

**HUBUNGAN ANTARA POLA TIDUR DENGAN KELELAHAN PADA
MAHASISWA REKOGNISI PEMBELAJARAN LAMPAU PROGRAM STUDI
ILMU KEPERAWATAN UNIVERSITAS GADJAH MADA**

INTISARI

Latar Belakang: Tidur merupakan kebutuhan dasar manusia. Apabila kurang dari batasan normal, maka hal tersebut dapat mendatangkan dampak buruk. Kelelahan merupakan bentuk reaksi tubuh terhadap aktivitas fisik, stress emosional, kebosanan, dan kurang tidur.

Tujuan Penelitian: Mengetahui hubungan antara pola tidur dengan kelelahan mahasiswa RPL Keperawatan Universitas Gadjah Mada.

Metode: Penelitian ini merupakan penelitian noneksperimental dengan jenis penelitian termasuk dalam penelitian korelasional dan desain *cross-sectional*. Responden pada penelitian ini adalah mahasiswa Rekognisi Pembelajaran Lampau (RPL) Program Studi Ilmu Keperawatan Universitas Gadjah Mada tahap akademik yang berjumlah 51 orang. Penelitian ini menggunakan kuesioner *Pittsburgh Sleep Quality Index* (PSQI) dan *Swedish Occupational Fatigue Inventory* (SOFI). Analisis penelitian menggunakan univariat dan bivariat dengan uji statistik *Chi-square*.

Hasil: Distribusi frekuensi pola tidur buruk dan kelelahan tinggi pada mahasiswa RPL Keperawatan UGM masing-masing sebanyak 35 orang (68.6%) dan 37 orang (72.5%). Hasil analisis uji *Chi Square* menunjukkan adanya hubungan antara pola tidur dengan kelelahan dengan nilai *p-value* 0.007 ($p < 0.05$). Selain itu, dalam uji *Chi Square* didapatkan nilai *r* hitung sebesar 9.930 dan nilai *r* tabel sebesar 5.991. Dengan demikian, didapatkan bahwa bahwa nilai *r* hitung $>$ *r* tabel.

Kesimpulan: Terdapat hubungan antara pola tidur dengan kelelahan pada mahasiswa RPL program studi Ilmu Keperawatan UGM.

Kata kunci: Pola tidur, Kelelahan, Rekognisi Pembelajaran Lampau

**THE RELATIONSHIP BETWEEN SLEEP PATTERNS AND FATIGUE IN
RECOGNITION PRIOR LEARNING STUDENTS OF THE UNIVERSITAS
GADJAH MADA NURSING SCIENCE STUDY PROGRAMME**

ABSTRACT

Background: Sleep is a basic human need. If it is less than normal limits, then this can have negative impacts. Fatigue is a form of the body's reaction to physical activity, emotional stress, boredom, and lack of sleep.

Objective: To determine the relationship between sleep patterns and fatigue of RPL Nursing students at Gadjah Mada University.

Method: This study is a non-experimental study with the type of research included in correlational research to determine the relationship between two variables. According to the approach, this research is included in cross-sectional research. Respondents in this study were 51 non-professional students of the Nursing Science Study Program at Gadjah Mada University. This study used the Pittsburgh Sleep Quality Index (PSQI) questionnaire and the Swedish Occupational Fatigue Inventory (SOFI). The research analysis used univariate and bivariate with Chi-square statistical test.

Result: The frequency distribution of poor sleep patterns and high fatigue in RPL Nursing UGM students were 35 people (68.6%) and 37 people (72.5%), respectively. Chi Square test analysis results showed a relationship between sleep patterns and fatigue with a p value of 0.007 ($p < 0.05$). In addition, in the Chi Square test, the calculated r value was 9.930 and the r table value was 5.991. Thus, it was found that the value of r count $>$ r table.

Conclusion: There is a relationship between sleep patterns and fatigue in RPL students of the UGM Nursing Science study programme.

Keywords: Sleep patterns, Fatigue, Recognition of Prior Learning