

# Efektivitas Pembelajaran Jarak Jauh dan Kualitas Tidur Mahasiswa Keperawatan pada Masa Pandemi COVID-19 = Distance Learning Effectiveness and Sleep Quality of Nursing Students During the COVID-19 Pandemic

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## Abstrak

Mahasiswa keperawatan di masa pandemi COVID-19 mengalami transisi kegiatan pembelajaran tatap muka yang beralih ke pembelajaran jarak jauh. Perubahan pembelajaran ini membuat fleksibilitas waktu mahasiswa terhadap tidur juga berbeda tiap individu. Penelitian kuantitatif deskriptif korelatif dengan metode cross sectional ini bertujuan untuk mengidentifikasi hubungan antara efektivitas pembelajaran jarak jauh dengan kualitas tidur mahasiswa keperawatan pada masa pandemi COVID-19. Jumlah responden sebanyak 84 orang Mahasiswa Sarjana Fakultas Ilmu Keperawatan Universitas Indonesia angkatan 2019-2021 yang dipilih dengan teknik stratified random sampling. Instrumen yang digunakan adalah Pittsburgh Sleep Quality Index dan instrumen efektivitas pembelajaran jarak jauh yang dimodifikasi dari penelitian Hung, et al. Hasil penelitian menunjukkan mayoritas responden memiliki kualitas tidur yang buruk dan efektivitas pembelajaran jarak jauh yang cukup efektif. Selanjutnya hasil uji t independen menunjukkan tidak terdapat hubungan yang bermakna antara efektivitas pembelajaran jarak jauh dengan kualitas tidur pada mahasiswa keperawatan ( $P=0.389$ ,  $\alpha=0.05$ ). Penelitian selanjutnya diharapkan dapat mengidentifikasi faktor lain yang berkaitan dengan efektivitas pembelajaran jarak jauh dan kualitas tidur.

.....Nursing students during the COVID-19 pandemic experienced a transition from face-to-face learning activities to distance learning. This learning change makes students' time flexibility to sleep different for each individual. This descriptive correlational quantitative research with cross sectional design method aims to identify the relationship between the effectiveness of distance learning and the sleep quality of nursing students during the COVID-19 pandemic. The number of respondents was 84 undergraduate students of the Faculty of Nursing, University of Indonesia, class 2019-2021 who were selected using a stratified random sampling technique. The instrument used is the Pittsburgh Sleep Quality Index and the effectiveness of distance learning which was modified from the research of Hung, et al. The results showed that the majority of respondents had poor sleep quality and the effectiveness of distance learning was quite effective. Furthermore, the results of the independent t test showed that there was no significant relationship between the effectiveness of distance learning and sleep quality in nursing students ( $P=0.389$ ,  $\alpha=0.05$ ). Future research is expected to identify other factors related to the effectiveness of distance learning and sleep quality.