

**SLEEP QUALITY AND THE BLOOD PRESSURE IN ADULTHOOD**

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**ABSTRACT**

Sleep quality is becoming an important concern to public health issues, which linked to affect the quality of life. People who possess sleep insufficiency at night may be at higher risk of developing high blood pressure or worsening already high blood pressure. This is a descriptive quantitative research, collected 65 sample from adults living in Airmadidi Atas Village using convenience sampling. The items in the questionnaire were taken from questionnaire The Pittsburgh Sleep Quality Index (PSQI). The blood pressure is measured in systolic and diastolic pressure. Data were analyzed using descriptive statistics method of frequency, percentage, Pearson coefficient correlation, and one-way analysis of variance. The result shows significant correlation between sleep quality to both diastolic and systolic blood pressure in adulthood. When the sleep quality and blood pressure grouped by age, the result still shows there is significant difference on the blood pressure either diastolic and systolic, but not for the sleep quality that shows no significant difference. The recommendation for adulthood is to keep maintaining their sleep quality for the achievement of better health. The better the sleep quality, the lower your blood pressure. Moreover, further research can be done to analyze other variable such as physical activity and health status of the respondents. It is also suggested that Universitas Klabat may improve community services surrounding the campus to increase the awareness of the community to maintain their sleep quality.

**Keywords:** Sleep quality, blood pressure