

Hubungan Kualitas Tidur Terhadap Kadar HbA1c Tinggi pada Populasi Usia Produktif 20-59 Tahun di Indonesia (Analisis Data Indonesia Family Life Survey 5 Tahun 2014) = Correlation Of Sleep Quality And High HbA1c Levels In The Productive Age Population 20-59 Years In Indonesia (Analysis of Indonesia Family Life Survey 5 2014)

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Abstrak

Pendahuluan. Kadar HbA1c tinggi berpotensi menimbulkan berbagai implikasi kesehatan, terutama berkaitan dengan penyakit metabolik dan kardiovaskular. Kualitas tidur buruk dinilai dapat meningkatkan risiko terjadinya HbA1c tinggi melalui berbagai mekanisme. Penelitian ini bertujuan untuk mengetahui hubungan antara kualitas tidur terhadap kadar HbA1c tinggi di Indonesia. Metodologi. Desain studi penelitian ini adalah cross-sectional dengan menggunakan data Indonesia Family Life Survey (IFLS) 5 tahun 2014. Besar sampel berjumlah 4223 dengan metode total sampling. Data dianalisis secara deskriptif, serta estimasi menggunakan analisis multiple logistic regression. Analisis data menggunakan software STATA 13. Hasil Penelitian. Prevalensi kadar HbA1c tinggi sebesar 6,06%, sementara prevalensi kualitas tidur buruk adalah 15,16%. Sebesar 15,47% yang mengalami kadar HbA1c tinggi memiliki kualitas tidur buruk. Pada analisis model akhir menunjukkan bahwa mereka dengan kualitas tidur buruk terbukti secara statistik berhubungan signifikan ($p < 0,001$) serta meningkatkan risiko terjadinya HbA1c tinggi sebesar empat kali lipat dibandingkan pada kelompok dengan kualitas tidur baik ($PR = 3,99; 3,0563-5,2173$). Tidak ditemukan adanya confounder yang dapat mengganggu hubungan kadar HbA1c tinggi dengan kualitas tidur buruk pada penelitian ini. Meski demikian, mereka yang berumur 45 tahun, perempuan, terdiagnosa hipertensi, dan memiliki IMT 23 kg/m² memiliki risiko lebih besar terjadinya HbA1c tinggi pada kelompok kualitas tidur buruk. Kesimpulan. Kualitas tidur buruk terbukti berhubungan signifikan dengan kejadian kadar HbA1c tinggi. Hal ini mengharuskan adanya intervensi edukasi dan konseling kesehatan pada populasi usia produktif terkait menjaga kualitas tidur berdasarkan komponen-komponen kualitas tidur baik untuk mempertahankan kadar HbA1c normal.

.....Introduction. High HbA1c can potentially cause various health implications, primarily related to metabolic and cardiovascular diseases. Poor sleep quality increases the risk of elevated HbA1c levels through multiple mechanisms. This study aims to determine the association between sleep quality and high HbA1c levels in Indonesia's productive age population of 20-59 years. Methodology. This study was conducted cross-sectionally using Indonesia Family Life Survey (IFLS) 5 data in 2014. The sample size was 4223 using the total sampling method. Data were analyzed descriptively and estimated using multiple logistic regression analysis. The data were analyzed using STATA 13 software. Results. The prevalence of high HbA1c levels was 6.06%, while the prevalence of poor sleep quality was 15.16%. A total of 15.47% who experienced high HbA1c levels had poor sleep quality. The final model analysis showed that those with poor sleep quality were statistically significantly associated ($p < 0.001$) and increased the risk of high HbA1c by four times compared to those with good sleep quality ($PR = 3.99; 3.0563-5.2173$). There were no confounders that could interfere with the association of high HbA1c levels with poor sleep quality in this study. However, those who were 45 years old, female, hypertension, and BMI 23 kg/m² had a greater risk of

high HbA1c in poor sleep quality. Conclusion. Poor sleep quality was shown to be significantly associated with the incidence of high HbA1c levels. Requires educational interventions and health counselling in the productive age population related to maintaining sleep quality based on the components of good sleep quality for maintaining normal HbA1c levels.