

## Hubungan antara praktik ritual tidur dan kualitas tidur pada siswa sekolah menengah pertama = The correlation between sleep hygiene practice and sleep quality in junior high school's students

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### Abstrak

Remaja cenderung memiliki kualitas tidur yang buruk yang dapat berdampak buruk pada kondisi fisik, psikologis, kognitif dan sosial. Praktik ritual tidur telah diteliti dapat meningkatkan kualitas tidur. Penelitian ini bertujuan untuk mengetahui hubungan antara praktik ritual tidur dengan kualitas tidur pada siswa SMP. Praktik ritual tidur diukur menggunakan kuesioner Sleep Hygiene Index SHI dan kualitas tidur menggunakan Pittsburgh Sleep Quality Index PSQI.

Desain penelitian yang digunakan deskriptif korelasi dengan pendekatan potong lintang terhadap 124 siswa SMP di wilayah Depok yang dipilih menggunakan teknik cluster random sampling.

Hasil analisis uji Spearman didapatkanada hubungan bermakna antara praktik ritual tidur dan kualitas tidur pada siswa SMP  $p=0,0005$ . Semakin buruk praktik ritual tidur, semakin buruk kualitas tidur  $r=0,362$ .

Perawat dapat memberikan konseling mengenai praktik ritual tidur yang baik kepada siswa, orang tua, ataupun sekolah dalam upaya meningkatkan kualitas tidur.

*Adolescents tend to have poor sleep quality, so it rsquo s affect to the physical, psychological, cognitive and social conditions of teenagers. The sleep hygiene practices have been studied can improve sleep quality. The purpose of this study was to determine the relationship between sleep hygiene practices and sleep quality in junior high school rsquo s students. The sleep hygiene practices were measured by Sleep Hygiene Index SHI and sleep quality by the Pittsburgh Sleep Quality Index PSQI questionnaire.*

The design of this study was descriptive correlation with cross sectional approachthat has involved 124 students that were selected by cluster random sampling.

The result of this study analyzed by Spearman rsquo s correlation test showed that there was significant correlation between the sleep hygiene practicesand sleep quality in junior high school rsquo s students p 0,0005. The worse sleep hygiene practice, the worse the quality of sleep r 0,362. Nurses should provide counseling about good sleep hygiene practices to students, parents, or schools, in an effort to improve teenagers rsquo sleep quality.