

Hubungan antara kualitas tidur dengan indeks prestasi mahasiswa reguler FIK UI = Relationship between quality of sleep with an index of student achievement regular student of Faculty of Nursing, University of Indonesia

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Abstrak

Penelitian ini bertujuan untuk mengidentifikasi hubungan antara kualitas tidur dengan indeks prestasi kumulatif mahasiswa Fakultas Ilmu Keperawatan Universitas Indonesia. Penelitian ini adalah penelitian kuantitatif dengan desain korelatif. Responden sebanyak 158 orang merupakan mahasiswa reguler dari angkatan 2006, 2007 dan 2008 yang diukur kualitas tidumya menggunakan Pittsburgh Sleep Quality Index (PSQI). Hubungan antara kualitas tidur dengan indeks prestasi kumulatif dihitung menggunakan uji korelasi pearson dengan nilai $r = 0,059$. Hasil penelitian menyatakan bahwa tidak ada hubungan antara kualitas tidur dengan indeks prestasi mahasiswa reguler Fakultas Ilmu Keperawatan Universitas Indonesia.

.....This study was aimed at identifying the relationship between the quality of sleep and a grade point average a student in the Faculty of Nursing, Universitas Indonesia. This research used a quantitative research design with correlative approach. Respondents were 158 people regular students of the class of 2006, 2007 and 2008. The quality of sleep were measured by using the Pittsburgh Sleep Quality Index (PSQI). The relationship between quality of sleep with a grade point average is calculated by using the Pearson correlation test with $r = 0.059$. The results stated that there was no relationship between quality of sleep with the grade point average of regular students of the faculty of Nursing, Universitas Indonesia.