

INTISARI

Latar Belakang: Mahasiswa Program Rekognisi Pembelajaran Lampau (RPL) memiliki tanggung jawab peran perkuliahan, pekerjaan di rumah sakit jejaring *Academic Health System* (AHS) Universitas Gadjah Mada, keluarga, dan lainnya. Peran dan tanggung jawab mahasiswa yang semakin besar berpengaruh terhadap kualitas tidur.

Tujuan: Mengetahui gambaran karakteristik demografi, kualitas tidur, serta perbedaan kualitas tidur berdasarkan karakteristik demografi mahasiswa program program rekognisi pembelajaran lampau (RPL), Program Studi Ilmu Keperawatan (PSIK), Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan (FK-KMK), Universitas Gadjah Mada

Metode: Penelitian ini deskriptif kuantitatif dengan desain *cross-sectional*. Penelitian dilakukan pada Oktober-November 2023 dengan 81 responden (*total sampling*). Kuesioner penelitian ini adalah *Pittsburgh Sleep Quality Index* versi bahasa Indonesia dengan hasil uji validitas nilai 0.89 dan reliabilitas Cronbach's Alpha 0.79. Analisis yang digunakan yaitu Deskriptif, *Chi-Square Test*, *Fisher-Exact Test*, dan *Kruskall Wallis*.

Hasil: Kualitas tidur mahasiswa tergolong buruk sejumlah 61 orang (75.3%) dan baik sejumlah 20 orang (24.7%). Tidak terdapat perbedaan signifikan kualitas tidur mahasiswa berdasarkan karakteristik usia ($n=81$, 81 % buruk, $p\text{-value}=0.321$), jenis kelamin ($n=81$, 76.2% buruk, $p\text{-value}=0.761$), angkatan ($n=81$, 79.5% buruk, $p\text{-value}=0.560$), tahap akademik ($n=81$, 80% buruk, $p\text{-value}=0.553$), jumlah anak ($n=131$, 80% buruk, $p\text{-value}=0.707$), usia anak ($n=131$, 100% buruk, $p\text{-value}=0.551$), dan ruangan tempat bekerja ($n=8$, 80% buruk, $p\text{-value}=0.707$). Namun, terdapat perbedaan signifikan kualitas tidur mahasiswa berdasarkan rata-rata jam tidur per hari ($n=81$, 84% buruk, $p\text{-value}=0.000$).

Kesimpulan: Sebagian besar mahasiswa program RPL PSIK FK-KMK Universitas Gadjah Mada mempunyai kualitas tidur kategori buruk (75.3%). Tidak ada perbedaan yang signifikan kualitas tidur mahasiswa berdasarkan karakteristik usia, jenis kelamin, tahun angkatan, tahap akademik, jumlah anak, usia anak, dan ruangan tempat bekerja. Akan tetapi, terdapat perbedaan kualitas tidur mahasiswa berdasarkan rata-rata jam tidur per hari.

Kata kunci: Kualitas Tidur, Mahasiswa Rekognisi Pembelajaran Lampau, *Pittsburgh Sleep Quality Index* (PSQI)

ABSTRACT

Background: Past Learning Recognition Program students have responsibilities in lecture roles and work at hospitals Academic Health System (AHS) Universitas Gadjah Mada, family, and others. The increasing roles and responsibilities of students will affect sleep quality.

Objective: Understanding the description of demographic characteristics, sleep quality, and differences in sleep quality based on the demographic characteristics of students in the Past Learning Recognition Program, Nursing Science Program, Faculty of Medicine, Public Health and Nursing, Universitas Gadjah Mada.

Methods: This research was a descriptive quantitative with cross-sectional design. The research was conducted in October-November 2023 with 81 respondents (total sampling). This research questionnaire is Pittsburgh Sleep Quality Index Indonesian version with validity test result value 0.89 and Cronbach's Alpha reliability 0.79. The analysis used was Descriptive, Chi-Square Test, Fisher-Exact Test, and Kruskal Wallis.

Results: The sleep quality of students was classified as poor for 61 people (75.3%) and good for 20 people (24.7%). There were no significant differences in students sleep quality based on age characteristics ($n=81$, 81% poor, $p\text{-value}=0.321$), gender ($n=81$, 76.2% poor, $p\text{-value}=0.761$), entry year ($n=81$, 79.5% poor, $p\text{-value}=0.560$), academic level ($n=81$, 80% poor, $p\text{-value}=0.553$), number of children ($n=131$, 80% poor, $p\text{-value}=0.707$), child's age ($n=131$, 100% poor, $p\text{-value}=0.551$, and work room ($n=8$, 80% poor, $p\text{-value}=0.707$). However, there were significant differences in students sleep quality based on average hours of sleep/day ($n=81$, 84% poor, $p\text{-value}=0.000$).

Conclusion: The majority of students from the RPL PSIK FK-KMK UGM program have poor sleep quality (75.3%). There are no significant differences regarding the quality of students sleep based on the characteristics of age, gender, class year, academic stage, number of children, age of the children, and room where they work. However, there are differences in students sleep quality based on the average hours of sleep per day.

Keywords: Sleep Quality, Student Recognition of Past Learning, Pittsburgh Sleep Quality Index (PSQI)