

# Pengaruh Risiko Sleep Apnea Berdasarkan Kuesioner Berlin Terhadap Performa Akademik Mahasiswa Fakultas Kedokteran = The Association between Sleep Apnea Risk according to Berlin Questionnaire and Academic Performance of Medical Student

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## Abstrak

**Pendahuluan:** Gangguan tidur merupakan salah satu gangguan kesehatan dengan prevalensi tinggi di dunia. Salah satu contoh gangguan tidur dengan prevalensi terbanyak adalah *obstructive sleep apnea*. OSA diketahui dapat menyebabkan kantuk pada siang hari, sementara konsentrasi diperlukan dalam proses pembelajaran. Oleh karena itu, penelitian ini bertujuan untuk mengetahui pengaruh risiko sleep apnea berdasarkan kuesioner Berlin terhadap performa akademik mahasiswa fakultas kedokteran. **Metode:** Penelitian ini dilakukan menggunakan desain penelitian potong lintang. Penelitian dilakukan pada 135 mahasiswa preklinik Fakultas Kedokteran Universitas Indonesia pada periode November 2018-2019. Risiko *sleep apnea* diukur menggunakan kuesioner Berlin, sementara performa akademik diukur melalui indeks prestasi semester. Analisis data menggunakan chi-square dan regresi logistik. **Hasil:** Risiko tinggi *sleep apnea* didapatkan pada 26% responden, dengan rincian risiko tinggi pada laki-laki sebesar 14.81% dan pada perempuan sebesar 5.92%. Performa akademik kurang baik ditemukan pada 30.3% responden. Terdapat hubungan antara risiko *sleep apnea* dengan performa akademik ( $p=0.00$ ), dimana sebanyak 13.3% responden dengan risiko tinggi sleep apnea memiliki performa akademik kurang baik. Pada analisis multivariat ditemukan bahwa risiko tinggi *sleep apnea* merupakan faktor risiko dari performa akademik kurang baik ( $OR=4.6$ ;  $p= 0.002$ ). **Kesimpulan:** Terdapat hubungan antara risiko *sleep apnea* yang diukur dengan Kuesioner Berlin dengan performa akademik Mahasiswa Fakultas Kedokteran.

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**Introduction:** Sleep disorder is one of the most prevalent health problem in the world. Ironically, medical student is one of the most vulnerable group in society to acquire sleep disorder. One example of the most prevalent sleep disorder is obstructive sleep apnea. OSA is known to cause daytime sleepiness which can affect concentration; meanwhile concentration is needed in a learning process. Therefore, the aim of this study is to assess the association of sleep apnea risk based on Berlin's questionnaire towards the academic performance of medical student. **Method:** This study is done by using cross-sectional method to assess 135 preclinic medical student from Universitas Indonesia over the period of November 2018-January 2019. The risk of sleep apnea is assessed using Berlin Questionnaire, meanwhile academic performance is assessed by indeks prestasi (IP). Data analysis is done by chi-square and logistic regression test. **Result:** High risk of sleep apnea is found on 26% of the subject, with the details of 14.81% male and 5.92% female. There are 30.3% respondent who had poor academic performance. There is an association between the risk of sleep apnea and academic performance ( $p=0.0$ ), where 13.3% respondents who have high risk of sleep apnea also have poor academic performance. On multivariate analysis, high risk of sleep apnea is proven to be a risk factor of poor academic performance ( $OR=4.6$ ;  $p=0.02$ ). **Conclusion:** There is an association between the risk of sleep apnea according to Berlin's

questionnaire and academic performance of medical students.</p>