

Hubungan kualitas tidur dengan konsentrasi belajar pada siswa Sekolah Menengah Atas (SMA) di Kota Depok = The relationship between sleep quality and learning concentration in high school students at Depok

Diah Pangestika, author

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Abstrak

Kondisi kualitas tidur buruk yang dialami remaja menjadi salah satu faktor yang memengaruhi konsentrasi belajar pada remaja. Penelitian ini bertujuan untuk mengetahui hubungan antara kualitas tidur dengan konsentrasi belajar pada remaja di Kota Depok. Studi cross sectional dilakukan di sebelas SMA di Kota Depok. Sampel penelitian berjumlah 429 siswa dengan rentang usia 12 sampai 18 tahun dengan rerata usia 16 tahun. Sampel diambil menggunakan metode probability sampling; cluster random sampling dikombinasikan dengan simple random sampling. Instrumen yang digunakan berupa instrumen stres, insomnia, kualitas tidur dan konsentrasi belajar. Hasil penelitian menunjukkan kualitas tidur baik 30,5% (131 orang) dan kualitas tidur buruk 69,5% (298 orang). Siswa dengan konsentrasi belajar baik 17,9% (77 orang), konsentrasi belajar menengah 68,8% (295 orang) dan konsentrasi belajar buruk 13,2% (57 orang). Hasil uji chi square menunjukkan ada hubungan yang bermakna antara kualitas tidur dengan konsentrasi belajar ($p=0,000$). Kualitas tidur dapat memengaruhi tingkat konsentrasi belajar baik ataupun buruk pada siswa. Penelitian ini merekomendasikan agar perawat dan pihak sekolah dapat meningkatkan edukasi terkait tidur dan istirahat agar dapat meningkatkan konsentrasi belajar serta prestasi belajar.

.....The condition of poor sleep quality experience by adolescents is one of the factors that influence the concentration of learning in adolescents. This study aims to determine the relationship between sleep quality and concentration of learning in adolescents in Depok. The cross sectional study was conducted in eleven high schools in Depok City. The research sample consisted of 429 students with an age range of 12 to 18 years with an average age of 16 years. Samples were taken using probability sampling method; cluster random sampling combined with simple random sampling. The instruments used were instruments of stress, insomnia, sleep quality and learning concentration. The results showed good sleep quality of 30.5% (131 people) and poor sleep quality 69.5% (298 people). Students with good learning concentration 17.9% (77 people), secondary learning concentration 68.8% (295 people) and poor learning concentration 13.2% (57 people). Chi square test results showed a significant relationship between sleep quality and concentration of learning ($p = 0,000$). Sleep quality can affect the level of concentration of learning good or bad for students. This study recommends that nurses and schools can improve education related to sleep and rest in order to improve learning concentration and learning achievement.