

**RELATIONSHIP BETWEEN DEGREES OF HYPERTENSION  
WITH THE QUALITY OF SLEEP IN THE ELDERLY IN  
POSYANDU ELDERLY MOJOSONGO DISTRICT,  
SURAKARTA**

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**ABSTRACT**

**Background:** Hypertension is a major health problem in society, is a degenerative disease that is experienced by many elderly people and is the highest risk factor for the highest cause of death in Indonesia. This affects the condition of the elderly including the quality of their sleep, so it also impacts their daily activities.

**Objective:** To determine the relationship between the degree of hypertension and sleep quality in Posyandu, Mojosongo Village, Surakarta. **Method:** This research uses a quantitative approach and is non-experimental research. The sample in this study was 91 elderly people with hypertension and the sampling technique used cluster random sampling. Data collection was carried out using the Pittsburgh Sleep Quality Index (PSQI) instrument. **Results:** Kendall tau test analysis obtained results with a significance value  $(0.000) > 0.05$ . **Conclusion:** There is a relationship between the degree of hypertension and the quality of sleep in the elderly at the Posyandu for the Elderly, Mojosongo Village, Surakarta and the strength of the relationship between the two is in the medium category and is positive or in the same direction, that is the higher the value of the degree of hypertension, the higher the value of sleep quality on the PSQI.

**Key words:** Degree of hypertension, Sleep quality, Elderly