

HUBUNGAN ANTARA KUALITAS TIDUR DENGAN TEKANAN DARAH PADA LANSIA DI POSBINDU KOMPLEK MARINIR DEPOK

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Abstrak

Latar Belakang: Peningkatan jumlah lanjut usia (lansia) seiring bertambahnya angka harapan hidup berkontribusi terhadap meningkatnya berbagai masalah kesehatan, termasuk gangguan tidur dan hipertensi. Kualitas tidur diduga berperan dalam regulasi tekanan darah melalui mekanisme neurohormonal. Meskipun sebagian besar penelitian menunjukkan adanya hubungan antara kualitas tidur dan tekanan darah pada lansia, beberapa studi dengan karakteristik populasi tertentu melaporkan adanya hasil yang tidak konsisten. **Tujuan Penelitian:** Mengetahui hubungan antara kualitas tidur dengan tekanan darah pada lansia di Posbindu Komplek Marinir Depok. **Metode Penelitian:** Menggunakan desain analitik observasional dengan pendekatan cross-sectional. Teknik pengambilan sampel menggunakan total sampling sebanyak 120 lansia, kemudian disaring berdasarkan kriteria inklusi sehingga diperoleh 99 sampel penelitian. Penelitian dilaksanakan pada 15 Desember 2025. Kualitas tidur diukur menggunakan Pittsburgh Sleep Quality Index (PSQI), sedangkan tekanan darah diukur menggunakan sphygmomanometer digital dan dikategorikan menjadi tekanan darah normal dan hipertensi. Analisis bivariat dilakukan menggunakan uji Chi-Square dengan tingkat signifikansi $\alpha = 0,05$. **Hasil Penelitian:** Sebagian besar responden memiliki kualitas tidur buruk dan berada pada kategori hipertensi, namun tidak terdapat hubungan yang bermakna secara statistik antara kualitas tidur dan tekanan darah pada lansia ($p = 0,513$). **Kesimpulan:** Kualitas tidur tidak berhubungan secara signifikan dengan tekanan darah pada lansia di Posbindu Komplek Marinir Depok, sehingga kemungkinan dipengaruhi faktor lain yang lebih dominan.

Kata Kunci: Lanjut Usia; Kualitas Tidur; Tekanan Darah; Pittsburgh Sleep Quality Index (PSQI)

THE RELATIONSHIP BETWEEN SLEEP QUALITY AND BLOOD PRESSURE AMONG OLDER ADULTS AT THE POSBINDU KOMPLEK MARINIR DEPOK

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Abstract

Background: The increasing number of older adults due to rising life expectancy contributes to various health problems, including sleep disturbances and hypertension. Sleep quality is believed to play a role in blood pressure regulation through neurohormonal mechanisms. Although most previous studies have reported an association between sleep quality and blood pressure among older adults, several studies involving specific population characteristics have shown inconsistent findings. **Objective:** This study aimed to determine the relationship between sleep quality and blood pressure among older adults at Posbindu Komplek Marinir Depok. **Methods:** An observational analytic study with a cross-sectional design was conducted. Total sampling technique was applied to 120 older adults and 99 participants met the inclusion criteria. The study was conducted on December 15, 2025. Sleep quality was assessed using the Pittsburgh Sleep Quality Index (PSQI), while blood pressure was measured using a digital sphygmomanometer and categorized as normal or hypertensive. Bivariate analysis was conducted using the Chi-Square test with a significance level of $\alpha = 0.05$. **Results:** The results showed that most respondents had poor sleep quality and were classified as hypertensive. However, statistical analysis revealed no significant association between sleep quality and blood pressure among the elderly ($p = 0.513$). **Conclusion:** Sleep quality was not significantly associated with blood pressure among older adults at Posbindu Komplek Marinir Depok, suggesting that other factors may play a more dominant role.

Keywords: Elderly; Sleep Quality; Blood Pressure; Pittsburgh Sleep Quality Index (PSQI)