

KUALITAS TIDUR DAN KADAR GLUKOSA DARAH SEWAKTU PADA MAHASISWA SARJANA FAKULTAS KEDOKTERAN, KESEHATAN MASYARAKAT, DAN KEPERAWATAN UNIVERSITAS GADJAH MADA

INTISARI

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Latar Belakang: Diabetes melitus merupakan salah satu masalah kesehatan utama di era modern, termasuk pada kelompok usia muda. Data *International Diabetes Federation* (2021) menunjukkan bahwa Indonesia menempati peringkat kelima dengan jumlah penyandang diabetes terbanyak di dunia, dan prevalensinya terus meningkat pada kelompok usia produktif. Salah satu faktor risiko yang dapat mempengaruhi kadar glukosa darah adalah kualitas tidur yang buruk, yang dapat mengganggu homeostasis glukosa dan metabolisme energi. Mahasiswa, terutama di bidang kesehatan, berisiko mengalami gangguan tidur akibat beban akademik dan gaya hidup yang padat.

Tujuan: Mengetahui hubungan kualitas tidur dengan kadar glukosa darah sewaktu pada mahasiswa sarjana FK-KMK UGM.

Metode: Penelitian ini menggunakan desain studi *cross-sectional* dengan pendekatan analitik observasional. Subjek dalam penelitian ini terdiri dari 106 mahasiswa sarjana FK-KMK UGM yang memenuhi kriteria inklusi dan eksklusi. Kualitas tidur diukur menggunakan kuesioner *Pittsburgh Sleep Quality Index* (PSQI), sedangkan kadar glukosa darah sewaktu diperiksa menggunakan glukometer. Analisis bivariat dilakukan dengan uji *Spearman rank* dan *Kruskal-Wallis*, sedangkan analisis multivariat menggunakan Partial Spearman Rank.

Hasil: Sebagian besar responden memiliki kualitas tidur buruk (77,4%) dan kadar glukosa darah dalam kategori normal (96,2%). Hasil analisis menunjukkan tidak terdapat hubungan yang signifikan antara kualitas tidur dan kadar glukosa darah sewaktu ($r = 0,059$; $p = 0,563$).

Kesimpulan: Tidak terdapat hubungan bermakna antara kualitas tidur dengan kadar glukosa darah sewaktu pada mahasiswa sarjana FK-KMK UGM.

Kata Kunci: Kualitas Tidur, PSQI, Glukosa Darah Sewaktu, Mahasiswa Kesehatan

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SLEEP QUALITY AND RANDOM BLOOD GLUCOSE LEVELS AMONG UNDERGRADUATE STUDENTS OF THE FACULTY OF MEDICINE, PUBLIC HEALTH, AND NURSING, UNIVERSITAS GADJAH MADA

ABSTRACT

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Background: Diabetes mellitus is one of the major global health problems in the modern era, including among young adults. According to the International Diabetes Federation (2021), Indonesia ranks fifth among countries with the highest number of diabetes cases worldwide, and its prevalence continues to increase among the productive-age population. One of the modifiable risk factors that may influence blood glucose levels is poor sleep quality, which can disrupt glucose homeostasis and energy metabolism. University students, particularly those in health-related fields, are prone to sleep disturbances due to heavy academic workloads and demanding lifestyles.

Objective: To determine the relationship between sleep quality and random blood glucose levels among undergraduate students of the Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada.

Methods: This study employed an analytical observational approach with a cross-sectional design. A total of 106 undergraduate students who met the inclusion and exclusion criteria participated in the study. Sleep quality was assessed using the Pittsburgh Sleep Quality Index (PSQI), while random blood glucose levels were measured using a glucometer. Bivariate analysis was performed using the Spearman rank and Kruskal–Wallis tests, and multivariate analysis was conducted using Partial Spearman Rank correlation.

Results: Most respondents had poor sleep quality (77.4%) and normal random blood glucose levels (96.2%). Statistical analysis showed no significant correlation between sleep quality and random blood glucose levels ($r = 0.059$; $p = 0.563$).

Conclusion: There was no significant relationship between sleep quality and random blood glucose levels among undergraduate students of the Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada.

Keywords: Sleep Quality, PSQI, Random Blood Glucose, Healthcare Students

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