

HUBUNGAN KUALITAS TIDUR DENGAN TEKANAN DARAH PASIEN PRA *VITRECTOMY POSTERIOR*

Fransiskus Xaverius Jimmie Mantow¹, Tri Prabowo², Jenita Doli Tine Donsu³
Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta
Jl. Tata Bumi No.3 Banyuraden, Gamping, Sleman, Yogyakarta, 55293
Email : jimmiefransmantow@gmail.com

ABSTRAK

Latar Belakang: Pola tidur memiliki pengaruh yang paling tinggi terhadap kejadian hipertensi dibandingkan dengan variabel lain yaitu umur dan jenis kelamin. Penundaan operasi elektif paling banyak disebabkan karena faktor medis dan sebagian besar disebabkan karena perubahan akut fungsi kardiovaskuler dan pernapasan, nilai laboratorium tidak normal dan pasien menolak operasi. Pada pasien penyakit mata terutama dibagian retina dengan rencana operasi *Vitreotomy Posterior*, sering dijumpai pasien dengan penyakit penyerta seperti hipertensi. Kejadian pembatalan operasi mata elektif pada hari operasi di Pusat Mata Nasional Rumah Sakit Mata Cicendo juga sering dijumpai terutama karena alasan hipertensi

Tujuan: Untuk mengetahui hubungan kualitas tidur dengan tekanan darah pasien pra *Vitreotomy Posterior* di Pusat Mata Nasional Rumah Sakit Mata Cicendo Bandung.

Metode: Metode penelitian yang digunakan dalam penelitian ini adalah *observasional analitic* dengan desain *cross sectional*. Pengambilan sampel dilakukan di Pusat Mata Nasional Rumah Sakit Mata Cicendo Bandung. Teknik pengambilan sampel menggunakan purposive sampling dengan jumlah sampel keseluruhan 114 orang. Uji statistik dengan Uji Chi Kuadrat menggunakan SPSS.

Hasil: Hasil menunjukkan *p value* 0,003 dimana hasil tersebut lebih kecil dari 0,05 . Dari hasil tersebut dapat disimpulkan bahwa adanya hubungan diantara kedua variabel yaitu “ Kualitas Tidur” dengan “Tekanan Darah” pasien pra *Vitreotomy Posterior* di Pusat Mata Nasional Rumah Sakit Mata Cicendo Bandung.

Kesimpulan: Adanya hubungan kualitas tidur dengan tekanan darah pasien pra *vitrectomy posterior* di Pusat Mata Nasional Rumah Sakit Mata Cicendo Bandung.

Kata kunci : Kualitas tidur, tekanan darah pra *vitrectomy posterior*

- 1) Mahasiswa Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta
- 2,3) Dosen Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

RELATIONSHIP BETWEEN SLEEP QUALITY AND BLOOD PRESSURE PRE POSTERIOR VITRECTOMY PATIENT

Fransiskus Xaverius Jimmie Mantow ¹, Tri Prabowo ², Jenita Doli Tine Donsu ³
Department of Nursing Poltekkes Ministry of Health Yogyakarta
Tata Bumi street 3 st, Banyuraden, Gamping, Sleman, Yogyakarta 55293
Email : jimmiefransmantow@gmail.com

ABSTRACT

Background: Sleep patterns have the highest influence on the incidence of hypertension compared to other variables, namely age and gender. The delay in elective surgery was mostly due to medical factors and mostly due to acute changes in cardiovascular and respiratory functions, abnormal laboratory values and patients refusing surgery. In patients with eye disease, especially in the retina with a Posterior Vitrectomy surgery plan, patients often encounter comorbidities such as hypertension. Incidents of cancellation of elective eye surgery on the day of surgery at the National Eye Center of Cicendo Eye Hospital are also common, especially for reasons of hypertension.

Objective: The purpose of this study was to determine the relationship between sleep quality and blood pressure of pre-Posterior Vitrectomy patients at the National Eye Center at Cicendo Eye Hospital, Bandung.

Methods: The research method used in this research is analytic observational with cross sectional design. Sampling was carried out at the National Eye Center, Cicendo Eye Hospital, Bandung. The sampling technique used purposive sampling with a total sample of 114 people. Statistical test with Chi Square Test using SPSS.

Result : The results show a p value of 0.003 where the result is smaller than 0.05. From these results, it can be concluded that there is a relationship between the two variables, namely "Sleep Quality" with "Blood Pressure" pre-Posterior Vitrectomy patients at the National Eye Center of Cicendo Eye Hospital Bandung.

Conclusion : There is a relationship between sleep quality and blood pressure in pre-posterior vitrectomy patients at the National Eye Center at Cicendo Eye Hospital, Bandung.

Keywords : Sleep quality, blood pressure, pre-Posterior Vitrectomy

¹⁾ Students of the Department of Nursing, Poltekkes, Ministry of Health, Yogyakarta

^{2,3)} Lecturer of the Department of Nursing Poltekkes Kemenkes Yogyakarta