

Hubungan Kualitas Tidur dan Status Gizi terhadap Tekanan Darah pada Dewasa Muda

Sarah Maharani Prasetya Dewi¹, Adriyan Pramono¹, Aryu Candra¹, Hartanti Sandi Wijayanti¹

ABSTRAK

Latar Belakang : Dewasa muda rentan memiliki kualitas tidur yang buruk. Kualitas tidur buruk diiringi dengan status gizi yang tidak normal dapat berisiko meningkatkan tekanan darah.

Tujuan : Mengetahui hubungan kualitas tidur dan status gizi terhadap tekanan darah pada dewasa muda.

Metode : Penelitian *cross sectional* yang melibatkan 72 subjek dewasa muda usia 19-30 tahun di Kecamatan Secang, Kabupaten Magelang. Variabel penelitian antara lain tekanan darah, kualitas tidur, status gizi (indeks massa tubuh dan lingkar pinggang), riwayat keluarga, jenis kelamin, aktivitas fisik, asupan lemak, serat, natrium, kalium, serta kebiasaan merokok. Analisis statistik dilakukan menggunakan uji korelasi *pearson*, *rank spearman*, dan regresi linear berganda.

Hasil : Prevalensi prehipertensi dan hipertensi sebesar 36,1% dan 1,4%. Mayoritas subjek memiliki kualitas tidur yang buruk (87,5%). Berdasarkan IMT, sebanyak 18,1% subjek mengalami *overweight* dan 9,7% mengalami obesitas. Sekitar 38,9% dewasa muda mengalami obesitas sentral. Kualitas tidur, IMT, dan lingkar pinggang berhubungan signifikan dengan tekanan darah sistolik ($r=0,396$, $p=0,001$; $r=0,603$, $p<0,001$; $r=0,639$, $p<0,001$) maupun diastolik ($r=0,261$, $p=0,027$; $r=0,545$, $p<0,001$; $r=0,581$, $p<0,001$). Analisis multivariat menunjukkan kualitas tidur ($p=0,010$) dan lingkar pinggang ($p=0,013$) merupakan variabel yang paling berhubungan dengan tekanan darah sistolik setelah dikontrol dengan variabel perancu.

Simpulan : Kualitas tidur dan lingkar pinggang merupakan variabel yang berhubungan signifikan dengan tekanan darah sistolik pada dewasa muda di Secang.

Kata Kunci : Tekanan darah, kualitas tidur, status gizi, dewasa muda

¹Prgoram Studi Ilmu Gizi, Fakultas Kedokteran, Universitas Diponegoro, Semarang
sarahmaharani119@gmail.com

Relationship between Sleep Quality and Nutritional Status with Blood Pressure in Young Adults

Sarah Maharani Prasetya Dewi¹, Adriyan Pramono¹, Aryu Candra¹, Hartanti Sandi Wijayanti¹

ABSTRACT

Background : Young adults are prone to have poor sleep quality. Poor sleep quality accompanied by abnormal nutritional status can risk increasing blood pressure.

Objective : To determine the relationship between sleep quality and nutritional status with blood pressure in young adults.

Methods : This was a cross sectional study involving 72 young adults aged 19-30 years in Secang District, Magelang Regency. Variables were included in this study included blood pressure, sleep quality, nutritional status (body mass index and waist circumference), family history, gender, physical activity, intake of fat, fiber, sodium, potassium, and smoking habits. Statistical analysis was performed using Pearson correlation test, rank Spearman, and multiple linear regression.

Results : The prevalence of prehypertension and hypertension were 36,1% and 1,4%. The majority of subjects had poor sleep quality (87,5%). Based on BMI, 18,1% subjects were overweight and 9,7% were obese. About 38,9% young adults were abdominal obesity. Sleep quality, BMI, and waist circumference had a significant relationship with systolic ($r=0,396$, $p=0,001$; $r=0,603$, $p<0,001$; $r=0,639$, $p<0,001$) and diastolic ($r=0,261$, $p=0,027$; $r=0,545$, $p<0,001$; $r=0,581$, $p<0,001$) blood pressure. Multivariate analysis showed that sleep quality ($p=0,010$) and waist circumference ($p=0,013$) were the main determinants of systolic blood pressure after adjusted for confounding variables.

Conclusion : Sleep quality and waist circumference were determinants of systolic blood pressure among young adults in Secang.

Keywords : Blood pressure, sleep quality, nutritional status, young adults

¹Nutrition Science Department, Medical Faculty of Diponegoro University, Semarang
sarahmaharani119@gmail.com