

## INTISARI

**Latar Belakang:** Mahasiswa ilmu keperawatan rentan mengalami stres akademik akibat tuntutan akademik yang tinggi. Stres akademik yang dialami mahasiswa dapat menyebabkan gangguan tidur. Penelitian mengenai hubungan antara stres akademik dengan gangguan tidur pada mahasiswa ilmu keperawatan belum pernah dilakukan.

**Tujuan Penelitian:** Penelitian ini bertujuan untuk mengetahui hubungan antara stres akademik dengan gangguan tidur pada mahasiswa Ilmu Keperawatan FK-KMK UGM.

**Metode:** Penelitian ini merupakan penelitian analitik korelasional dengan pendekatan kuantitatif dan rancangan *cross sectional*. Populasi penelitian ini yaitu mahasiswa Ilmu Keperawatan FK-KMK UGM angkatan 2019, 2020, dan 2021. Jumlah sampel sebanyak 185 responden yang didapatkan melalui metode *stratified random sampling*. Kuesioner yang digunakan adalah Skala Stres Akademik (SSA) dan *Insomnia Severity Index* versi Bahasa Indonesia. Analisis data menggunakan uji korelatif Spearman.

**Hasil:** Responden mengalami stres akademik kategori sedang. Mayoritas (58,9%) responden tidak mengalami gangguan tidur. Analisis uji korelasi antara stres akademik dan gangguan tidur menunjukkan koefisien korelasi ( $r$ ) sebesar 0,486 dengan nilai *significancy* 0,000 ( $p\text{ value} < 0,005$ ).

**Kesimpulan:** Terdapat hubungan yang signifikan antara stres akademik dengan gangguan tidur pada mahasiswa ilmu keperawatan.

**Kata Kunci:** stres akademik, gangguan tidur, mahasiswa keperawatan

## ABSTRACT

**Background:** Nursing students are susceptible to academic stress due to high academic demands. Academic stress experienced by students can cause sleep disorder. Research on the correlation between academic stress and sleep disorder in nursing students has never been done before.

**Objective:** This study aims to determine the correlation of academic stress with sleep disorder on nursing students in School of Nursing, Faculty of Medicine, Public Health, and Nursing Universitas Gadjah Mada.

**Method:** This study was an analytic correlational study with a quantitative approach and cross-sectional design. The research population is nursing students in School of Nursing, Universitas Gadjah Mada batch 2019, 2020, and 2021. The samples were 185 respondents obtained through the stratified random sampling method. This study used Academic Stress Scale questionnaires and The Indonesian version of Insomnia Severity Index questionnaires. Data were analyzed using Spearman's correlative test.

**Results:** Respondents experienced moderate category of academic stress. A total of 58.9% of respondents don't experience sleep disorder. The correlation test between academic stress and sleep disorder analysis showed a correlation coefficient ( $r$ ) of 0,486 with a significance value of 0,000 ( $p\ value < 0,005$ ).

**Conclusion:** There is significant correlation between academic stress and sleep disorder in nursing students.

**Keyword:** academic stress, sleep disorder, nursing students