

## INTISARI

**WIDIANTARI, DR. 2016. ANALISIS KORELASI KUALITAS TIDUR TERHADAP KADAR GLUKOSA DARAH PUASA PADA PASIEN DIABETES MELITUS TIPE 2. TUGAS AKHIR. PROGRAM D-IV ANALIS KESEHATAN. FAKULTAS ILMU KESEHATAN. UNIVERSITAS SETIA BUDI**

DM merupakan gangguan metabolisme akibat adanya defisiensi insulin atau resistensi insulin sehingga menyebabkan peningkatan kadar glukosa darah dan glukosuria. Intoleransi glukosa dan sensitivitas insulin dapat berkaitan dengan gangguan tidur. Penelitian ini bertujuan untuk mengetahui korelasi kualitas tidur dengan kadar glukosa darah pasien DM tipe 2 di Rumah Sakit Umum Daerah dr. Moewardi.

Penelitian ini merupakan penelitian analitik korelatif dengan desain cross-sectional dengan jumlah sampel sebanyak 30 orang. Penelitian dilakukan di Instalasi Patologi Klinik Rumah Sakit Umum Daerah dr. Moewardi bulan Mei 2016. Kualitas tidur diukur menggunakan kuesioner PSQI. Analisis data menggunakan uji korelasi *Pearson* dengan interval kepercayaan 95%, signifikan  $p < 0,05$ .

Hasil analisis menunjukkan korelasi positif dengan nilai koefisien korelasi sedang ( $r=0,463$ ), dan memiliki nilai  $p$ -value sebesar 0,005 ( $<0,05$ ), berarti terdapat korelasi yang signifikan antara kualitas tidur dengan kadar glukosa darah puasa responden. Artinya semakin besar skor kualitas tidur berdasarkan kuesioner PSQI maka kadar glukosa darah puasa akan meningkat.

Kata Kunci : *Diabetes melitus tipe 2, kualitas tidur, glukosa darah puasa.*

## ABSTRACT

**WIDIANTARI, DR. 2016. ANALYSIS OF CORRELATION SLEEP QUALITY TO BLOOD GLUCOSE IN TYPE 2 DIABETES PATIENTS. STUDY PROGRAM OF D-IV HEALTH ANALYSIS, FACULTY OF HEALTH, SETIA BUDI UNIVERSITY.**

Diabetes Mellitus (DM) was a metabolic disorder related to insulin deficiency or insulin resistance, and it can raised blood glucose concentration and glycosuria. Glucose intolerance and insulin sensitivity related to sleep disturbance. The aim of this study was to determine association between sleep quality with blood glucose in DM type 2 patients in dr. Moewardi Hospital.

The study was an analytic correlative with cross-sectional design with sample size of 30 peoples. The study was conducted at Installation of Clinical Pathology, dr. Moewardi Hospital in May 2016. Sleep quality was measured using PSQI questionnaire. Data analysis using Pearson correlation test with significance level of 95%.

The analysis showed positive correlation with correlation coefficient value of moderate ( $r = 0.463$ ), and had p-value of 0.005 ( $<0.05$ ), means there was significant correlation between sleep quality with fasting blood glucose levels of respondents. This means that the higher of sleep quality score by PSQI questionnaire, the fasting blood glucose levels will rise.

Keywords : *Type 2 Diabetes Mellitus, Sleep Quality, Blood Glucose*