

ABSTRAK

HUBUNGAN KUALITAS TIDUR DENGAN KADAR GLUKOSA DARAH PADA PASIEN DIABETES MELITUS TIPE 2 DI PUSKESMAS GALIS KABUPATEN PAMEKASAN

Oleh: Nasti Estiningtyas

Program Studi Keperawatan Sutomo, Program Diploma Tiga, Jurusan
Keperawatan, Politeknik Kesehatan Kemenkes Surabaya

E-mail: nastiestiningtyas@gmail.com

Diabetes melitus tipe 2 merupakan penyakit jangka panjang dan terus mengalami peningkatan di seluruh penjuru dunia, termasuk Indonesia. Berdasarkan data epidemiologi, terdapat banyak pasien diabetes melitus tipe 2 yang melaporkan gangguan tidur. Tujuan penelitian adalah mengidentifikasi hubungan kualitas tidur dan kadar glukosa darah pada pasien diabetes melitus tipe 2 di Puskesmas Galis Kabupaten Pamekasan. Penelitian termasuk jenis analitik korelasional dengan 63 pasien diabetes melitus tipe 2 melalui *accidental sampling*. Kualitas tidur berperan sebagai variabel bebas, sedangkan kadar glukosa darah sewaktu berperan sebagai variabel terikat. Data kualitas tidur dikumpulkan dengan kuesioner *Pittsburgh Sleep Quality Index*, sedangkan data kadar glukosa darah sewaktu melalui pemeriksaan dengan *glucometer portable*. Dari penelitian didapatkan sebagian besar (63,4%) memiliki kualitas tidur buruk dan hampir seluruhnya (87,3%) mengalami hiperglikemia. Hasil uji statistik memperlihatkan bahwa kualitas tidur berhubungan dengan kadar glukosa darah sewaktu ($p = 0,043$) dimana pasien diabetes melitus tipe 2 dengan kualitas tidur buruk sering mengalami hiperglikemia. Penelitian ini menyarankan agar aspek kualitas tidur diperhatikan dalam pengendalian diabetes melitus tipe 2. Perlu adanya edukasi kontribusi kualitas tidur pada pengendalian kadar glukosa darah.

Kata Kunci : Kualitas Tidur, Kadar Glukosa Darah, Diabetes Melitus Tipe 2.

ABSTRACT

RELATIONSHIP BETWEEN SLEEP QUALITY AND BLOOD GLUCOSE LEVELS IN TYPE 2 DIABETES MELLITUS PATIENTS AT GALIS HEALTH CENTER PAMEKASAN REGENCY

By: Nasti Estiningtyas

*Sutomo Nursing Study Program, Diploma Three Program, Nursing Department,
Ministry of Health Polytechnic Surabaya*

E-mail: nastiestiningtyas@gmail.com

Type 2 diabetes mellitus is a chronic, long-lasting a disease increasing global prevalence, Indonesia included. Epidemiological studies have shown that many individuals with T2DM experience sleep disturbances. This research was undertaken to examine the association between sleep quality and blood glucose levels in T2DM patients at the Galis Community Health Center, Pamekasan Regency. Employing a correlational analytic design, the study involved 63 T2DM patients selected using accidental sampling. In this research, sleep quality functioned as the independent variable, while random blood glucose levels were considered the dependent variable. Data on sleep quality were obtained through the Pittsburgh Sleep Quality Index questionnaire, and blood glucose levels were assessed using a portable glucometer. The findings indicated that most participants (63.4%) had poor sleep quality, and nearly all (87.3%) exhibited hyperglycemia. Quantitative analysis demonstrated a significant relationship between sleep quality and random blood glucose levels ($p = 0.043$), with poor sleep quality being associated with a higher likelihood of hyperglycemia. The study suggests that sleep quality should be incorporated into T2DM management strategies and emphasizes the need for education on how sleep quality affects blood glucose control.

Keywords : Sleep Quality, Blood Glucose Levels, Type 2 Diabetes Mellitus.