

# Hubungan antara kejadian excessive daytime sleepiness eds dan kualitas tidur pada mahasiswa baru program sarjana reguler Rumpun Ilmu Kesehatan Universitas Indonesia = The relationship between excessive daytime sleepiness and sleep quality in first year student of the regular undergraduate program at clumps of Health Sciences University of Indonesia

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## Abstrak

Kejadian Excessive Daytime Sleepiness (EDS) merupakan gejala yang timbul dari kecenderungan untuk merasakan kantuk yang berlebihan pada periode terjaga. Penelitian ini bertujuan untuk mengidentifikasi hubungan antara kejadian EDS dengan kualitas tidur pada mahasiswa baru di rumpun ilmu kesehatan. Desain penelitian ini adalah dengan pendekatan potong lintang menggunakan sampel mahasiswa Rumpun Ilmu Kesehatan Universitas Indonesia sebesar 107 responden yang dipilih dengan teknik proportional stratified random sampling. Kejadian EDS diukur menggunakan kuesioner Epworth Sleepiness Scale (ESS), sedangkan kualitas tidur diukur menggunakan kuesioner Pittsburgh Sleep Quality Index (PSQI). Hasil penelitian menunjukkan bahwa prevalensi kejadian EDS dan kualitas tidur yang buruk cukup tinggi terjadi pada mahasiswa. Sebanyak 52 orang (48,6 %) mengalami EDS dan sebanyak 80 orang (74,8 %) memiliki kualitas tidur yang buruk. Hasil analisis statistik menunjukkan tidak ada hubungan yang signifikan ( $p = 0,617 : \chi^2 = 0,249$ ) antara kejadian Excessive Daytime Sleepiness dan kualitas tidur. Perlu dilakukan penelitian lebih lanjut terkait faktor ? faktor yang dapat memengaruhi kejadian EDS dan kualitas tidur. Selain itu, upaya promotif dan preventif dapat dilakukan untuk mencegah masalah kesehatan akibat kualitas tidur yang buru.

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Excessive Daytime Sleepiness (EDS) is a symptom that arises from the tendency to feel excessive sleepiness during the awake period. This study aimed to identify the relationship between excessive daytime sleepiness and sleep quality among first year students at faculty of health sciences. This study used cross sectional design, involving 107 samples of students from the faculty of health science at University of Indonesia. Samples were selected by proportional stratified random sampling. EDS was measured by using Epworth Sleepiness Scale (ESS) while sleep quality was measured by using Pittsburgh Sleep Quality Index (PSQI). The results shows that the prevalence of EDS and poor sleep quality is high enough among college students. A total of 52 people (48.6%) experienced EDS and as many as 80 people (74.8%) had poor sleep quality. The result showed that there was no significant relationship ( $p = 0,617 : \chi^2 = 0,249$ ) between excessive daytime sleepiness and sleep quality. This study recommended health promotion as a preventive effort to reduce the number of EDS and to increase students sleep quality. In addition, further studies are required to identify factors affecting sleep quality or contributing to the incidence of EDS.