

**PROGRAM STUDI KESEHATAN MASYARAKAT
FAKULTAS KESEHATAN
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**HUBUNGAN KUALITAS TIDUR DENGAN KEJADIAN HIPERTENSI PADA
PEDAGANG DI PASAR DRAJAT CIREBON**

lxix + 79 + 5 tabel + 2 skema + 13 lampiran

ABSTRAK

Hipertensi merupakan salah satu penyakit tidak menular yang prevalensinya terus meningkat dan sering kali tidak disadari gejalanya, sehingga dikenal sebagai “silent killer”. Salah satu faktor risiko yang dapat memengaruhi terjadinya hipertensi adalah kualitas tidur yang buruk. Pedagang pasar tradisional termasuk kelompok yang berisiko tinggi mengalami gangguan tidur akibat jam kerja panjang dan gaya hidup tidak teratur. Penelitian ini bertujuan untuk mengetahui hubungan antara kualitas tidur dengan kejadian hipertensi pada pedagang di Pasar Drajat Cirebon tahun 2025.

Penelitian ini menggunakan metode kuantitatif dengan desain deskriptif korelasional dan pendekatan *cross-sectional*. Instrumen yang digunakan adalah kuesioner *Pittsburgh Sleep Quality Index* (PSQI) untuk mengukur kualitas tidur, dan alat ukur sphygmomanometer untuk mengukur tekanan darah. Data dikumpulkan melalui observasi langsung dan pengisian kuesioner pada bulan Maret 2025. Subjek dalam penelitian ini adalah 58 orang pedagang di Pasar Drajat Cirebon yang dipilih menggunakan teknik *simple random sampling*.

Hasil penelitian menunjukkan bahwa mayoritas responden memiliki kualitas tidur yang buruk (91,4%) dan sebanyak 55,2% mengalami hipertensi. Berdasarkan hasil uji statistik *chi-square* diperoleh nilai *p-value* $0.014 \leq \alpha$ (0.05), maka H_0 ditolak dan H_a diterima sehingga dapat disimpulkan bahwa terdapat hubungan yang signifikan antara kualitas tidur dengan kejadian hipertensi pada pedagang di Pasar Drajat Cirebon.

Diharapkan agar pedagang di Pasar Drajat Cirebon lebih memperhatikan kualitas tidur guna mencegah terjadinya hipertensi. Selain itu, pihak terkait seperti pengelola pasar dan instansi kesehatan setempat diharapkan dapat memberikan edukasi secara berkelanjutan mengenai pentingnya menjaga kualitas tidur, serta menyelenggarakan pemeriksaan kesehatan rutin sebagai bagian dari upaya promotif dan preventif terhadap hipertensi.

Kata kunci : Kualitas Tidur, Hipertensi, Pedagang Pasar, PSQI, Kesehatan Masyarakat

Daftar pustaka : 32 (2017-2024)

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**THE RELATIONSHIP BETWEEN SLEEP QUALITY AND THE INCIDENCE OF
HYPERTENSION IN TRADERS AT THE DRAJAT MARKET IN CIREBON**

lxxix + 79 + 5 tables + 2 scheme + 13 enclosure

ABSTRACT

Hypertension is one of the non-communicable diseases whose prevalence continues to increase and often goes unnoticed, so it is known as the “silent killer”. One of the risk factors that can affect the occurrence of hypertension is poor sleep quality. Traditional market vendors are a group at high risk of sleep disturbance due to long working hours and irregular lifestyle. This study aims to determine the relationship between sleep quality and the incidence of hypertension in traders at Pasar Drajat Cirebon in 2025.

This study used a quantitative method with a descriptive correlational design and a cross-sectional approach. The instruments used were Pittsburgh Sleep Quality Index (PSQI) questionnaire to measure sleep quality, and sphygmomanometer to measure blood pressure. Data were collected through direct observation and filling out questionnaires in March 2025. The subjects in this study were 58 traders in Pasar Drajat Cirebon who were selected using simple random sampling technique.

The results showed that the majority of respondents had poor sleep quality (91.4%) and as many as 55.2% experienced hypertension. Based on the results of the chi-square statistical test obtained a p-value of $0.014 \leq \alpha (0.05)$, then H_0 is rejected and H_a is accepted so it can be concluded that there is a significant relationship between sleep quality and the incidence of hypertension in traders in Drajat Market Cirebon.

It is expected that traders in Pasar Drajat Cirebon pay more attention to the quality of sleep in order to prevent hypertension. In addition, related parties such as market managers and local health agencies are expected to provide continuous education on the importance of maintaining sleep quality, as well as organizing routine health checks as part of promotive and preventive efforts against hypertension.

Keywords : Sleep Quality, Hypertension, Market Traders, PSQI, Public Health

Referencies : 32 (2017-2024)