

Latar Belakang:

Gangguan tidur pada anak usia sekolah dikaitkan dengan meningkatnya risiko masalah kesehatan mental dan penurunan kualitas hidup. Namun, arah hubungan antara gangguan tidur, kesehatan mental, dan kualitas hidup anak masih belum sepenuhnya dipahami, khususnya dalam konteks longitudinal di Indonesia.

Tujuan:

Penelitian ini bertujuan untuk mengevaluasi hubungan dua arah antara gangguan tidur, masalah kesehatan mental (internalisasi dan eksternalisasi), serta kualitas hidup pada anak usia sekolah.

Metode:

Penelitian ini merupakan studi longitudinal dua waktu gelombang (2022 dan 2023) menggunakan data sekunder dari penelitian payung multisite di Jakarta (perkotaan), Yogyakarta dan Surabaya (pedesaan). Sampel terdiri dari 536 anak usia sekolah dasar. Gangguan tidur diukur melalui durasi tidur dan skor *Pittsburgh Sleep Quality Index* (PSQI), kesehatan mental melalui *Strengths and Difficulties Questionnaire* (SDQ), dan kualitas hidup dengan *Pediatric Quality of Life Inventory* (PedsQL). Analisis dilakukan menggunakan statistik deskriptif, bivariat, dan *Structural Equation Modeling* (SEM).

Hasil: Durasi tidur yang kurang dari 9 jam meningkatkan risiko masalah internalisasi (aOR=6.80; 95% CI :1.40-54.0) pada *baseline*. Kualitas tidur yang buruk meningkatkan risiko masalah internalisasi (aOR=6.86; 95% CI:1.13-36.3) dan menurunkan kualitas hidup (aOR=4.42; 95% CI:1.36-44.3) di *baseline*. Hasil SEM menunjukkan tidak terdapat hubungan dua arah antara gangguan tidur dengan masalah internalisasi, masalah eksternalisasi dan kualitas hidup pada anak.

Kesimpulan: Gangguan tidur merupakan prediktor penting terhadap kesehatan mental dan kualitas hidup anak usia sekolah, namun tidak ditemukan bukti hubungan dua arah.

Kata Kunci: gangguan tidur, kesehatan mental, kualitas hidup, anak usia sekolah, SEM, hubungan dua arah

Background:

Sleep disturbances in school-aged children are associated with an increased risk of mental health problems and reduced quality of life. However, the directionality of the relationship between sleep disturbances, mental health, and quality of life in children remains insufficiently understood, particularly within a longitudinal context in Indonesia.

Objective:

This study aimed to evaluate the bidirectional relationship between sleep disturbances, mental health problems (internalizing and externalizing), and quality of life among school-aged children.

Methods:

This was a two-wave longitudinal study (2022 and 2023) utilizing secondary data from a multisite umbrella study conducted in Jakarta (urban), Yogyakarta, and Surabaya (rural). The sample consisted of 536 elementary school children. Sleep disturbances were assessed using sleep duration and the Pittsburgh Sleep Quality Index (PSQI); mental health was measured using the Strengths and Difficulties Questionnaire (SDQ), and quality of life using the Pediatric Quality of Life Inventory (PedsQL). Analyses included descriptive statistics, bivariate tests, and Structural Equation Modeling (SEM).

Results:

Short sleep duration (<9 hours) was associated with a higher risk of internalizing problems at baseline (aOR = 6.80; 95% CI: 1.40–54.0). Poor sleep quality significantly increased the risk of internalizing problems (aOR = 6.86; 95% CI: 1.13–36.3) and was associated with lower quality of life (aOR = 4.42; 95% CI: 1.36–44.3) at baseline. However, longitudinal structural equation modeling (SEM) analysis did not demonstrate any bidirectional associations between sleep disturbances (duration and quality) and internalizing problems, externalizing problems, or quality of life among school-aged children.

Conclusion:

Sleep disturbances are a significant predictor of children's mental health and quality of life. No evidence of bidirectional effects was found.

Keywords:

sleep problem, mental health, quality of life, school-aged children, SEM, bidirectional association