

ABSTRAK

Hubungan Kualitas Tidur Dengan Tekanan Darah Pada Ibu Hamil di Wilayah Kerja Puskesmas Tirto I Kabupaten Pekalongan

Rohmatun Nazilah, Ratnawati

Latar Belakang :

Angka Kematian Ibu (AKI) di Indonesia meningkat pada 2023 mencapai 4.482 kasus. Penyebab utamanya adalah hipertensi kehamilan. *American Pregnancy Association* menyatakan 78% ibu hamil mengalami gangguan tidur. Gangguan tidur pada ibu hamil meningkatkan risiko hipertensi kehamilan. Penelitian ini bertujuan untuk mengetahui hubungan kualitas tidur dengan tekanan darah pada ibu hamil di wilayah kerja Puskesmas Tirto I Kabupaten Pekalongan.

Metode: Penelitian kuantitatif dengan desain deskriptif korelasi, menggunakan pendekatan *cross sectional*. Teknik sampel *cluster random sampling*. Sampel penelitian sejumlah 65 ibu hamil di wilayah kerja Puskesmas Tirto I Kabupaten Pekalongan. Alat ukur penelitian menggunakan kuesioner *Sleep Quality Scale* (SQS) dan alat *sphygmomanometer* digital. Analisis data menggunakan uji *spearman rank*.

Hasil: Hasil penelitian kualitas tidur baik sebanyak 34 responden (52,3%). Pengukuran tekanan darah mayoritas normal yaitu sistolik normal sebanyak 58 (89,2%) dan diastolik normal 56 (86,2%) ibu hamil. Hasil uji *spearman rank* menghasilkan nilai *p value* sebesar $0,763 > \alpha (0,05)$ pada hubungan sistolik, sedangkan diastolik *p value* $0,820 > \alpha (0,05)$. Maka tidak ada hubungan kualitas tidur dengan tekanan darah pada ibu hamil di wilayah kerja Puskesmas Tirto I Kabupaten Pekalongan.

Simpulan: Tidak ada hubungan kualitas tidur dengan tekanan darah pada ibu hamil di wilayah kerja Puskesmas Tirto I Kabupaten Pekalongan.

Kata Kunci: Kualitas Tidur, Tekanan Darah, Ibu hamil

Daftar Pustaka: 73 (2015-2024)

ABSTRACT

Rohmatun Nazilah¹, Ratnawati²

The Correlation between Sleep Quality and Blood Pressure in Pregnant Women in the Work Area of Tirto Public Health Center I, Pekalongan Regency

Background: The Maternal Mortality Rate (MMR) in Indonesia increased to 4,482 cases in 2023, with hypertensive disorders in pregnancy being the leading cause. According to the American Pregnancy Association, 78% of pregnant women experience sleep disturbances, which can increase the risk of pregnancy-induced hypertension (PIH). This study aims to examine the correlation between sleep quality and blood pressure in pregnant women in the work area of Tirto Public Health Center I, Pekalongan Regency.

Methods: This study employed a quantitative descriptive correlational design with a cross-sectional approach. The sample was selected using a cluster random sampling technique, consisting of 65 pregnant women in the work area of Tirto Public Health Center I, Pekalongan Regency. The instruments consisted of the Sleep Quality Scale (SQS) Questionnaire and a digital sphygmomanometer. The data were analyzed using the Spearman rank test.

Results: Among the respondents, 34 (52.3%) had good sleep quality. The majority had normal blood pressure, with 58 (89.2%) having normal systolic pressure and 56 (86.2%) having normal diastolic pressure. The Spearman Rank Correlation Test showed a p-value of 0.763 ($p > 0.05$) for systolic blood pressure and 0.820 ($p > 0.05$) for diastolic blood pressure. These results indicate no significant correlation between sleep quality and blood pressure in pregnant women.

Conclusion: There is no significant correlation between sleep quality and blood pressure in pregnant women in the work area of Tirto Public Health Center I, Pekalongan Regency.

Keywords: *Sleep quality, blood pressure, pregnant women*

References: 73 (2015–2024)