

Hubungan Lama Bekerja Dari Rumah (BDR) dengan Kualitas Tidur Guru SMA di Kota Bandung selama Masa Pandemi Covid-19 = Relationship Between Work From Home (WFH) Duration with Sleep Quality of High School Teacher in Bandung City during Covid-19 Pandemic

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Abstrak

Sektor pendidikan masih menjadi sektor pekerjaan yang secara konsisten menerapkan metode Bekerja Dari Rumah (BDR) untuk meminimalkan transisi Covid-19 di kalangan tenaga pendidik dan peserta didik. Metode BDR memungkinkan guru memiliki lebih banyak waktu yang dapat dialokasikan untuk istirahat atau tidur, maka lama waktu BDR dengan kualitas tidur pada guru SMA di Kota Bandung. Penelitian ini adalah penelitian kuantitatif dengan desain penelitian cross-sectional. Pengambilan data penelitian ini menggunakan teknik stratified random sampling. Sampel pada penelitian ini sebanyak 104 orang guru SMA di Kota Bandung. Penelitian ini berlangsung saat masa pandemi Covid-19 sehingga pengambilan data dilakukan secara daring. Peneliti menggunakan kuesioner Pittsburgh Sleep Quality Index (PSQI). Hasil penelitian menunjukkan bahwa responden dalam penelitian ini didominasi oleh responden yang memiliki lama atau jam kerja BDR 40 jam per minggu sebanyak 86 orang (82.7%) dengan selisih 65,4% dari responden dengan jam kerja BDR > 40 jam per minggu sebanyak 18 orang (17,3%). Sebanyak 42 orang (48,8%) guru SMA dengan lama BDR 40 jam per minggu memiliki kualitas tidur baik dengan selisih 2,4% dari guru dengan lama BDR yang sama namun memiliki kualitas tidur buruk sebanyak 44 orang (51,2%). Di sisi lain, sebanyak 3 orang (16,7%) guru SMA dengan lama BDR > 40 jam per minggu memiliki kualitas tidur baik dengan selisih 66,6% dari guru dengan lama BDR yang sama namun memiliki kualitas tidur buruk sebanyak 15 orang (83,3%). Hasil uji kai kuadrat atau Pearson Chi-Square menunjukkan nilai signifikansi $0,012 < 0,05$ sehingga dapat disimpulkan bahwa terdapat hubungan yang signifikan antara lama BDR dengan kualitas tidur guru SMA Negeri dan Swasta di Kota Bandung. Penelitian ini masih dapat dikembangkan dengan memperluas jangkauan responden sehingga variasi dalam populasi pekerja terutama tenaga pendidik atau guru lebih terlihat atau dengan menambahkan faktor-faktor lain yang berkaitan dengan metode kerja BDR dan kualitas tidur.

.....The education sector is still the employment sector that consistently applies for the Work From Home (WFH) method to minimize the Covid-19 transition among educators and students. The WFH method allows teachers to have more time that can be allocated for rest or sleep, so the length of time for WFH is related to the quality of sleep for high school teachers in Bandung. This study is a quantitative study with a cross-sectional research design. The data collection of this research used a stratified random sampling technique. The sample in this study was 104 high school teachers in the city of Bandung. This research took place during the Covid-19 pandemic, so data collection was done online. Researchers used the Pittsburgh Sleep Quality Index (PSQI) questionnaire. The results showed that the respondents in this study were dominated by respondents who had WFH working hours 40 hours per week as many as 86 people (82.7%) with a difference of 65.4% of respondents with WFH working hours > 40 hours per week as many as 18 people. (17.3%). A total of 42 people (48.8%) high school teachers with a WFH duration of 40 hours per

week had good sleep quality with a difference of 2.4% from teachers with the same WFH duration but had poor sleep quality as many as 44 people (51.2%). On the other hand, as many as 3 people (16.7%) high school teachers with WFH duration > 40 hours per week had good sleep quality with a difference of 66.6% from teachers with the same WFH duration but had poor sleep quality as many as 15 people (83,3%). The results of the Pearson Chi-Square show a significance value of $0.012 < 0.05$ so it can be concluded that there is a significant relationship between the length of WFH and the sleep quality of public and private high school teachers in Bandung. This research can still be developed by expanding the range of respondents so that variations in the working population, especially educators or teachers, are more visible or by adding other factors related to WFH work methods and sleep quality.