

## Faktor yang berhubungan dengan prestasi akademik Murid Sekolah Menengah Pertama di Jakarta yang mengalami gangguan tidur = Factors related to academic achievement in junior high school students in Jakarta with sleep disorders

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### Abstrak

Latar belakang. Gangguan tidur pada remaja memiliki prevalens yang tinggi dan dapat memengaruhi prestasi akademik di sekolah. Namun, sejauh ini di Indonesia, belum terdapat studi yang meneliti prestasi akademik pada remaja dengan gangguan tidur serta faktor yang berhubungan.

Tujuan. Penelitian ini untuk mengetahui: (1) prevalens dan pola gangguan tidur berdasarkan SDSC, (2) proporsi murid SMP dengan gangguan tidur yang memiliki prestasi akademik di bawah rerata, (3) hubungan antara: jenis kelamin, motivasi dan strategi belajar, nilai IQ, tingkat pendidikan ibu, tingkat sosial ekonomi keluarga, struktur keluarga, pendidikan di luar sekolah, adanya TV/komputer di kamar tidur, durasi tidur di hari sekolah, perbedaan waktu tidur dan bangun, dan prestasi akademik murid SMP dengan gangguan tidur.

Metode. Penelitian potong lintang analitik di lima SMP di Jakarta pada bulan Januari hingga Maret 2013. Skrining gangguan tidur dengan kuesioner Sleep Disturbance Scale for Children dilakukan terhadap 491 orang murid SMP di Jakarta. Murid yang memenuhi kriteria gangguan tidur diminta mengisi kuesioner motivasi dan strategi pembelajaran. Peneliti meminta nilai IQ subjek penelitian.

Hasil. Terdapat 129 subjek yang memenuhi kriteria gangguan tidur. Empat orang subjek di drop-out karena tidak memiliki nilai IQ. Prevalens gangguan tidur sebesar 39,7% dengan jenis gangguan tidur terbanyak adalah gangguan memulai dan mempertahankan tidur (70,2%). Sebanyak 47,6% subjek memiliki prestasi akademik di bawah rerata. Sebagian besar subjek perempuan (71%), termasuk sosial ekonomi menengah ke bawah (58,9%), memiliki motivasi dan strategi belajar yang cukup (72,6%), dan mengikuti pendidikan di luar sekolah (87,9%). Tiga belas subjek yang memiliki nilai IQ di bawah rata-rata tidak diikutsertakan dalam analisis bivariat dan multivariat. Berdasarkan uji regresi logistik, faktor yang paling berhubungan dengan prestasi akademik di bawah rerata secara berurutan, yaitu pendidikan di luar sekolah (> 2 jenis, non-akademik), nilai IQ rata-rata, dan jenis kelamin lelaki.

Simpulan. Prevalens gangguan tidur pada murid SMP di Jakarta adalah 39,7% dengan jenis gangguan tidur terbanyak adalah gangguan memulai dan mempertahankan tidur. Sebanyak 47,6% subjek memiliki prestasi akademik di bawah rerata. Faktor yang terbukti berhubungan dengan prestasi akademik di bawah rerata adalah pendidikan di luar sekolah (> 2 jenis, non-akademik), nilai IQ rata-rata, dan jenis kelamin lelaki.

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Background. Sleep disorders are prevalent in adolescents and may influence their academic achievement at school. However, in Indonesia, no research has ever been done to study academic achievement in students with sleep disorders and related factors.

Objectives. This study aimed to define: (1) the prevalence of sleep disorders and their patterns based on the SDSC questionnaire, (2) the proportion of junior high school students having low average academic achievement, (3) the relationship between factors; i.e gender, motivation and learning strategies, IQ level, mothers' educational level, socioeconomic level, family structure, non-formal education, TV/computer set

inside the bedroom, sleep duration during schooldays, bedtimewakeup time difference; and the academic achievement in junior high school students with sleep disorders.

**Method.** This was an analytical cross-sectional study, performed at five junior high schools in Jakarta between January to March 2013. Screening for sleep disorders, based on the Sleep Disturbance Scale for Children questionnaires, was done in 491 junior high school students. Students who fulfilled the criteria of sleep disorders, were asked to fill in the Motivated Strategies for Learning Questionnaire (MSLQ). The IQ level of each subjects was also measured.

**Results.** There were 129 subjects who fulfilled the sleep disorders criteria. Four subjects were dropped out due to they didn't have IQ level. The prevalence of sleep disorder in this study was 39.7%, mostly difficulty in initiating and maintaining sleep (70.2%). There were 47.6% subjects had low average academic achievement. As many as 13 subjects had low average IQ level and were not included in bivariate and multivariate analysis. Subjects mostly female (71%), with middle-low income (58.9%), had moderate motivation and learning strategies (72.6%), and attended non-formal education (87.9%). Based on the logistic regression analysis, the most influencing factors to the low average academic achievement are consecutively: the non-formal education (> 2 types, non-academic), the average IQ level, and male sex.

**Conclusion.** The prevalence of sleep disorders in junior high school students in Jakarta are 39.7%, mostly difficulty in initiating and maintaining sleep. There were 47.6% subjects had low average grade. Factors related to the low average academic achievement are non-formal education (> 2 types, non-academic), the average IQ level, and male sex.