

Hubungan kualitas tidur dengan konsentrasi belajar pada mahasiswa Rumpun Ilmu Kesehatan Universitas Indonesia angkatan 2016 dan 2017 = The correlation between sleep quality and learning concentration among health science students of Universitas Indonesia class of 2016 and 2017

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Abstrak

Kualitas tidur yang buruk umumnya sering terjadi pada mahasiswa. Kurang tidur dapat mengganggu kinerja kognitif termasuk konsentrasi. Penelitian ini bertujuan untuk mengetahui hubungan antara kualitas tidur dengan konsentrasi belajar pada mahasiswa Rumpun Ilmu Kesehatan Universitas Indonesia angkatan 2016 dan 2017. Penelitian deskriptif korelasi dengan pendekatan Cross Sectional ini melibatkan jumlah sampel sebanyak 302 mahasiswa yang dipilih menggunakan Purposive Sampling.

Kualitas tidur diukur menggunakan Pittsburgh Sleep Quality Index PSQI dan Insomnia Severity Index ISI, sedangkan konsentrasi belajar menggunakan Concentration Scale CS. Rata-rata total skor kualitas tidur yaitu 7,68, rata-rata total skor tingkat insomnia yaitu 8,11, dan rata-rata total skor konsentrasi belajar yaitu 248,32. Hasil uji korelasi Pearson menunjukkan terdapat hubungan negatif yang signifikan antara kualitas tidur dengan konsentrasi belajar.

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Poor sleep quality generally occurs in college students. Lack of sleep may interfere with cognitive performance including concentration. The study aimed to determine the correlation between sleep quality and learning concentration among Health Science students of Universitas Indonesia class of 2016 and 2017. This descriptive correlation study with Cross Sectional approach involved 302 students wer selected by Purposive Sampling technique.

Sleep Quality is measured by Pittsburgh Sleep Quality Index PSQI and Insomnia Severity Index ISI, while learning concentration by Concentration Scale CS. Mean score of Sleep Quality was 7,68, mean score of level of Insomnia was 8,11, and mean score of learning concentration was 248,32. Pearsons correlation coefficient showed the significant negative relationship between sleep quality and learning concentration p 0,0001 r - 0,220, also with Level of Insomnia p 0,0001 r - 0,314. It is necessary to increase knowledge related to the quality of sleep to the students, as well as seminars related to sleep quality to improve the quality of sleep is good for students.