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HUBUNGAN KUALITAS TIDUR DENGAN TEKANAN DARAH PADA PEKERJA SHIFT DI RSUD dr. GONDO SUWARNO UNGARAN

ABSTRAK

Latar Belakang: Pekerja dengan sistem kerja bergilir (shift work) diketahui dapat mengganggu ritme sirkadian tubuh dan berdampak pada penurunan kualitas tidur, Salah satu dampak yang sering muncul adalah peningkatan tekanan darah yang dapat memicu gangguan kardiovaskular.

Tujuan: Menganalisis hubungan antara kualitas tidur dengan tekanan darah pada pekerja shift di RSUD dr. Gondo Suwarno Ungaran.

Metode: Penelitian kuantitatif dengan desain deskriptif korelasional dan pendekatan *cross-sectional*. Populasi penelitian meliputi 148 pekerja shift di RSUD dr. Gondo Suwarno Ungaran khususnya perawat pelaksana dan tenaga laboratorium, dengan sampel sebanyak 108 responden yang dipilih menggunakan teknik *purposive sampling*. Instrumen yang digunakan untuk mengukur kualitas tidur adalah *Pittsburgh Sleep Quality Index (PSQI)*, sedangkan tekanan darah diukur menggunakan *sphygmomanometer* digital yang baru. Analisis univariat digunakan untuk menggambarkan karakteristik responden serta distribusi kualitas tidur dan nilai tekanan darah. Selanjutnya, analisis bivariat dilakukan untuk mengetahui hubungan antara kualitas tidur dengan tekanan darah pada pekerja shift menggunakan uji statistik *Rank Spearman*.

Hasil: Mayoritas responden mengalami tekanan darah tinggi, yaitu sebanyak 97 orang (89,8%). Selain itu, sebagian besar pekerja shift memiliki kualitas tidur yang buruk. Hasil uji statistik menggunakan uji *Rank Spearman* diperoleh nilai koefisien koefisien (r) sistolik = 0,463 dan nilai koefisien (r) diastolik = 0,404 serta nilai $p = < 0,001$ ($p < 0,05$).

simpulan: Terdapat hubungan yang signifikan antara kualitas tidur dengan tekanan darah, dengan kekuatan hubungan sedang. Arah korelasi positif mengindikasikan bahwa semakin buruk kualitas tidur, maka cenderung diikuti dengan peningkatan tekanan darah.

Kata Kunci: Kualitas Tidur, Tekanan Darah, Pekerja Shift, Hipertensi

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THE RELATIONSHIP BETWEEN SLEEP QUALITY AND BLOOD PRESSURE IN SHIFT WORKERS AT dr. GONDO SUWARNO UNGARAN REGIONAL GENERAL HOSPITAL

ABSTRACT

Background: Shift workers are known to experience disruption to their circadian rhythm, which can lead to a decline in sleep quality. One common effect is an increase in blood pressure, which can trigger cardiovascular disorders.

Objective: This study aims to analyze the relationship between sleep quality and blood pressure in shift workers at dr. Gondo Suwarno Ungaran Regional General Hospital.

Methods: Quantitative study with a correlational descriptive design and a *cross-sectional* approach. The study population included 148 shift workers at dr. Gondo Suwarno Ungaran Regional General Hospital, specifically nurses and laboratory staff, with a sample of 108 respondents selected using *purposive sampling*. The instrument used to measure sleep quality was the *Pittsburgh Sleep Quality Index (PSQI)*, while blood pressure was measured using a new digital *sphygmomanometer*. Univariate analysis was used to describe the characteristics of the respondents and the distribution of sleep quality and blood pressure values. Furthermore, bivariate analysis was performed to determine the relationship between sleep quality and blood pressure in shift workers using the *Spearman's rank correlation test*.

Results: The majority of respondents had high blood pressure, namely 97 people (89.8%). In addition, most shift workers had poor sleep quality. The results of the statistical test using the Spearman's rank test obtained a systolic coefficient ($r = 0,463$) and a diastolic coefficient ($r = 0,404$), as well as a p value of $< 0,001$ ($p < 0,05$).

Conclusion: There is a significant relationship between sleep quality and blood pressure, with a moderate strength of correlation. The positive correlation indicates that the poorer the sleep quality, the more likely it is to be followed by an increase in blood pressure.

Keywords: Sleep Quality, Blood Pressure, Shift Workers, Hypertension