

Peran *Sleep Quality* terhadap *Subjective Well-Being* pada Narapidana

Lembaga Pemasyarakatan (Lapas) X

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Abstrak. Narapidana berhak merasakan kesejahteraan dalam hidupnya selayaknya manusia meski harus menjalani hukuman. Penelitian ini bertujuan untuk menganalisis peran *sleep quality* terhadap *subjective well being* pada narapidana di Lembaga Pemasyarakatan (Lapas) X. Penelitian ini menggunakan metode kuantitatif dengan total partisipan sejumlah 160 narapidana di Lapas X. Peneliti menggunakan skala dalam pengumpulan data, meliputi Skala *Sleep Quality* dan Skala *Subjective Well-Being*. Analisis data dilakukan dengan menggunakan analisis regresi linier sederhana. Hasil penelitian menunjukkan bahwa *sleep quality* pada narapidana di Lapas X sebagian besar masuk dalam kategori tinggi, yaitu sebanyak sebanyak 127 partisipan (79.38%). *Subjective well being* pada narapidana di Lapas X sebagian besar masuk dalam kategori sangat tinggi sebanyak 158 partisipan (98,75%). Hasil penelitian juga menunjukkan bahwa *sleep quality* berperan terhadap *subjective well-being* pada narapidana di Lapas X dengan peran sebesar 14,7%.

Kata Kunci: *Sleep quality, Subjective Well-Being, Narapidana*

Abstract. Prisoners have the right to feel welfare in their lives like humans even though they have to serve their sentences. This study aims to analyze the role of *sleep quality* on *subjective well-being* in a study at Prison X. This study uses a quantitative method with 160 participants in Prison X. Researchers used a scale in data collection, including the *Sleep Quality Scale* and the *Subjective Well-Being Scale*. Data analysis was performed using simple linear regression analysis. The results showed that the *sleep quality* of inmates in the prison was mostly in the high category, as many as 127 participants (79.38%). *Subjective well-being* of inmates in prison X is mostly in the very high category as many as 158 participants (98.75%). The results also show that *sleep quality* contributes to *subjective well-being* of inmates in Prison X by 14,7%

Keywords: *Sleep quality, Subjective Well-Being, Prisoners*