

ABSTRAK

Nadhifah Aulia Gucie. NIM : 5203240004. *Hubungan Kualitas Tidur Dengan Status Gizi Dengan Kejadian Anemia di SMKS Pharmaca Medan*. Skripsi. Program Studi Gizi. Fakultas Teknik. Universitas Negeri Medan. 2025.

Tujuan penelitian ini adalah untuk mengetahui: (1). Karakteristik responden yaitu pendidikan ayah, pendidikan ibu, pekerjaan ayah, pekerjaan ibu, pendapatan ayah dan ibu dan besar keluarga; (2). Kualitas tidur responden; (3). Status gizi responden; (4). Status anemia responden; (5). Hubungan kualitas tidur dengan kejadian anemia responden; (6). Hubungan status gizi dengan kejadian anemia responden. Tempat penelitian dilakukan di SMKS Pharmaca Medan. Waktu penelitian dilaksanakan pada Agustus 2024. Populasi penelitian ini yaitu berjumlah 131 orang. Desain penelitian ini adalah *cross-sectional*, sampel pada penelitian ini menggunakan *purposive sampling* yaitu sebanyak 57 orang. Teknik pengumpulan data menggunakan kuesioner *Pittsburg Sleep Quality Index* (PSQI), pengukuran antropometri dan pengecekan kadar hemoglobin. Analisis data dilakukan secara bivariat dan multivariat. Teknis Analisis data dilakukan dengan uji *chi-square* dan uji regresi logistik.

Berdasarkan hasil penelitian ini, karakteristik responden yaitu Pendidikan ayah dan ibu termasuk kategori tamat SMA/MA. Pekerjaan ayah sebagian besar sebagai wiraswasta. Pekerjaan ibu sebagai ibu rumah tangga. Pendapatan ayah dan ibu termasuk kategori sedang (Rp.1.500.000-3.500.000). Besar keluarga termasuk kategori keluarga kecil (1-4 orang). Kualitas tidur responden termasuk kategori kualitas tidur buruk sebanyak 78,90 persen. Status Gizi responden termasuk kategori status gizi normal sebanyak 56,10 persen. Status Anemia responden termasuk kategori anemia sebanyak 51,90 persen. Hasil analisis uji *chi-square* terdapat hubungan positif dan signifikan antara kualitas tidur dengan kejadian anemia dengan nilai *p-value* 0,008 artinya semakin baik kualitas tidur maka semakin rendah kejadian anemia. Hasil analisis uji *chi-square* terdapat hubungan signifikan antara status gizi dengan kejadian anemia dengan nilai *p-value* <0,001 artinya semakin baik status gizi maka semakin rendah kejadian anemia. Berdasarkan hasil analisis regresi logistik terdapat hubungan yang positif dan signifikan antara kualitas tidur dengan kejadian anemia dengan *p-value* 0,007 dan terdapat hubungan yang positif dan signifikan antara status gizi dengan kejadian anemia dengan *p-value* <0,001. Nilai OR Kualitas Tidur=34,175, artinya jika kualitas tidur termasuk kategori buruk maka akan mengalami resiko sebanyak 34,175 kali akan mengalami anemia. Nilai OR Status Gizi=0,022, artinya jika status gizi baik maka dapat mencegah 0,022 kali mengalami anemia. Kesimpulannya terdapat hubungan yang signifikan antara kualitas tidur dan status gizi dengan kejadian anemia di SMKS Pharmaca Medan.

ABSTRACT

Nadhifah Aulia Gucie. NIM : 5203240004. The Relationship Between Sleep Quality and Nutritional Status with The Incidence of Anemia at SMKS Pharmaca Medan. Thesis. Nutrition Study Program. Medan State University, Faculty of Engineering, 2025.

The purpose of this study is to determine: (1) the characteristics of the respondents, including father's education, mother's education, father's occupation, mother's occupation, father's and mother's income, and family size; (2) the respondents' sleep quality; (3) the respondents' nutritional status; (4) the respondents' anemia status; (5) the relationship between sleep quality and the occurrence of anemia among respondents; (6) the relationship between nutritional status and the occurrence of anemia among respondents. The research was conducted at SMKS Pharmaca Medan, and the study was carried out in August 2024. The population of this study consists of 131 individuals. This study used a cross-sectional design, with a sample of 57 individuals selected through purposive sampling. Data collection was performed using the Pittsburgh Sleep Quality Index (PSQI) questionnaire, anthropometric measurements, and hemoglobin level checks. Data analysis was conducted both bivariate and multivariate, using chi-square and logistic regression tests.

Based on the results of this study, the respondents' characteristics include parents' education levels mostly at the high school level. The father's occupation is mostly self-employed, while the mother's occupation is primarily a housewife. The family income falls medium category (Rp.1,500,000-3,500,000). The family size is categorized as small (1-4 people). The respondents' sleep quality falls under the poor sleep quality category, with 78.90 percent reporting poor sleep. The nutritional status of the respondents is categorized as normal in 56.10 percent of cases. The anemia status of the respondents shows that 51.90 percent.. Chi-square test analysis reveals a significant positive relationship between sleep quality and anemia occurrence, p-value of 0.008, meaning that better sleep quality correlates with lower anemia occurrence. A significant relationship between nutritional status and anemia occurrence was also found, with a p-value of <0.001, indicating that better nutritional status correlates with a lower incidence of anemia. Logistic regression analysis shows a positive and significant relationship between sleep quality and anemia occurrence with a p-value of 0.007, as well as between nutritional status and anemia occurrence with a p-value of <0.001. The Odds Ratio (OR) for sleep quality is 34.175, meaning that those with poor sleep quality are 34.175 times more likely to experience anemia. The OR for nutritional status is 0.022, meaning that good nutritional status reduces the likelihood of anemia by 0.022 times. In conclusion, there is a significant relationship between sleep quality, nutritional status, and anemia occurrence at SMKS Pharmaca Medan.