

ABSTRAK

HUBUNGAN KUALITAS TIDUR DENGAN PENINGKATAN KADAR GLUKOSA DARAH PADA PENDERITA DIABETES MELITUS DI RUANG AROFAH RSI GARAM KALIANGET

Oleh : Lini Dianawati

Diabetes Melitus merupakan inang dari segala penyakit yang dapat mengakibatkan berbagai jenis penyakit lainnya. Penderita DM lebih berisiko terkena insomnia dan/atau tidur seharian jika dibandingkan dengan yang bukan DM. Kualitas tidur yang buruk mempengaruhi sistem neuro endokrin yang mensekresi hormone glukokortikoid seperti kortisol sehingga mengakibatkan peningkatan glukosa darah. Tujuan untuk mengetahui hubungan kualitas tidur dengan peningkatan kadar glukosa darah pada pasien Diabetes Melitus di Ruang Arofah RSI Garam Kalianget.

Penelitian ini merupakan penelitian kuantitatif dengan pendekatan *cross sectional*. Populasi 106 penderita DM, sampel 41 orang penderita DM, teknik sampling *accidental sampling*, Instrument penelitian berupa kuesioner PSQI dan *Checklist* kadar glukosa darah, analisa data menggunakan *rank Spearman*.

Hasil penelitian menunjukkan bahwa sebagian besar kualitas tidur penderita DM adalah buruk, yaitu sebanyak 21 orang (51,2%). Sebagian besar kadar glukosa darah responden dalam kategori sedang, yaitu sebanyak 22 orang (53,7%). Hasil uji *Rank Spearman* didapatkan *p value* $0,001 < \alpha 0,05$ yang bermakna (H_0 ditolak) ada hubungan kualitas tidur dengan peningkatan kadar glukosa darah pada penderita DM di Ruang Arofah RSI Garam Kalianget.

Perawat memberikan asuhan keperawatan secara holistik pada penderita DM. Penderita dibekali pemahaman dan kemampuan menerima penyakitnya dan beradaptasi dengan pengobatan serta tempat perawatan atau pengobatan.

Kata kunci: *kualitas tidur, kadar glukosa darah, Diabetes Melitus*

ABSTRACT

RELATIONSHIP BETWEEN QUALITY OF SLEEP WITH INCREASED BLOOD GLUCOSE LEVELS IN PATIENTS WITH DIABETES MELLITUS IN THE AROFAH ROOM RSI GARAM KALIANGET

By: Lini Dianawati

Diabetes Mellitus is the host of all diseases that can lead to various types of other diseases. DM sufferers are more at risk of insomnia and/or sleeping all day when compared to non-DM sufferers. Poor sleep quality affects the neuro endocrine system which secretes glucocorticoid hormones such as cortisol, resulting in an increase in blood glucose. The aim is to determine the relationship between sleep quality and increased blood glucose levels in Diabetes Mellitus patients in the Arofah Room of Garam Kalianget Hospital.

This research is a quantitative study with a cross sectional approach. Population 106 DM sufferers, sample 41 DM sufferers, accidental sampling technique, research instrument in the form of a PSQI questionnaire and checklist of blood glucose levels, data analysis using Spearman's rank.

The results showed that most of the sleep quality of DM sufferers was poor, namely as many as 21 people (51.2%). And most of the respondents' blood glucose levels were in the moderate category, namely as many as 22 people (53.7%). The Spearman Rank test results obtained a p value of 0.001 < α 0.05 which means (H_0 is rejected) there is a relationship between sleep quality and increased blood glucose levels in DM sufferers in the Arofah Room of Garam Kalianget Hospital.

Nurses provide holistic nursing care to DM sufferers. Sufferers are equipped with an understanding and ability to accept their illness and adapt to treatment and places of care or treatment.

Keywords: *sleep quality, blood glucose level, Diabetes Mellitus*