

Abstrak

Terdapat permasalahan adanya kualitas tidur yang buruk di kalangan mahasiswa tingkat akhir yang sedang mengerjakan tugas akhir. Penelitian ini ingin menguji pengaruh stres akademik terhadap kualitas tidur dengan regulasi emosi sebagai mediator. Regulasi emosi pada beberapa penelitian sebelumnya ditemukan berkorelasi mampu menjadi mediator di antara keduanya. Partisipan penelitian diambil dari mahasiswa tingkat akhir yang sedang mengerjakan baik itu berupa skripsi maupun tesis di beberapa universitas di Kota Yogyakarta. Metode yang digunakan ialah kuantitatif dengan teknik analisis mediator *PROCESS*. Hasil yang ditemukan ialah stres akademik secara signifikan mempengaruhi buruknya kualitas tidur dan regulasi emosi tidak mampu menjadi mediator di antara keduanya. Perhatian terhadap stres akademik dirasa penting agar dapat mencegah pengaruhnya pada penurunan kualitas tidur. Beberapa keterbatasan penelitian disampaikan juga pada diskusi.

Kata Kunci: kualitas tidur, regulasi emosi, stres akademik

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Poor sleep quality among final year students who are doing their final assignments is an issue that needs attention. This study wants to examine the effect of academic stress on sleep quality with emotional regulation as a mediator. In several previous studies, it was found that the regulation of emotions correlated and became a mediator between the two. Participants are final year students who are working on both undergraduate theses and postgraduate theses at several universities in the city of Yogyakarta. The method used is quantitative with a mediator analysis technique. The results found indicate that academic stress significantly affects poor sleep quality and emotional regulation is unable to be a mediator between the two. Attention to academic stress is deemed important to prevent its effects on the decrease in sleep quality. Some limitations of the study were also conveyed at the discussion.

Key words: academic stress, emotion regulation, sleep quality