

Hubungan kualitas tidur dan daya ingat pada Mahasiswa Program Sarjana Fakultas Ilmu Keperawatan Universitas Indonesia = Correlation of sleep quality and memory among Undergraduate Student in Faculty of Nursing University of Indonesia

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Abstrak

Kualitas tidur mahasiswa dapat mempengaruhi aktivitas sehari-hari termasuk aktivitas belajar. Penelitian ini membahas tentang hubungan kualitas tidur dan daya ingat mahasiswa Program Sarjana FIK UI menggunakan metode cross sectional. Sampel berjumlah 100 mahasiswa Program Sarjana FIK UI. Teknik sampling yang digunakan adalah Quota Sampling. Responden mengisi kuisioner berupa data demografi, 18 pertanyaan Pittsburgh Scale Quistionare Index (PSQI), dan 28 pertanyaan Everyday Memory Questionnaire (EMQ). Penelitian ini dianalisis menggunakan uji korelasi. Saran bagi penelitian selanjutnya adalah menspesifikasikan topik penelitian seperti pengaruh kualitas tidur terhadap prestasi akademik, serta menggunakan teknik pengambilan data total sampling sehingga tampak gambaran keseluruhan kejadian dalam populasi.

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Sleep quality in college students can affect their daily activities including studying. This study discussed the correlation of sleep quality and memory among undergraduate student in FIK UI, used cross-sectional method. This research was using sample amounted 100, used Quota Sampling. Respondents filled in questionnaire form of demographic data, 18 questions of Pittsburgh Questionare Scale Index (PSQI), and 28 questions of Everyday Memory Questionnaire (EMQ). This research was analyzed using correlation test. Researcher suggested for next research to specify research topics such as the influence of sleep quality on academic performance, and using total sampling because it'll probably describe whole population.