

## ABSTRAK

**Latar Belakang:** Survei Perhimpunan Dokter Spesialis Kedokteran Jiwa Indonesia (PDSKJI) menunjukkan bahwa terkait gangguan emosional di Indonesia selama dua tahun pandemi, terdapat 71.7% mengalami cemas akibat pandemi COVID-19. Gangguan kecemasan dan buruknya kualitas tidur masih menjadi perhatian bagi kalangan mahasiswa, khususnya mahasiswa profesi ners karena menghadapi realitas baru selama menjalani praktik di masa pandemi, Disamping itu, telah berkembangnya tren *mindfulness* sebagai pendekatan yang menjanjikan untuk mendorong kesehatan mental di masa pandemi COVID-19, termasuk *mindful eating*. Harapannya *mindful eating* dan kualitas tidur yang baik bisa dimiliki oleh mahasiswa profesi ners agar meminimalisir terjadinya kecemasan.

**Tujuan:** Untuk mengetahui hubungan antara *mindful eating* dan kualitas tidur dengan tingkat kecemasan mahasiswa profesi ners di Yogyakarta pada masa pandemi COVID-19.

**Metode:** Penelitian ini merupakan penelitian observasional dengan desain *cross sectional study*. Subjek pada penelitian ini adalah sebanyak 237 mahasiswa profesi ners di Yogyakarta yang diambil dengan menggunakan *proportionate stratified random sampling* dari beberapa perguruan tinggi di Yogyakarta. Analisis data dengan menggunakan analisis univariat deskriptif, analisis bivariat dengan uji *Spearman Rho & Chi-square*, dan analisis multivariat dengan uji regresi logistik.

**Hasil:** Sebanyak 49.8% mahasiswa profesi ners di Yogyakarta mengalami kecemasan, sedangkan sisanya tidak mengalami kecemasan (50,2%). Terdapat hubungan yang signifikan antara *mindful eating* ( $p=0,001$ ) dan kualitas tidur ( $p=0,013$ ) dengan kecemasan.

**Kesimpulan:** Variabel *mindful eating* paling dominan berhubungan dengan tingkat kecemasan mahasiswa profesi ners di Yogyakarta.

**Kata kunci:** Kecemasan, *mindful eating*, kualitas tidur, pandemi, mahasiswa ners

## ABSTRACT

**Background:** *The survey of the Association of Indonesian Mental Medicine Specialists (PDSKJI) shows that regarding emotional disorders in Indonesia during the two-year pandemic, 71.7% experienced anxiety due to the COVID-19 pandemic. Anxiety disorders and poor sleep quality are still a concern for students, especially nursing professional students because they face new realities during their practice during the pandemic. In addition, the trend of mindfulness has developed as a promising approach to promote mental health during the COVID-19 pandemic, including mindful eating. Hopefully the mindful eating and good sleep quality can be owned by nursing profession students to minimize the occurrence of anxiety.*

**Objective:** *This study aims to determine the relationship between mindful eating and sleep quality with the anxiety level of nursing professional students in Yogyakarta during the COVID-19 pandemic.*

**Methods:** *This research is an observational study with a cross sectional study design. The subjects in this study were 237 nursing professional students in Yogyakarta who were taken using proportionate stratified random sampling from several universities in Yogyakarta. Data analysis used descriptive univariate analysis, bivariate analysis with Spearman Rho test & Chi-square test, and multivariate analysis with logistic regression test.*

**Results:** *As many as 49,8% of nursing profession students in Yogyakarta experienced anxiety, while the rest did not experience anxiety (50,2%). There is a significant relationship between mindful eating ( $p=0,001$ ) and sleep quality ( $p=0,013$ ) with anxiety.*

**Conclusion:** *The most dominant variable is mindful eating which is related to the anxiety level of nursing profession students in Yogyakarta.*

**Keyword:** *Anxiety, mindful eating, sleep quality, pandemic, student nurses*