

ABSTRAK

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Program Studi : Kedokteran
Judul Skripsi : Hubungan Antara Kualitas Tidur Dengan Pasien Diabetes
Melitus Tipe 2 Dan Tinjauannya Menurut Pandangan Islam

Latar belakang: Tidur merupakan salah satu kebutuhan dasar manusia yang harus terpenuhi. Ada beberapa jenis tidur yang berbeda baik secara kualitatif maupun kuantitatif. setiap jenis tidur memiliki karakteristik unik, kepentingan fungsional, dan mekanisme pengaturan (Sadock, 2017). Tidur diatur oleh dua proses independen: proses sirkadian, yang mengatur tidur berdasarkan waktu hari, dan proses homeostatis, yang mengatur tidur berdasarkan akumulasi kebutuhan tidur. kekurangan tidur kronis dapat meningkatkan risiko obesitas, penyakit kardiovaskular, dan hiperglikemia, yang dapat berlanjut menjadi diabetes mellitus tipe 2.

Metode: Penelitian ini menggunakan penelitian *system literature review*. Cara pengambilan sampel pada penelitian ini menggunakan teknik purposive sampling. Analisis data menggunakan teknik kuantitatif. Data kualitas tidur dan diabetes melitus tipe 2 yang didapat dari literatur yang di review.

Hasil: Dari literature review 15 jurnal (12 jurnal internasional dan 3 jurnal nasional) didapatkan hasil signifikan antara kualitas tidur dengan pasien diabetes melitus tipe 2. Rata-rata orang dengan diabetes melitus tipe 2 mengalami kualitas tidur buruk.

Kesimpulan: Kualitas tidur yang buruk dapat meningkatkan risiko menderita diabetes melitus tipe 2. Peningkatan risiko menderita diabetes melitus tipe 2 bervariasi berdasarkan jenis kelamin, durasi tidur, kadar HbA1c, dan riwayat keluarga.

Kata Kunci: *Kualitas Tidur, Diabetes Melitus Tipe 2*

ABSTRACT

Name : Ibnu Hakim Anshori Nasution
Study Program : Kedokteran
Title : The Relationship Between Sleep Quality and Type 2 Diabetes Mellitus Patients and Its Review According to Islam

Background: *Sleep is one of the basic human needs that must be met. There are several different types of sleep both qualitatively and quantitatively. each type of sleep has unique characteristics, functional importance, and regulatory mechanisms (Sadock, 2017). Sleep is regulated by two independent processes: the circadian process, which regulates sleep according to the time of day, and the homeostatic process, which regulates sleep based on the accumulated need for sleep. Chronic sleep deprivation can increase the risk of obesity, cardiovascular disease, and hyperglycemia, which can lead to type 2 diabetes mellitus.*

Methods: *This research uses literature review system research. The sampling method used in this study was purposive sampling technique. Data analysis using quantitative techniques. Sleep quality data and type 2 diabetes mellitus were obtained from reviewed literature.*

Results: *From a literature review of 15 journals (12 international journals and 3 national journals), it was found that there were significant results between sleep quality and type 2 diabetes mellitus patients. On average, people with type 2 diabetes mellitus experienced poor sleep quality.*

Conclusion: *Poor sleep quality can increase the risk of suffering from type 2 diabetes mellitus. The increased risk of developing type 2 diabetes mellitus varies according to sex, sleep duration, HbA1c levels, and family history.*

Keywords: *Sleep Quality, Type 2 Diabetes Mellitus*