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Judul Penelitian : Hubungan Kualitas Tidur Dan Aktivitas Fisik Dengan Tekanan Darah Pada Pasien Hipertensi Di Ruang Rawat Inap Rumah Sakit Bhayangkara Tk 1 Puskokkes Polri

ABSTRAK

Latar Belakang : Tekanan darah yang selalu meningkat dapat menyebabkan beban kerja jantung yang berlebihan sehingga dapat memicu kerusakan pada pembuluh darah, gagal jantung, gangguan fungsi kognitif, bahkan kebutaan pada lansia. Tujuan penelitian ini untuk mengetahui hubungan antara kualitas tidur dan aktivitas fisik dengan tekanan darah pada pasien hipertensi di ruang Rawat Inap Rumah Sakit Bhayangkara Tk 1 Puskokkes Polri.

Metode Penelitian yang dipakai adalah *deskriptif korelatif* dengan jumlah populasi 106 orang. Sampel diambil dengan teknik *purpose sampling* yaitu 84 orang. Analisis yang digunakan univariat dan bivariat menggunakan *chi-square* dengan $\alpha=5\%$,

Hasil penelitian analisis univariat didapatkan gambaran kualitas tidur mayoritas cukup buruk sebanyak 39,3%, gambaran aktivitas fisik mayoritas berat sebanyak 48,8%, gambaran tekanan darah mayoritas hipertensi derajat 1 sebanyak 29,8%, analisis bivariat kualitas tidur dengan tekanan darah pasien diperoleh nilai p Asym. Sig. (2-sided) = 0,000 $\leq$ 0,05) maka H_0 ditolak dan analisis bivariat aktivitas fisik dengan tekanan darah pasien diperoleh nilai p Asym. Sig. (2-sided) = 0,003 $\leq$ 0,05) maka H_0 ditolak.

Simpulan terdapat hubungan antara kualitas tidur dan aktivitas fisik dengan tekanan darah pada pasien hipertensi di ruang Rawat Inap Rumah Sakit Bhayangkara Tk 1 Puskokkes Polri.

Saran Responden harus menyadari kebutuhan fisiologis tubuhnya, mengatur jadwal tidurnya untuk memastikan kebutuhannya terpenuhi, dan mengendalikan pola aktivitasnya. Untuk mencapai kualitas tidur yang baik dan memastikan tekanan darah selalu terkendali, perlu mengatur ulang pola tidur dan mempelajari cara mengatasi masalah tidur.

Kata Kunci : Aktivitas Fisik, Kualitas Tidur, Tekanan Darah
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Research Title : The Relationship between Sleep Quality and Physical Activity with Blood Pressure in Hypertensive Patients in the Inpatient Room of Bhayangkara Tk 1 Hospital, Puskokkes Polri

ABSTRACT

Background : Constantly increasing blood pressure can cause excessive cardiac workload so that it can trigger damage to blood vessels, heart failure, impaired cognitive function, and even blindness in the elderly. The purpose of this study is to determine the relationship between sleep quality and physical activity with blood pressure in hypertensive patients in the Inpatient Room of Bhayangkara Hospital Tk 1 Puskokkes Polri.

The research method used is *descriptive correlative* with a population of 106 people. The sample was taken by *purpose sampling* technique, which was 84 people. The analysis used univariate and bivariate used *chi-square* with $\alpha=5\%$,

The results of the univariate analysis obtained a picture of the majority of sleep quality that was quite poor as much as 39.3%, a picture of physical activity that was heavy majority of 48.8%, a picture of blood pressure of the majority of hypertension 1 as much as 29.8%, a bivariate analysis of sleep quality with the patient's blood pressure obtained a p-Asym value. Sig. (2-sided) = $0.000 \leq 0.05$) then H_0 was rejected and the analysis of physical activity bivariate with the patient's blood pressure obtained the value of p Asym. Sig. (2-sided) = $0.003 \leq 0.05$) then H_0 is rejected.

The conclusion is that there is a relationship between sleep quality and physical activity with blood pressure in hypertensive patients in the Inpatient Room of Bhayangkara Hospital Tk 1 Puskokkes Polri.

Respondents' suggestions Respondents should be aware of their body's physiological requirements, manage their sleep schedule to ensure that their needs are satisfied, and control their patterns of activity. To achieve excellent quality sleep and ensure that blood pressure is always under control, it is necessary to reorganize sleep patterns and learn how to overcome sleep problems.

Keywords: Physical Activity, Sleep Quality, Blood Pressure

Bibliography : 53 (2012-2021)