas Tidur Dengan Tekanan Darah Pada Lansia Hipertensi Di Rumah Pelayanan Lanjut Usia Pucang Gading.

Metode: Penelitian ini menggunakan penelitian korelasional. Menggunakan pendekatan *cross sectional*. Sampel pengambilan dengan cara *purposive sampling* dengan jumlah 50 responden. pengumpulan data menggunakan kuesioner teknik analisa menggunakan uji korelasi *Spearman Rank*.

Hasil : Hasil analisis univariat usia terbanyak pada kelompok 60-74 sebanyak 54%, jenis kelamin terbanyak laki-laki 56%, gangguan tidur berat 60,0%, dan hipertensi berat 54,0%. Hasil analisis bivariat uji korelasi *Spearman Rank* didapatkan nilai r 0,814 dan p value 0,000.

Simpulan : Ada hubungan antara kualitas tidur dengan tekanan darah pada lansia hipertensi di Rumah Pelayanan Lanjut Usia Pucang Gading Semarang.

Kata kunci : Hipertensi, Kualits Tidur, Tekanan Darah

Daftar Pustaka : 31 (2008-2017)

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ABSTRACT

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THE RELATION OF SLEEP QUALITY AND BLOOD PRESSURE IN ELDERLY HYPERTENSION IN PUCANG GADING ELDERLY CARE CENTER SEMARANG

51 pages + 9 tables + 2 schemes + xv + 17 appendices

Background : Hypertension is included in non-communicable diseases that requires the government's attention. In Indonesia, the prevalence hypertension reaches 9.4%. The factors that cause the increase of blood pressure in elderly people are age, race, gender, and stress. Aging process does not only affect blood pressure of a person but sleep quality as well. This research aims to determine The Relation of Sleep Quality and Blood Pressure in Elderly Hypertension in Pucang Gading Elderly Care Center Semarang.

Method: This research was a correlational research. This research used cross sectional approach. The sample of this research was taken using purposive sampling with a total of 50 respondents. The data were collected using questionnaire analysis technique with the Spearman Rank correlation test.

Result : The results of univariate analysis show the biggest age group is 60-74 years old with a percentage of 54%, the most gender is male with a percentage of 56%, severe sleep disorders with a percentage of 60.0%, and severe hypertension with a percentage of 54.0%. The results of the bivariate analysis of the Spearman Rank correlation test obtained an r value of 0.814 and p value of 0.000.

Conclusion : There is a relation of sleep quality and blood pressure in elderly hypertension in Pucang Gading Elderly Care Center Semarang.

Keywords : Hypertension, Sleep Quality, Blood Pressure

Bibliography : 31 (2008-2017)