

ABSTRACT

DIFFERENCE OF BLOOD PRESSURE AND MEAN ARTERIAL BLOOD PRESSURE BASED ON SLEEP QUALITY ON STUDENT OF MEDICAL FACULTY UNILA BADGE 2012

By

Nindia Dara Utama

Sleep is one of the basic human needs which is included into the physiological needs. Sleep is related physically, psychologically, socially and environmentally. Health problems and sleep quality affects each other so that there will be a decrease in the quality of healthcare as the decrease in the quality of sleep.

This research is observational analytic with cross sectional approach with a sample of 168 people taken by total sampling. The inclusion criteria was student of medical faculty UNILA badge 2012 whose willing to participate as respondents. Quality of sleep was assessed by PSQI while blood pressure was measured directly using tensimeter sthymomanometer. Data was analyzed using univariate and bivariate through unpaired t-test with $\alpha = 0.05$.

From the results, the majority of respondents had systolic pressure, diastolic and MABP within normal limits. There is a difference between sleep quality and systole with $p < 0.001$ and there is a difference between sleep quality and diastole with $p = 0.038$ and there is a difference between sleep quality and MABP with $p < 0.041$.

The conclusion is there is relation between sleep quality and blood pressure and MABP on student of medical faculty UNILA badge 2012.

Keyword : diastole, MABP, sleep quality, sistole.