

Hubungan Insomnia dengan Excessive Daytime Sleepiness pada Mahasiswa S1 Reguler Universitas Indonesia = The Relationship between Insomnia and Excessive Daytime Sleepiness on Regular Undergraduate Students at Universitas Indonesia

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Abstrak

Berbagai masalah tidur seperti Insomnia dan Excessive Daytime Sleepiness kerap ditemui di populasi mahasiswa dengan prevalensi yang tinggi. Terjadinya Insomnia kerap memunculkan peristiwa Excessive Daytime Sleepiness yang memicu penurunan performa akademik dan dampak krusial lainnya bagi mahasiswa. Penelitian ini bertujuan untuk mengetahui hubungan Insomnia dengan Excessive Daytime Sleepiness pada Mahasiswa S1 Reguler Universitas Indonesia. Sampel penelitian ini berjumlah 348 mahasiswa dengan teknik Proportional Sampling dan pendekatan Convenience Sampling. Desain penelitian ini berupa deskriptif korelasional, pendekatan kuantitatif, dan rancangan cross-sectional. Penelitian ini menggunakan instrumen Epworth Sleepiness Scale (ESS) dan Insomnia Severity Index (ISI). Hasil penelitian melalui Uji Korelasi Pearson ditemukan tingginya angka Insomnia dan EDS serta ditemukannya hubungan kedua variabel tersebut. Dengan demikian dapat disimpulkan bahwa terdapat hubungan Insomnia dengan Excessive Daytime Sleepiness pada Mahasiswa S1 Reguler Universitas Indonesia (nilai $p < 0,001$; $=0.05$). Berdasarkan hasil penelitian, peneliti merekomendasikan mahasiswa meningkatkan awareness terkait pemenuhan kebutuhan tidurnya. Peneliti juga menyarankan evaluasi pemenuhan kebutuhan tersebut melalui pembimbing akademik dan regulasi terkait kesediaan waktu dan tempat napping untuk mahasiswa oleh institusi pendidikan.

.....Sleep problems such as Insomnia and Excessive Daytime Sleepiness are common in the college student population with a high prevalence. The occurrence of Insomnia often leads to Excessive Daytime Sleepiness which triggers a decrease in academic performance and other crucial impacts on college students. This study aims to determine the relationship between Insomnia and Excessive Daytime Sleepiness in Regular Undergraduate Students at Universitas Indonesia. The sample of this study was 348 college students using The Proportional Sampling technique and The Convenience Sampling approach. The research design is a correlational descriptive, quantitative approach, and cross-sectional design. This study used the Epworth Sleepiness Scale (ESS) and Insomnia Severity Index (ISI) instruments. The results of the study through the Pearson Correlation Test found high rates of Insomnia and EDS and found a relationship between the two variables. Thus it can be concluded that there is a relationship between Insomnia and Excessive Daytime Sleepiness in Regular Undergraduate Students at Universitas Indonesia (p value <0.001 ; $=0.05$). Based on the research results, researcher recommend that college students increase awareness regarding meeting their sleep needs. Researcher also suggest evaluating the fulfillment of these needs through academic supervisors and regulations regarding the availability of time and place for napping for college students by institutions.