

## Dampak kualitas tidur terhadap subjective well-being pada karyawan urban Jakarta = The Impact of sleep quality towards subjective well being among urban Jakarta employee

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### Abstrak

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Kota Urban tidak terlepas dari berbagai kesibukan di dalamnya termasuk untuk urusan pekerjaan. Para pekerja khususnya karyawan kantor sering kali mengalami kerja lembur dan waktu commute yang panjang. Kondisi tersebut umumnya membuat kualitas tidur karyawan menjadi buruk yang kemudian berdampak terhadap kesejahteraan diri. Penelitian ini dilakukan untuk melihat dampak kualitas tidur terhadap subjective well-being pada karyawan yang bekerja di kota Jakarta. Pengukuran subjective well-being dilakukan dengan alat ukur Positive Affect Negative Affect Schedule PANAS dan Satisfaction With Life Scale SWLS . Kualitas tidur diukur menggunakan The Pittsburgh Sleep Quality Index PSQI . Analisa statistik dilakukan dengan menggunakan regresi linear. Partisipan pada penelitian ini berjumlah 135 partisipan yang bekerja di kota Jakarta. Hasil penelitian ini menunjukkan bahwa kualitas tidur memprediksi komponen afektif subjective well-being = -0.292, p.

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**ABSTRACT**  
Urban city can not be separated from the various activities, including the work related activities. Workers, especially office employees, often experience overtime and long commute time. These conditions impact the sleep quality of the workers in which it becomes poor. The poor sleep quality might affect the well being of the workers. This study aimed to assess the impact of sleep quality on subjective well being of workers in Jakarta, an urban city. Subjective well being was measured using Positive Affect Negative Affect Schedule PANAS and Satisfaction With Life Scale SWLS . Sleep quality was measured using The Pittsburgh Sleep Quality Index PSQI . Statistics analyses were performed using linear regressions. This study involved 135 participants who worked in Jakarta. Result indicated that sleep quality predicted affection component of subjective well being 0.292, p