

ABSTRAK

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HUBUNGAN KUALITAS TIDUR DENGAN JUMLAH LEUKOSIT DAN
TEKANAN DARAH DALAM UPAYA DETEKSI AWAL RISIKO PENYAKIT
JANTUNG PADA LANSIA

xiv + 66 Halaman + 10 Tabel + 11 Lampiran

Kualitas tidur merupakan salah satu kebutuhan penting bagi tubuh, terutama bagi lansia. Lansia sering merasakan gangguan tidur akibat proses penuaan yang dapat memengaruhi kondisi kesehatan tubuh. Kualitas tidur yang tidak berkualitas dapat meningkatkan tekanan darah dan perubahan jumlah leukosit yang berhubungan dengan respon inflamasi dalam tubuh. Kondisi tersebut dapat menjadi salah satu faktor yang berhubungan dengan risiko penyakit jantung bagi lansia.

Tujuan penelitian ini ialah mengetahui hubungan antara kualitas tidur, jumlah leukosit dan tekanan darah pada lansia sebagai penanda risiko penyakit jantung. Metode penelitian yang diterapkan ialah observasional analitik dengan desain cross sectional. Total sampel sebanyak 35 lansia yang diperoleh secara purposive sampling. Kualitas tidur diukur memakai kuesioner Pittsburgh Sleep Quality Index (PSQI), jumlah leukosit diukur melalui pemeriksaan laboratorium dan tekanan darah diukur menggunakan tensimeter. Data dianalisis memakai uji korelasi Spearman.

Hasil penelitian menunjukkan mayoritas responden mengalami kualitas tidur yang buruk dan peningkatan tekanan darah sistolik. Uji korelasi mendapatkan adanya hubungan kualitas tidur dan jumlah leukosit ($p = 0,033$), tekanan darah sistolik ($p = 0,042$), serta tekanan darah diastolik ($p = 0,042$). Nilai korelasi menunjukkan lemahnya hubungan antar variabel penelitian.

Penelitian ini menyatakan adanya hubungan antara kualitas tidur, jumlah leukosit, serta tekanan darah pada lansia yang dapat berhubungan dengan tingginya risiko terhadap penyakit jantung

Kata Kunci: kualitas tidur, leukosit, lansia, penyakit jantung, tekanan darah.

Daftar Bacaan: 5 buku (2021 – 2025) dan 38 jurnal (2020 – 2025).

ABSTRACT

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RELATIONSHIP BETWEEN SLEEP QUALITY, LEUKOCYTE COUNT, AND BLOOD PRESSURE IN EARLY DETECTION EFFORTS OF HEARTH DISEASE RISK IN THE ELDERLY

xv + 66 Pages + 10 Tables + 11 Appendices

Sleep quality is one of the body's essential needs, especially for older adults. Older adults often experience sleep disturbances due to the aging process, which can affect their overall health. Poor sleep quality can increase blood pressure and alter white blood cell counts, which are associated with the body's inflammatory response. These conditions may be among the factors linked to the risk of heart disease in older adults.

The objective of this study was to determine the relationship between sleep quality, white blood cell count, and blood pressure in older adults as markers of heart disease risk. The research method used was an analytical observational study with a cross-sectional design. The total sample consisted of 35 older adults selected through purposive sampling. Sleep quality was measured using the Pittsburgh Sleep Quality Index (PSQI) questionnaire; white blood cell count was determined through laboratory testing; and blood pressure was measured using a sphygmomanometer. Data were analyzed using Spearman's correlation test.

The results showed that the majority of respondents experienced poor sleep quality and elevated systolic blood pressure. The correlation test revealed associations between sleep quality and white blood cell count ($p = 0.033$), systolic blood pressure ($p = 0.042$), and diastolic blood pressure ($p = 0.042$). The correlation coefficients indicated a weak relationship among the study variables.

This study indicates a relationship between sleep quality, white blood cell count, and blood pressure in older adults, which may be associated with an increased risk of heart disease.

Keywords: blood pressure, elderly, heart disease, leukocyte count, sleep quality.

References: 5 books (2021–2025) and 38 journals (2020–2025)