

## ABSTRAK

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### **HUBUNGAN ANTARA *EXCESSIVE DAYTIME SLEEPINESS* DAN FUNGSI ENDOTEL PADA TENAGA KESEHATAN SILOAM HOSPITAL LIPPO VILLAGE**

(xiii + 125)

**Latar Belakang:** Menurut AHA, tidur merupakan faktor risiko penting bagi fungsi kardiovaskular. *Excessive daytime sleepiness* (EDS) merupakan indikator penting untuk kesehatan tidur dan merupakan tanda dan gejala yang prevalensi cukup tinggi dan mudah dideteksi. Disfungsi endotel merupakan target ideal untuk menyelidiki dampak awal terhadap kesehatan jantung karena merupakan peristiwa awal perkembangan penyakit kardiovaskular. Penelitian ini bermaksud untuk menginvestigasi hubungan antara EDS dan disfungsi endotel pada populasi yang rentan terhadap kekurangan tidur, seperti tenaga kesehatan.

**Tujuan:** Penelitian ini bertujuan untuk mengetahui hubungan antara *excessive daytime sleepiness* dan fungsi endotel pada tenaga kesehatan di Siloam Hospital Lippo Village.

**Metodologi:** Penelitian ini menggunakan studi potong lintang, dengan menggunakan kuesioner *Epworth Sleepiness Scale* (ESS) dan pemeriksaan *Flow Mediated Dilation* (FMD) terhadap minimal 51 responden yang memenuhi kriteria penelitian. Data yang didapatkan akan dianalisis dengan menggunakan aplikasi SPSS 24.0.

**Hasil:** Dari 82 peserta yang memenuhi kriteria inklusi dan eksklusi pada penelitian ini. Hubungan antara EDS dan disfungsi endotel ditemukan signifikan berdasarkan uji *Continuity Correction* dengan *p-value* sebesar 0,023.

**Kesimpulan:** Ditemukan hubungan yang signifikan antara EDS diukur dengan ESS dan disfungsi endotel diukur dengan FMD

**Kata Kunci:** *Excessive Daytime Sleepiness, Epworth Sleepiness Scale, Flow Mediated Dilation, Disfungsi Endotel*

**Referensi:** (2004-2023)

## ABSTRACT

Kenza Yogasvara Rubismo (01071210124)

### ***THE RELATIONSHIP BETWEEN EXCESSIVE DAYTIME SLEEPINESS AND ENDOTHELIAL FUNCTION IN HEALTHCARE WORKERS AT SILOAM HOSPITAL LIPPO VILLAGE***

(xiii + 125)

**Background:** According to the American Heart Association (AHA), sleep is an important risk factor for cardiovascular function. Excessive daytime sleepiness (EDS) is a key indicator of sleep health and is a prevalent and easily detectable sign and symptom. Endothelial dysfunction is an ideal target for investigating the early impact on heart health as it represents an early event in the development of cardiovascular disease. This study aims to investigate the relationship between EDS and endothelial dysfunction in populations vulnerable to sleep deprivation, such as healthcare workers.

**Research Objective:** This research aims to determine the relationship between excessive daytime sleepiness and endothelial function among healthcare workers at Siloam Hospital Lippo Village.

**Methodology:** This study uses a cross-sectional design, utilizing the Epworth Sleepiness Scale (ESS) questionnaire and Flow Mediated Dilation (FMD) examination on a minimum of 51 respondents who meet the study criteria. Data obtained will be analyzed using SPSS version 24.0.

**Results:** Of the 82 participants who met the inclusion and exclusion criteria in this study, a significant relationship between EDS and endothelial dysfunction was found based on the Continuity Correction test, with a p-value of 0.023.

**Conclusion:** A significant relationship was found between EDS measured by ESS and endothelial dysfunction measured by FMD

**Keywords:** Excessive Daytime Sleepiness, Epworth Sleepiness Scale, Flow Mediated Dilation, Endothelial Dysfunction

**References:** (2004-2023)