

# Gambaran Kualitas Tidur, Chronotype, dan Prestasi Akademik Mahasiswa Universitas Indonesia asal non-Jabodetabek Selama Pembelajaran Jarak Jauh = Overview of Sleep Quality, Chronotype, and Academic Achievement of Students of Indonesian University from non-Jabodetabek During Online Learning

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## Abstrak

Situasi pandemi COVID-19 dan proses pembelajaran daring merubah pola harian mahasiswa, salah satunya adalah tidur. Perubahan lain yang ditemukan saat pandemi COVID-19 ialah perubahan chronotype dan prestasi akademik mahasiswa. Desain penelitian ini menggunakan deskriptif asosiatif yang bertujuan untuk mengetahui gambaran dan hubungan kualitas tidur, chronotype, dan prestasi akademik mahasiswa Universitas Indonesia asal non-Jabodetabek selama pembelajaran jarak jauh. Penelitian ini dilakukan secara online dengan 245 sampel, diambil menggunakan teknik convenience sampling. Kualitas tidur diukur menggunakan Pittsburgh Sleep Quality Index, chronotype diukur dengan Morningness-Eveningness Questionnaire, dan prestasi akademik diukur dengan nilai IPK. Hasil analisis menunjukkan terdapat hubungan antara kualitas tidur dengan chronotype ( $p = 0,047 < 0,05$ ), tidak adanya hubungan antara chronotype dengan prestasi akademik ( $p = 0,469 > 0,05$ ), dan tidak terdapat hubungan antara kualitas tidur dengan prestasi akademik ( $p = 0,593 > 0,05$ ). Penelitian ini merekomendasikan mahasiswa untuk mengubah pola waktu tidur-bangun dan aktivitasnya menjadi lebih awal daripada jam waktu tidur-bangun sebelumnya dan pelayanan keperawatan untuk melakukan kegiatan promotif dan pemberian asuhan keperawatan yang tepat kepada mahasiswa dengan masalah tidur.

.....Sleep Quality, Chronotype, and Academic Achievement of Students of Indonesian University from non-Jabodetabek During Online Learning. The COVID-19 pandemic situation and the online learning changed students' daily patterns, one of which is sleep. The other changes found during the COVID-19 pandemic were changes in chronotype and student academic achievements. It is associative descriptive study which aims to determine the description and relationship of sleep quality, chronotype, and academic achievement of Indonesia University students from non-Jabodetabek during online learning. This study was conducted by online with 245 samples, recruited using convenience sampling technique. Sleep quality is measured using Pittsburgh Sleep Quality Index, chronotype measured using Morningness-Eveningness Questionnaire, and academic achievement measured using GPA scores. The results showed that there is a relationship between sleep quality and chronotype ( $p = 0.047 < 0.05$ ), there is no relationship between chronotype and academic achievement ( $p = 0.469 > 0.05$ ), and there is no relationship between sleep quality and academic achievement ( $p = 0.593 > 0.05$ ). This study recommends students to change their sleep-wake time pattern and their activities to be earlier than the previous sleep-wake time, and nursing services to carry out promotive activities and provide appropriate nursing care to students with sleep problems.