

INTISARI

Latar Belakang: *Excessive Daytime Sleepiness* (EDS) merupakan masalah kesehatan yang dapat menyebabkan berbagai dampak serius. EDS banyak dialami oleh mahasiswa keperawatan. Pendidikan keperawatan terdiri dari tahap akademik dan profesi yang masing – masing memiliki tugas dan tanggung jawab yang berbeda sehingga dapat menyebabkan perbedaan kejadian EDS.

Tujuan Penelitian: Penelitian ini bertujuan untuk mengetahui gambaran dan perbedaan kejadian EDS antara mahasiswa tahap akademik dengan profesi di Program Studi Ilmu Keperawatan, Universitas Gadjah Mada.

Metode: Penelitian ini menggunakan metode *cross-sectional*. Sampel diambil menggunakan *stratified random sampling*. Responden merupakan 332 mahasiswa keperawatan. *Epworth Sleepiness Scale* (ESS) versi Indonesia yang telah diuji validitas dan reliabilitasnya oleh peneliti ($r>0,23$, $p=0,753$) digunakan untuk mengukur EDS. Perbedaan EDS dianalisis menggunakan *chi – square*. Pengambilan data dilakukan bulan Oktober – Desember 2019 di Program Studi Ilmu Keperawatan UGM.

Hasil: Sebanyak 30,4% responden akademik dan 35% responden tahap profesi mengalami EDS. Tidak terdapat perbedaan yang bermakna antara kedua kelompok dengan nilai $p=0,554$. Kejadian EDS paling banyak terjadi pada kelompok usia >21 tahun; jenis kelamin perempuan; durasi tidur 7-9 jam; tinggal di kontrakan/asrama; jumlah organisasi ≥ 4 ; serta angkatan kedua (2018) pada tahap akademik, dan stase pada tahap profesi

Kesimpulan: Kejadian EDS lebih banyak terjadi pada mahasiswa tahap profesi namun, perbedaan antara kedua kelompok tidak bermakna.

Kata Kunci: *Excessive Daytime Sleepiness*, mahasiswa keperawatan, *Epworth Sleepiness Scale*

ABSTRACT

Background: Excessive Daytime Sleepiness (EDS) is an important public health issue that may cause serious problems. EDS is common among nursing students. Nursing education consists of academic and internship stage. Each stage has different responsibilities and cause students to have different incident of EDS.

Aim: The aim of this study was to describe and identify the difference in incident of EDS between academic and internship students of School of Nursing, Universitas Gadjah Mada.

Method: A cross-sectional design with stratified random sampling was conducted to 332 nursing students. The Indonesian version of Epworth Sleepiness Scale (ESS) which was tested for validity and reliability by researchers ($r > 0.23$, $p = 0.753$) was used to measure EDS. Descriptive statistics, and *Chi – Square* were used to summarize the data. Data was collected in October – December 2019 at School of Nursing UGM.

Results: The incident of EDS was 30.4% in academic stage and 35% in internship. There was no significant difference between two groups with $p = 0.554$. EDS was more common in ages > 21 years; female; sleep duration of 7-9 hours; living in a rented house / dorm; number of organizations ≥ 4 ; and the second year (2018) of academic stage and clinical stage of internship.

Conclusion: EDS is more common in internship student, but the difference between two groups was not significant.

Keywords: Excessive Daytime Sleepiness, nursing students, Epworth Sleepiness Scale