

INTISARI

Latar Belakang: Mahasiswa tingkat akademik dan profesi harus dalam keadaan prima maka kualitas tidur harus baik. Namun, keduanya memiliki beban tanggung jawab berbeda yang berdampak pada perbedaan kualitas tidur.

Tujuan: Mengetahui perbedaan kualitas tidur mahasiswa akademik dengan profesi di PSIK FK-KMK UGM.

Metode: Penelitian ini adalah noneksperimental dengan desain *cross-sectional*. Penelitian dilakukan pada Oktober-Desember 2019 dengan melibatkan 368 mahasiswa PSIK FK-KMK UGM, menggunakan kuesioner *Pittsburgh Sleep Quality Index* untuk mengetahui kualitas tidur seseorang. Analisis yang digunakan yaitu *Chi Square Test* dan *Kruskal Wallis* dengan *Post Hoc Test*.

Hasil: Mayoritas responden berusia 18-21 tahun (57.1%) dan perempuan (90.2%). Tidak ada perbedaan bermakna antara kualitas tidur mahasiswa akademik ($n = 220$, 71.8% buruk) dengan profesi ($n = 148$, 75.0% buruk) ($p\text{-value} = .500$), akan tetapi analisa *Kruskal Wallis* menunjukkan ada perbedaan yang bermakna antara kualitas tidur mahasiswa akademik tingkat I-IV dan profesi ($X^2 = 19.560$, $p\text{-value} = .001$), perbandingan bermakna juga ditemukan terhadap kualitas tidur mahasiswa tingkat I dengan III dan IV, tingkat II dengan IV. Kualitas tidur mahasiswa tergolong buruk antara lain tingkat I (61.8%), tingkat II (64.8%), tingkat III (78.6%), tingkat IV (81.8%) dan tahap stase (77.5%), tahap peminatan (72.1%).

Kesimpulan: Tidak terdapat perbedaan bermakna antara kualitas tidur mahasiswa akademik dengan profesi, namun terdapat perbedaan bermakna dari tingkat I dengan III dan IV, tingkat II dengan IV. Kualitas tidur mahasiswa tiap tingkatan dan tahapan pada tingkat akademik maupun profesi termasuk buruk yang dikarenakan masing-masing memiliki karakteristik penyebab buruknya kualitas tidur.

Kata kunci: *Pittsburgh Sleep Quality Index* (PSQI), kualitas tidur, mahasiswa keperawatan, perbedaan kualitas tidur

ABSTRACT

Background: Academic and internship students must be in prime condition so sleep quality must be good. However, both have different responsibility burdens which result in different sleep quality.

Objective: Understanding the difference in sleep quality between academic and internship students in school of nursing, UGM.

Methods: This research was a nonexperimental with cross-sectional design. Research was conducted in October-December 2019 involving 368 students of school of nursing, UGM, used the Pittsburgh Sleep Quality Index questionnaire to determine a person's sleep quality. Test used was Chi-Square and Kruskal Wallis with Post Hoc.

Results: The majority of respondents aged 18-21 years (57.1%) and are women (90.2%). There was no significant difference in sleep quality of academic ($n = 220$, 71.8% poor) and internship students ($n = 148$, 75.0% poor) ($p\text{-value} = .500$), however there was a significant difference in sleep quality of academic level I-IV and internship students ($X^2 = 19.560$, $p\text{-value} = .001$), a significant comparisons of students level I with III and IV, level II with IV. The sleep quality of students is poor, levels I-IV are (61.8%, 64.8%, 78.6%, and 81.8%) and clinical stages (77.5%), clinical specialization stages (72.1%).

Conclusion: There is no significant difference between the sleep quality of academic and internship students, but there are significant differences from level I with III and IV, level II with IV. The sleep quality students at each level and stage at academic and internship levels is poor because each has its own characteristics causes of poor sleep quality.

Keywords: Pittsburgh Sleep Quality Index (PSQI), quality of sleep, nursing students, difference in sleep quality