

## ABSTRAK

**Latar Belakang** : Rinitis alergi merupakan salah satu penyakit inflamatori kronis yang paling umum di dunia. Berdasarkan studi epidemiologi prevalensi rinitis alergi di dunia mencapai 10-25% sedangkan, prevalensi rinitis alergi di Indonesia mencapai 24.3% dan cenderung meningkat setiap tahunnya. Gejala rinitis seperti bersin, hidung tersumbat, dan hidung berair dapat menimbulkan kualitas tidur yang menurun. Penurunan kualitas tidur timbul akibat obstruksi oleh mukosa hidung dan peningkatan resistensi pada saluran nafas menyebabkan gangguan tidur yang dapat memicu masalah kesehatan lainnya seperti hipertensi, dislipidemia, penyakit kardiovaskular, masalah terkait berat badan, sindrom metabolik, dan diabetes tipe 2. Penelitian ini akan meneliti hubungan antara gejala rinitis alergi terhadap kualitas tidur. Beberapa penelitian yang telah dilakukan sebelumnya masih bersifat kontroversial sehingga hubungan tersebut perlu diamati lebih lanjut.

**Tujuan Penelitian** : Untuk mengetahui apakah terdapat hubungan antara gejala rinitis alergi dan kualitas tidur pada mahasiswa Fakultas Kedokteran Universitas Pelita Harapan.

**Metode** : Metode penelitian yang digunakan adalah analitik observasional dengan desain studi *cross sectional* terhadap 134 responden mahasiswa Fakultas Kedokteran Universitas Pelita Harapan yang suspek rinitis alergi dan memenuhi kriteria.

**Hasil** : Dari 134 responden sebanyak 21 (15.7%) responden mengidap rinitis alergi dan 12 (57.1%) diantaranya mengeluhkan kualitas tidur yang buruk. Berdasarkan hasil uji chi square didapatkan hubungan yang signifikan antara gejala rinitis alergi dan kualitas tidur ( $p=0.003$ )

**Simpulan** : Terdapat hubungan yang signifikan antara gejala rinitis alergi dengan kualitas tidur.

**Kata Kunci** : rinitis alergi, kualitas tidur

## ABSTRACT

**Background** : Allergic rhinitis is one of the most common chronic inflammatory diseases in the world. Based on epidemiological studies, the prevalence of allergic rhinitis in the world reaches 10-25%, while the prevalence of allergic rhinitis in Indonesia reaches 24.3% and tends to increase every year. Symptoms of rhinitis such as sneezing, nasal congestion, and nasal complaints can cause complaints, such as decreased sleep quality. Decreased sleep quality that arises due to nasal mucosal obstruction and increased resistance in the airways causes sleep disturbance that can trigger other health related problem such as hypertension, dyslipidemia, cardiovascular disease, weight-related issues, metabolic syndrome, and type 2 diabetes mellitus. This study will examine the relationship between symptoms of allergic rhinitis and sleep quality. Several studies that have been done previously are still collaborative, so this relationship needs to be observed further.

**Aim of Study** : This study aims to determine whether there is a relationship between symptoms of allergic rhinitis and sleep quality in students of the Faculty of Medicine, Pelita Harapan University.

**Methods** : The research method that is used is observational analytic with a cross sectional study design on 134 respondents from the Faculty of Medicine, Pelita Harapan University with suspect rhinitis allergy and those who meet the criteria.

**Results** : Among 134 respondents, 21 (15.7%) respondents had allergic rhinitis and 12 (57.1%) of them complained of poor sleep quality. Based on the results of the chi square test, there was a significant relationship between allergic rhinitis symptoms and sleep quality ( $p=0.003$ ).

**Conclusion** : There is a significant relationship between allergic rhinitis symptoms and quality of sleep

**Keywords** : rhinitis allergy, quality of sleep