

## INTISARI PENELITIAN

**Latar belakang** : Mahasiswa pascasarjana PSMK UGM dituntut menyelesaikan seluruh rangkaian perkuliahan, penugasan, ujian, dan penilaian untuk mendapat gelar magister keperawatan. Selain sebagai mahasiswa, mereka juga memiliki peran dalam keluarga dan pekerjaan yang tentu berpengaruh terhadap kualitas tidur yang dimiliki.

**Tujuan** : Mengetahui gambaran kualitas tidur, karakteristik, serta perbedaan kualitas tidur berdasarkan karakteristik mahasiswa pascasarjana PSMK UGM.

**Metode** : Penelitian ini adalah deskriptif kuantitatif dengan rancangan *cross-sectional* yang melibatkan 78 mahasiswa dengan instrumen *Pittsburgh Sleep Quality Index* (PSQI) versi bahasa Indonesia. Analisis yang dilakukan yaitu analisis deskriptif, *Chi Square*, *Fisher's Exact*, dan *Kruskal Wallis*.

**Hasil** : Diketahui kualitas tidur 58 orang (74,4%) buruk dan 20 orang (25,6%) baik. Tidak terdapat perbedaan yang signifikan kualitas tidur berdasar usia ( $n=78$ , 100% buruk,  $p\text{-value}=0,640$ ), jenis kelamin ( $n=78$ , 78,7% buruk,  $p\text{-value}=0,121$ ), tahun angkatan ( $n=78$ , 81% buruk,  $p\text{-value}=0,605$ ), tempat tinggal ( $n=78$ , 100% buruk,  $p\text{-value}=0,711$ ), status studi ( $n=78$ , 76,9% buruk,  $p\text{-value}=0,647$ ), status pernikahan ( $n=78$ , 76,7% buruk,  $p\text{-value}=0,595$ ), jumlah anak ( $n=78$ , 75,3% buruk,  $p\text{-value}=0,598$ ), usia anak ( $n=93$ , 100% buruk,  $p\text{-value}=0,729$ ), dan rata-rata jam tidur ( $n=78$ , 79,6% buruk,  $p\text{-value}=0,259$ ).

**Kesimpulan** : Kualitas tidur mahasiswa PSMK UGM mayoritas buruk (74,4%). Tidak ada perbedaan signifikan kualitas tidur berdasarkan karakteristik usia, jenis kelamin, tahun angkatan, tempat tinggal, status studi, status pernikahan, jumlah anak, usia anak, dan rata-rata jam tidur.

**Kata Kunci** : Kualitas tidur, Mahasiswa pascasarjana, *Pittsburgh Sleep Quality Index* (PSQI)

## ABSTRACT

**Background:** Postgraduate students of the UGM Nursing Master's Study Program are required to complete the entire series of lectures, assignments, exams, and assessments to obtain a master's degree in nursing. However, they also have roles in their family and work, which can affect the quality of their sleep.

**Objective:** To determine the description of sleep quality, characteristics, and differences in sleep quality based on the characteristics of postgraduate students of the UGM Nursing Master's Study Program.

**Method:** This research was a quantitative descriptive study with a cross-sectional design. It involved 78 students who completed the Indonesian version of the Pittsburgh Sleep Quality Index (PSQI) instrument. The analysis included descriptive analysis, *Chi-Square*, *Fisher Exact*, and *Kruskal Wallis*.

**Results:** It was found that the sleep quality of 58 people (74.4%) was poor and 20 people (25.6%) was good. There were no significant differences in sleep quality based on age (n=78, 100% poor, p-value=0.640), gender (n=78, 78.7% poor, p-value=0.121), year of generation (n= 78, 81% poor, p-value=0.605), place of residence (n=78, 100% poor, p-value=0.711), study status (n=78, 76.9% poor, p-value=0.647), marital status (n=78, 76.7% poor, p-value=0.595), number of children (n=78, 75.3% poor, p-value=0.598), age of children (n=93, 100% poor, p-value=0.729), and average hours of sleep (n=78, 79.6% poor, p-value=0.259).

**Conclusion:** The sleep quality of most postgraduate students of the UGM Nursing Master's Study Program is poor (74.4%). There are no significant differences in sleep quality based on the characteristics of age, gender, class year, place of residence, study status, marital status, number of children, age of children, and average hours of sleep

**Keywords:** Sleep quality, Postgraduate students, Pittsburgh Sleep Quality Index (PSQI)