

ABSTRACT

Alan Budiyanto, The Affecting Factors of Restful Sleep Fulfillment toward Hypertension Patients in North Limboto Puskesmas, Gorontalo District. It was supervised by DR. Herlina Yusuf, M.Kes as the principal supervisor and Nasrun Pakaya, S.Kep, Ns, M.Kep as the co-supervisor.

Quality sleep is significant in maximizing height since growth hormone optimally works during sleep time. The more the quality sleep the more optimal the growth hormone works. The problem statement of this research is what factors are related to restful sleep disorders on hypertension patients in North Limboto Puskesmas, Gorontalo district?

This research aimed at analyzing factors related to restful sleep disorders on hypertension patients in North Limboto Puskesmas, Gorontalo district. This was an observation research using cross sectional approach. The population of this research were all the hypertension patients with restful sleep disorder. The sample consisted of 35 respondents.

The chi square result showed that there was a relationship between physical factors and restful sleep fulfillment toward the hypertension patients with $p=0,006$ ($\alpha=0,05$). However, there was no relationship between environment factor and the restful sleep fulfillment of hypertension patients with $p=0,193$ ($\alpha=0,05$). Patients with restful sleep disorder can do an outset relaxation before sleep to be able to fulfill their restful sleep time.

Keywords: *Physic, environment, rest and sleep, hypertension*

