

ABSTRAK

Hubungan Kualitas Tidur Dengan Tekanan Darah Ibu Nifas di Wilayah Kerja Puskesmas Kedungwuni I Kabupaten Pekalongan

Diyana Rahadatul Aisi, Emi Nurlaela

Latar Belakang: Kondisi ibu nifas yang merawat bayinya dapat mengalami gangguan tidur. Kondisi ibu nifas dapat mengalami hipertensi. Penelitian ini bertujuan mengetahui hubungan kualitas tidur dengan tekanan darah ibu nifas.

Metode: Penelitian ini merupakan penelitian kuantitatif, jenis korelasi pendekatan *cross sectional*. Teknik pengambilan sampel *total sampling*. Sampel penelitian ibu nifas di Wilayah Kerja Puskesmas Kedungwuni I sebanyak 51 responden. Instrumen berupa kuesioner *Pittsburgh Sleep Quality Index* yang telah dimodifikasi, di uji validitas dan realibilitas. Hasil uji validitas dengan nilai r hitung 0,480-0,637 dan uji realibilitas dengan nilai *cronbach alpha* 0,780. Instrumen variabel tekanan darah menggunakan *sphygmomanometer* digital. Analisa data *bivariate* menggunakan uji *spearman rank*.

Hasil: Hasil didapatkan 45 (88,2%) kualitas tidur buruk, 28 (54,9%) tekanan darah sistolik normal, 17 (33,3%) tekanan darah diastolik prehipertensi. Kualitas tidur dengan tekanan darah sistolik p value 0,023 ($p < 0,05$) menunjukkan terdapat hubungan kualitas tidur dengan tekanan darah sistolik. Kualitas tidur dengan tekanan darah diastolik p value 0,090 ($p > 0,05$) menunjukkan tidak terdapat hubungan kualitas tidur dengan tekanan darah diastolik.

Simpulan: Kualitas tidur berhubungan dengan tekanan darah sistolik, namun tidak berhubungan dengan tekanan darah diastolik. Tenaga kesehatan diharapkan melakukan pendidikan kesehatan terkait kualitas tidur yang perlu diperbaiki selama masa nifas.

Kata kunci: Kualitas Tidur, Tekanan Darah, Ibu Nifas

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ABSTRACT

Diyana Rahadatul Aisi, Emi Nurlaela

The Relationship between Sleep Quality and Blood Pressure of Postpartum Mothers within the Working Area of Kedungwuni I Health Center, Pekalongan Regency

Background: Postpartum mothers caring for their babies may experience sleep disturbances. The postpartum mother may experience hypertension. This study aims to determine the relationship between sleep quality and blood pressure in postpartum women.

Method: This research is a quantitative study, cross sectional approach correlation type. Total sampling technique. The samples of postpartum woman in the Kedungwuni I Health Center Working Area were 51 respondents. The instrument is a modified Pittsburgh Sleep Quality Index questionnaire, tested for validity and reliability. The validity test result with a calculated r value of 0,480-0,637 and reliability test with a Cronbach alpha value of 0,780. Blood pressure variable instrument using a digital sphygmomanometer. Bivariate data analysis using the spearman rank test.

Result: The result showed 45 (88,2%) poor sleep quality, 28 (54,9%) normal systolic blood pressure, 17 (33,3%) prehypertension diastolic blood pressure. Sleep quality with systolic blood pressure p value 0,023 ($p < 0,05$) indicates there is a relationship between sleep quality and systolic blood pressure. Sleep quality with diastolic blood pressure p value 0,090 ($p > 0,05$) indicates there is no relationship between sleep quality and diastolic blood pressure.

Conclusion: Sleep quality is associated with systolic blood pressure, but not with diastolic blood pressure. Health workers are expected to provide health education related to sleep quality that needs to be improved during the postpartum period.

Keywords: Sleep Quality, Blood Pressure, Postpartum Mothers

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