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**HUBUNGAN ANTARA TINGKAT STRESS DENGAN KUALITAS
TIDUR MAHASISWA KESEHATAN MASYARAKAT
UNIVERSITAS NGUDI WALUYO**

ABSTRAK

Latar Belakang : Kemampuan setiap individu dalam mengelola stress berbeda-beda, terutama mahasiswa. Beban pendidikan yang diterima mahasiswa di setiap tingkatan semesternya pun berbeda, salah satunya yaitu mahasiswa Program Studi Kesehatan Masyarakat, Universitas Ngudi Waluyo. Selain belajar teori di kelas, mahasiswa kesehatan masyarakat juga diajarkan untuk melakukan penelitian, pengabdian masyarakat, praktek belajar di lapangan, dll. Ketika seseorang mengalami stress, hal ini akan berpengaruh terhadap gaya hidupnya, seperti kebiasaan tidur. Penelitian ini bertujuan untuk mengetahui hubungan antara tingkat stress terhadap kualitas tidur mahasiswa kesehatan masyarakat Universitas Ngudi Waluyo.

Metode Penelitian : Penelitian ini menggunakan kuesioner DASS 42 dan PSQI yang telah di modifikasi oleh peneliti, dan telah dilakukan uji validitas dan reabilitas. Hasil uji validitas dan uji reabilitas menunjukkan bahwa kuesioner yang telah dimodifikasi valid dan reabilitas sehingga layak untuk di ujikan. Desain penelitian yaitu *Analitik Observasional* dengan menggunakan pendekatan *Cross Sectional*. Sampel yang digunakan yaitu sebanyak 125 sampel dari 223 mahasiswa kesehatan masyarakat. Teknik sampling yang digunakan yaitu *simple random sampling*. Teknik pengumpulan data menggunakan kuesioner melalui google form, dan di olah menggunakan SPSS. Kemudian di uji menggunakan uji korelasi rank spearman.

Hasil : Berdasarkan hasil uji korelasi rank spearman menunjukkan bahwa variabel tingkat stress dan variabel kualitas tidur memiliki nilai $p < \alpha$ ($0,000 < 0,04$), maka hasil uji menunjukkan adanya hubungan antara tingkat stress dengan kualitas tidur. Dengan nilai korelasi 0,424 yang berada pada kisaran nilai 0,40 - 0,5999, artinya tingkat keeratan hubungan berada di tingkat sedang.

Simpulan : Karena nilai $p < \alpha$, maka dapat dinyatakan ada hubungan antara tingkat stress dan kualitas tidur dengan tingkat keeratan hubungan berada di level sedang. Artinya H_0 dianggap salah dan H_a dianggap benar.

Kata Kunci : Tingkat Stress, Kualitas Tidur, Mahasiswa.

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**CORRELATION BETWEEN STRESS LEVELS AND SLEEP
QUALITY OF PUBLIC HEALTH STUDENTS NGUDI WALUYO
UNIVERSITY**

ABSTRACT

Background : The ability of each individual in managing stress is different, especially students. The burden of education received by students at each semester level is different, one of which is a student of public health study program, Ngudi Waluyo University. In addition to learning theory in the classroom, public health students are also taught to conduct research, community service, practice learning in the field, etc. When a person experiences stress, this will affect his lifestyle, such as sleep habits. This research have a purpose to find out the correltion between stress levels and the sleep quality of public health students of Ngudi Waluyo University.

Methods : The study use DASS 42 and PSQI questionnaires that had been modified by researchers, and had conducted validity and rehabilitation tests. The results of validity tests and rehabilitation tests show that the modified questionnaire is valid and the reability so that it is worth testing. Research design is observational analytics using the Cross Sectional approach. The sample used was 125 samples from 223 public health students. The sampling technique is simple random sampling. Data collection techniques use questionnaires through google form, and are processed using SPSS. Then in the test using the spearman rank correlation test.

Results : Based on the results of the spearman rank correlation test, it was shown that the stress level variable and the sleep quality variable had a p value $< \alpha$ ($0.000 < 0.04$), then the test results showed a correlation between stress levels and sleep quality. With a correlation value of 0.424 which is in the range of values 0.40 - 0.5999, it means that the level of closeness of the relationship is at a moderate level.

Conclusion : Because the p value $< \alpha$, it can be stated that there is a correlation between stress level and sleep quality with the level of correlation tightness being at a moderate level. This means that H_0 is considered wrong and H_a is considered right.

Keywords : Stress Levels, Sleep Quality, Student