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**HUBUNGAN KUALITAS TIDUR DENGAN KADAR GLUKOSA DARAH  
PADA PASIEN DIABETES MELLITUS DI WILAYAH KERJA  
PUSKESMAS LOSARANG KABUPATEN INDRAMAYU**

xiii + 66 Halaman, 7 tabel, 2 bagan, 16 lampiran

**ABSTRAK**

Diabetes mellitus merupakan salah satu penyebab utama kematian di dunia akibat penyakit tidak menular. Diabetes mellitus dapat menyerang hampir semua golongan masyarakat di seluruh dunia. Jumlah penderita DM terus bertambah dari tahun ke tahun karena pola hidup manusia zaman sekarang yang cenderung jarang bergerak dan pola makan yang tidak sehat. Kadar gula darah yang tinggi sangat mengganggu konsentrasi untuk tidur nyenyak, dikarenakan seringnya keinginan untuk buang air kecil pada malam hari. Kadang muncul rasa haus yang berlebihan.. Tujuan penelitian ini adalah untuk mengetahui hubungan kualitas tidur dengan kadar glukosa darah pada pasien diabetes mellitus di wilayah kerja puskesmas Losarang kabupaten Indramayu

Jenis penelitian ini adalah penelitian kuantitatif deskriptif korelasional dengan pendekatan *cross sectional*. Pengambilan sampel menggunakan teknik *purposive sampling* berjumlah 74 responden. Instrumen yang digunakan berupa kuesioner kualitas tidur *Pittsburgh Sleep Quality Index* (PSQI) dan kadar glukosa darah diukur menggunakan glukometer. Analisis data menggunakan uji *spearman rank*. Tempat penelitian di Wilayah kerja puskesmas Losarang Kabupaten Indramayu.

Hasil penelitian ini didapatkan sebagian besar responden kualitas tidur buruk sebanyak 50 responden (32,4%) dan sebagian besar responden mengalami kadar glukosa darah tinggi 63 responden (85.1%). Hasil uji *spearman rank* didapatkan *p-value*  $0,000 < \alpha (0,05)$  maka  $H_0 =$  di tolak artinya terdapat hubungan antara kualitas tidur dengan kadar glukosa darah pada pasien diabetes mellitus di wilayah kerja puskesmas Losarang kabupaten Indramayu.

Dapat disimpulkan bahwa kualitas tidur berhubungan dengan kadar glukosa darah pada pasien diabetes mellitus. Sehingga sangat penting bagi pasien untuk mengurangi kualitas tidur yang buruk agar terhindar dari peningkatan kadar glukosa darah dan untuk selalu mempertahankan kualitas tidur yang baik.

**Kata Kunci : Diabetes mellitus, Kualitas tidur, Kadar glukosa darah,**

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**THE RELATIONSHIP OF SLEEP QUALITY AND BLOOD GLUCOSE  
LEVELS IN DIABETES MELLITUS PATIENTS IN THE WORKING  
AREA OF THE LOSARANG HEALTH CENTER, INDRAMAYU  
DISTRICT**

*Xiii + 66 pages, 7 tables, 2 charts, 16 appendices*

**ABSTRACT**

Diabetes mellitus is one of the leading causes of death in the world due to non-communicable diseases. Diabetes mellitus can affect almost all groups of people around the world. The number of DM sufferers continues to increase from year to year because of the lifestyle of today's humans who tend to be less active and have unhealthy eating patterns. High blood sugar levels are very disruptive to concentration for a good night's sleep, due to the frequent urge to urinate at night. Sometimes excessive thirst appears. The purpose of this study was to determine the relationship between sleep quality and blood glucose levels in diabetes mellitus patients in the Losarang Health Center work area, Indramayu Regency

This type of research is a quantitative descriptive correlational study with a cross-sectional approach. Sampling using purposive sampling technique totaling 74 respondents. The instruments used were the Pittsburgh Sleep Quality Index (PSQI) sleep quality questionnaire and blood glucose levels were measured using a glucometer. Data analysis used the spearman rank test. The research location was in the Losarang Health Center working area, Indramayu Regency.

The results of this study found that most respondents had poor sleep quality as many as 50 respondents (32.4%) and most respondents experienced high blood glucose levels 63 respondents (85.1%). The results of the Spearman rank test obtained a p-value of  $0.000 < \alpha (0.05)$  then  $H_0 =$  rejected, meaning there is a relationship between sleep quality and blood glucose levels in diabetes mellitus patients in the Losarang Health Center work area, Indramayu Regency.

It can be concluded that sleep quality is related to blood glucose levels in patients with diabetes mellitus. So it is very important for patients to reduce poor sleep quality to avoid increased blood glucose levels and to always maintain good sleep quality.

***Keywords: Diabetes mellitus, Sleep quality, Blood glucose levels***

***Bibliography: 74 (2014-2024)***