ABSTRAK

HUBUNGAN KADAR HbA1c DENGAN KUALITAS TIDUR PADA PASIEN DIABETES MELITUS DI PUSKESMAS PURWOKERTO TIMUR II KABUPATEN BANYUMAS

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Latar Belakang: Kadar HbA1c yang tinggi dengan tanda gejala poliuria, nokturia, dan *obstruktif sleep apnea* dapat menggangu ritme sirkadian sehingga mengakibatkan kualitas tidur terganggu.

Tujuan: Mengetahui hubungan kadar HbA1c dengan kualitas tidur pada pasien diabetes melitus di Puskesmas Purwokerto Timur II.

Metodologi: Penelitian korelasi kuantitatif dengan desain penelitian *cross sectional*. Teknik pengambilan sampel dengan *consecutive sampling* dan total sampel didapatkan 61 partisipan. Analisis data yang digunakan menggunakan uji *univariat, bivariat,* dan *regresi logistik*.

Hasil: Hasil penelitian menunjukkan bahwa sebagian besar partisipan memiliki kadar HbA1c buruk sebanyak 31 partisipan (50,8%), dan sebagian besar partisipan memiliki kualitas tidur buruk sebanyak 33 partisipan (54,1%) . Hasil penelitian menunjukkan terdapat hubungan yang signifikan antara kadar HbA1c dengan kualitas tidur pada pasien DM di Puskesmas Purwokerto Timur II dengan nilai *p value* $0,00 < 0,05$.

Kesimpulan: Terdapat hubungan yang signifikan antara kadar HbA1c dengan kualitas tidur pada pasien DM di Puskesmas Purwokerto Timur II.

Kata Kunci: Diabetes melitus, HbA1c, kualitas tidur

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ABSTRACT

THE CORRELATION BETWEEN HbA1C LEVELS AND SLEEP QUALITY IN DIABETES MELLITUS PATIENTS AT PURWOKERTO TIMUR II COMMUNITY HEALTH CENTER BANYUMAS REGENCY

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Background: *High HbA1c levels with signs of polyuria, nocturia and obstructive sleep apnea can disrupt the circadian rhythm, resulting in disturbed sleep quality.*

Objective: *To determine the correlation HbA1c levels with sleep quality in diabetes mellitus patients at Purwokerto Timur II health center.*

Methods: *Quantitative correlation research with cross-sectional design, the sampling technique used consecutive sampling with a total sample of 61 participants. Data analysis used univariate, bivariate, and logistic regression test.*

Results: *The results of the study showed that the majority of participants had poor HbA1c levels, 31 (50,8%) participants and the majority of participants had poor sleep quality, 33 (54,1%) participants, the research results showed there was a significant relationship between HbA1c levels and sleep quality in diabetes mellitus patients at Purwokerto Timur II Community Health Center with a p value of 0,00 < 0,05.*

Conclusion: *There is a significant correlation between HbA1c levels and sleep quality among diabetes mellitus patients at Purwokerto Timur II health center.*

Keywords: *Diabetes mellitus, HbA1c, sleep quality.*

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