

FACULTY OF MEDICINE AND HEALTH SCIENCE,
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"EFFECT QUALITY OF SLEEP TO INCREASED BLOOD PRESSURE AT FINAL LEVEL STUDENTS OF MEDICINE FACULTY OF MUHAMMADIYAH UNIVERSITY OF MAKASSAR " (vii + 95 Pages + 7 Tables + 3 Pictures + 3 Attachments)

ABSTRACT

Background : Sleep is a physiological human need that occurs naturally because there will be marked changes in consciousness with decreased awareness and also to the stimulation stimuli given. Most people spend part of their life sleeping. Blood pressure is the force exerted by blood on the walls of the blood vessels and is generated by the force of blood against the artery walls when the blood is pumped from the heart to the tissues.

Objective : To find out whether there is a relationship between the effect of sleep quality on blood pressure in final year students of the Faculty of Medicine, Muhammadiyah University of Makassar.

Methods : This study is an observational analytic study with approach *cross sectional* which aims to determine whether there is an effect of sleep quality on increased blood pressure in final grade students of the Faculty of Medicine, Muhammadiyah University of Makassar. The research sample was conducted by means of *simple random sampling*.

Results : This study showed that final grade students had good sleep quality (60%) poor sleep quality (40%), and those with prehypertensive blood pressure (52%), normal (48%). The results of the analysis showed that there was an effect of sleep quality on blood pressure in final year students of the medical faculty of Muhammadiyah University of Makassar.

Conclusion : There is an effect of sleep quality on increasing blood pressure in final year students of the medical faculty of Muhammadiyah University of Makassar.

Keywords : sleep, blood pressure, student.