

Uji Komparatif Kualitas Tidur Mahasiswa Kedokteran Fase Preklinik di Masa Puncak dan Pascapuncak Pandemi = Comparative Study of Sleep Quality In Pre-Clinical Medical Students During the Peak and Post-Peak Periods of the Pandemic

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Abstrak

Latar Belakang Pandemi COVID-19 telah membawa dampak signifikan di seluruh dunia, termasuk sistem pendidikan di Indonesia yang mengadopsi sistem pembelajaran jarak jauh (PJJ). Mahasiswa kedokteran tingkat preklinik, kelompok yang rentan mengalami masalah kesehatan mental, juga terdampak. Meskipun terdapat perubahan akibat pandemi COVID-19, institusi pendidikan perlahan mulai kembali ke pembelajaran tatap muka. Hal ini menciptakan kemungkinan alterasi kualitas tidur mahasiswa kedokteran tingkat preklinik pada dua fase tersebut. Dengan demikian, kualitas tidur mahasiswa kedokteran tingkat preklinik di fase puncak dan pascapuncak pandemi COVID-19 perlu diselidiki. Metode Desain penelitian yang digunakan adalah potong lintang. Kuesioner PSQI yang sudah diterjemahkan dan divalidasi disebarakan pada dua periode, yaitu bulan Juli—Oktober 2021 untuk data puncak dan April 2022—Maret 2023 untuk data pascapuncak. Sebanyak 246 mahasiswa kedokteran diikutsertakan dalam penelitian ini yang kemudian akan diuji menggunakan Mann-Whitney untuk mengetahui perbedaan kualitas tidur saat puncak dengan pascapuncak pandemi. Faktor yang dianalisis antara lain jenis kelamin, usia, dan tingkat preklinik. Hasil Uji Mann-Whitney menunjukkan tidak terdapat perbedaan kualitas tidur yang signifikan antara fase puncak dengan pascapuncak pandemi ($p > 0,05$). Dalam aspek komponen PSQI, ada perbedaan yang signifikan antara durasi tidur dan gangguan tidur saat puncak dengan pascapuncak ($p < 0,05$). Rata-rata durasi tidur adalah 6—7 jam. Kesimpulan Tidak terdapat perbedaan kualitas tidur yang signifikan antara saat puncak dengan pascapuncak pandemi pada mahasiswa kedokteran tingkat preklinik.

.....Introduction The COVID-19 pandemic has had a significant impact worldwide, including on the educational system in Indonesia, which adopted remote learning (PJJ). Pre-clinical medical students, a group vulnerable to mental health issues, were also affected. Despite the changes brought about by the COVID-19 pandemic, educational institutions are gradually returning to in-person learning. This presents the risk of alterations in the quality of sleep of pre-clinical medical students during these two phases. Therefore, the sleep quality of pre-clinical medical students during the peak and post-peak phases of the COVID-19 pandemic needs to be examined. Method The research design used was cross-sectional. The PSQI questionnaire, which had been translated and validated, was administered during two periods: July to October 2021 for peak data and April 2022 to March 2023 for post-peak data. A total of 246 medical students participated in this study and were tested using the Mann-Whitney test to determine differences in sleep quality during the peak and post-peak phases of the pandemic. Factors analysed included gender, age, and pre-clinical level. Results Mann-Whitney test revealed no significant difference in sleep quality between the peak and post-peak phases of the pandemic ($p > 0,05$). In terms of PSQI componentes, there were significant differences in sleep duration and sleep disturbances between the peak and post-peak phases ($p < 0,05$). The average sleep duration was 6—7 hours. Conclusion There was no significant difference in sleep quality between the peak and post-peak phases of the pandemic among pre-clinical medical students.