

Hubungan Perilaku Napping dengan Excessive Daytime Sleepiness dan Disfungsi di Siang Hari pada Mahasiswa = The Relationship between Napping Behavior and Excessive Daytime Sleepiness and Daytime Dysfunctions in College Students

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Abstrak

Prevalensi perilaku napping, Excessive Daytime Sleepiness (EDS), dan disfungsi di siang hari tinggi pada mahasiswa, serta berdampak pada kehidupan akademik dan sehari-hari. Penelitian ini meneliti hubungan perilaku napping dengan EDS dan disfungsi di siang hari pada 288 mahasiswa di Universitas Indonesia. Metode kuantitatif digunakan dengan desain cross-sectional. Kuesioner yang digunakan adalah Napping Behavior Questionnaire, Epworth Sleepiness Scale, dan Daytime Feelings and Functioning Scale. Hasil menunjukkan hubungan yang signifikan antara perilaku napping dengan EDS dan disfungsi di siang hari. Sebanyak 72,9% mahasiswa melakukan napping, 69,1% mengalami EDS, dan rerata fungsi di siang hari adalah 16.47. Mahasiswa yang napping mengalami kejadian EDS dan disfungsi di siang hari yang lebih tinggi. Mahasiswa disarankan untuk memperbaiki pola tidur dan mengurangi durasi napping. Perlu dilakukan promosi kesehatan tidur, napping, EDS, dan disfungsi di siang hari di lingkungan kampus.

.....The prevalence of napping behavior, Excessive Daytime Sleepiness (EDS), and dysfunction during the day is high among college students, and has an impact on academic and daily life. This study examined the relationship between napping behavior and EDS and daytime dysfunction in 288 students at the University of Indonesia. The quantitative method was used with a cross-sectional design. The questionnaires used are the Napping Behavior Questionnaire, the Epworth Sleepiness Scale, and the Daytime Feelings and Functioning Scale. The results showed a significant relationship between napping behavior and EDS and daytime dysfunction. As many as 72.9% of students did napping, 69.1% experienced EDS, and the average function during the day was 16.47. Students who napped experienced higher incidence of EDS and dysfunction during the day. Students are advised to improve sleep patterns and reduce napping duration. It is necessary to promote sleep health, napping, EDS, and daytime dysfunction in the campus environment.