

# Hubungan stres akademik dengan kualitas tidur pada Mahasiswa Program Sarjana Reguler Fakultas Ilmu Keperawatan Universitas Indonesia = The relation between academic stress and sleep quality in Students of The Regular Undergraduate Program Faculty of Nursing University of Indonesia.

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## Abstrak

Mahasiswa rentan mengalami stres akademik karena banyaknya tuntutan akademik dan adanya transisi kondisi karena Pandemi COVID-19. Stres akademik yang dialami mahasiswa dapat memengaruhi kesehatan fisik, kesejahteraan psikologis, dan kualitas tidur. Penelitian ini bertujuan untuk mengetahui hubungan antara stres akademik dengan kualitas tidur pada mahasiswa keperawatan. Penelitian dengan metode kuantitatif jenis deskriptif-korelasi dengan pendekatan cross-sectional ini melibatkan 234 mahasiswa program sarjana reguler FIK UI yang dipilih dengan teknik simple random sampling. Instrumen Student-Life Stress Inventory (SLSI) digunakan untuk mengukur tingkat stres akademik dan Pittsburgh Sleep Quality Index (PSQI) untuk mengukur kualitas tidur. Hasil analisis univariat yaitu sebanyak 49,1% mahasiswa mengalami stres akademik tingkat berat dan 90,6% mahasiswa memiliki kualitas tidur kurang baik. Hasil analisis bivariat menggunakan uji Somers'd Gamma menunjukkan terdapat hubungan yang bermakna antara stres akademik dengan kualitas tidur (p value: 0.003). Badan Konseling Mahasiswa tingkat fakultas sampai universitas disarankan untuk melakukan promosi kesehatan sebagai upaya mengatasi stres akademik dan kualitas tidur yang kurang baik pada mahasiswa. Peneliti selanjutnya dapat menambahkan jumlah sampel agar terlihat gambaran kejadian secara keseluruhan dalam suatu populasi.

.....Students are prone to experiencing academic stress due to the many academic demands and transitional conditions due to the COVID-19 Pandemic. Academic stress that experienced by students can affect physical health, psychological well-being, and sleep quality. This study aims to describe the relationship between academic stress and sleep quality in nursing students. This research used descriptive-correlation quantitative method with a cross-sectional approach involving 234 students of the regular undergraduate program of FIK UI who were selected by simple random sampling technique. The Student-Life Stress Inventory (SLSI) was used to measuring academic stress level and the Pittsburgh Sleep Quality Index (PSQI) was used to measuring sleep quality. The results of univariate analysis were 49,1% of students experienced severe academic stress and 90.6% of students had poor sleep quality. The results of bivariate analysis using the Somers'd Gamma test revealed that there were a significant relationship between academic stress and sleep quality (p value: 0.003). Student Counseling Boards from faculty to university levels are advised to carry out health promotion as an effort to overcome academic stress and poor sleep quality in students. The next researcher can add the number of samples so that the overall picture of events in a population can be seen.