

## **ABSTRACT**

### **THE DIFFERENCES OF RANDOM BLOOD GLUCOSE LEVEL AND NUTRITIONAL STATUS BASED ON SLEEP QUALITY AMONG 2012 YEAR GENERATION MEDICAL COLLEGE STUDENTS OF LAMPUNG UNIVERSITY**

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Diabetes mellitus has become a society health problem, not only in Indonesia but also universal. The prevalence of this disease keep increasing globally. This could be seen from increased case of diabetes mellitus. Sleeping is one kind of basic human requirement that should be fullfilled. Duration of sleep lessening can affect endocrine system function, particularly related to glucose intolerance disorder, insulin resistance and decreased of insulin response.

This research design is analytical observational with cross sectional approach, with sample numbers are 168 people taken with total sampling. Inclusion criteria are college students of Lampung University Medical Faculty 2012 and disposed to be research respondent. Sleeping quality is measured with PSQI, meanwhile glucose level and nutritional status measured directly. Research data is analyzed by univariat and bivariat through T-Independent test with  $\alpha = 0,05$ .

From research result obtained that most of respondents are in good category with mean glucose level is  $146,04 \pm 28,68$  mgdl and have good sleep quality. There is a difference between blood glucose according to sleep quality with  $p = 0,014$  and there is a difference between nutritional status according to sleep quality with  $p = 0,015$

The conclusion is there are significant difference of glucose level and nutritional status according to sleep quality in college students of Lampung University Medical Faculty.

Keywords: college students, glucose, nutritional status, sleep,