

Abstrak. Beberapa jenis memori berperan terhadap gaya pengambilan keputusan. Memori prospektif, misalnya, berperan penting dalam proses pengambilan keputusan yang berkaitan dengan rencana masa depan. Di saat yang sama, kualitas tidur sering diasosiasikan dengan memori prospektif maupun pengambilan keputusan. Penelitian ini dilakukan terhadap 155 partisipan dewasa awal ($M = 20,1$ tahun, $SD = 1,08$) untuk mengeksplorasi hubungan kualitas tidur dan gaya pengambilan keputusan yang dimediasi oleh memori prospektif. Pengumpulan data menggunakan alat ukur *General Decision Making Scale* (GDMS), *Prospective-Retrospective Memory Questionnaire* (PRMQ), dan *Pittsburgh Sleep Quality Index Indonesia* (PSQI-I). Hasil penelitian menunjukkan tidak ada peran mediasi memori prospektif dalam hubungan kualitas tidur dan gaya pengambilan keputusan rasional, serta gaya pengambilan keputusan intuitif sehingga hipotesis ditolak. Kualitas tidur hanya berperan terhadap kesuksesan memori prospektif. Implikasinya adalah kualitas tidur yang baik dapat meminimalisasi kegagalan dalam mengingat intensi yang akan dilakukan di masa depan.

Kata kunci: gaya pengambilan keputusan, kualitas tidur, memori prospektif

Abstract. *Some types of memory contribute to decision-making style. Prospective memory, for example, plays an important role in the decision-making process related to the future plans. At the same time, sleep quality is often associated with prospective memory and decision-making. This study, conducted on young adult participants ($N = 155$, M age = 20,1, $SD = 1,08$), explores the relationship between sleep quality and decision-making styles mediated by prospective memory. Data were collected using *General Decision Making Scale* (GDMS), *Prospective-Retrospective Memory Questionnaire* (PRMQ), and *Pittsburgh Sleep Quality Index Indonesia* (PSQI-I) measuring instruments. The results showed no prospective memory mediation role in the relationship between sleep quality and rational decision-making style as well as intuitive decision-making style with the hypothesis that was consequently rejected. Sleep quality only contributed to prospective memory success. This finding implies that good sleep quality can improve less failure in remembering the future intention.*

Keywords: *decision-making style, prospective memory, sleep quality*