

Politeknik Kesehatan Kementerian Kesehatan Bandung
Jurusan Keperawatan Bandung
Program Studi Diploma III Keperawatan Bandung
Bandung, Mei 2020
Vina Wahyu Ardhyana, P17320117078

**KUALITAS TIDUR MAHASISWA PROGRAM STUDI DIPLOMA III
ANALIS KIMIA JURUSAN TEKNIK KIMIA
POLITEKNIK NEGERI BANDUNG**

ABSTRAK

v, 54 hal., 5 bab, 2 bagan, 3 tabel, 10 lampiran

Penelitian ini dilatarbelakangi oleh penelitian Fenny & Supriatmo (2016) mengenai kualitas dan kuantitas tidur mahasiswa bahwa sebanyak 185 dari 300 mahasiswa (61,7%) mengalami kualitas tidur yang buruk. Terganggunya kualitas dan kuantitas tidur tersebut akan memengaruhi proses penyimpanan memori secara fisiologis dan adaptasi psikologis. Penelitian ini bertujuan untuk mengetahui gambaran kualitas tidur mahasiswa Program Studi Diploma III Analis Kimia Jurusan Teknik Kimia Politeknik Negeri Bandung. Penelitian ini merupakan jenis penelitian deskriptif dengan teknik pengambilan sampelnya yaitu total *sampling* dan sampelnya berjumlah 91 mahasiswa. Metode pengumpulan datanya yaitu dengan melakukan pengisian kuesioner *The Pittsburgh Sleep Quality Index* (PSQI) melalui *google form* dan data yang terkumpul diolah dengan analisis univariat. Hasil penelitian menunjukkan bahwa sebanyak 63 dari 91 mahasiswa (69,2%) mengalami kualitas tidur yang buruk. Berdasarkan hasil tersebut dapat disimpulkan bahwa sebagian besar mahasiswa mengalami kualitas tidur yang buruk. Dengan begitu, mahasiswa perlu memerhatikan kondisi tidur dan manajemen waktunya karena tidur cukup berpengaruh bagi kesehatan fisik dan psikologis.

Kata kunci: Kualitas tidur dan mahasiswa

*Health Polytechnic of the Bandung Ministry of Health
Bandung Nursing Department
Nursing Diploma III Study Program Bandung
Bandung, May 2020
Vina Wahyu Ardhyana, P17320117078*

***SLEEP QUALITY OF STUDENTS PROGRAM STUDY DIPLOMA III
CHEMICAL ANALYSIS DEPARTMENT OF ENGINEERING CHEMISTRY
STATE BANDUNG POLYTECHNIC***

ABSTRACT

vi, 54 pages, 5 chapters, 2 charts, 3 tables, 10 attachments

This research is motivated by Fenny & Supriatmo (2016) research on the quality and quantity of sleep of students that as many as 185 of 300 students (61.7%) experience poor sleep quality. Disruption of the quality and quantity of sleep will affect the process of memory storage physiologically and psychologically adaptation. This study aims to determine the sleep quality of students of Diploma III Study Program in Chemical Analyst, Department of Chemical Engineering, State Polytechnic, Bandung. This research is a type of descriptive research with the sampling technique that is total sampling and the sample is 91 students. The data collection method is by filling out the Pittsburgh Sleep Quality Index (PSQI) questionnaire via Google Form and the data collected is processed by univariate analysis. The results showed that as many as 63 out of 91 students (69.2%) experienced poor sleep quality. Based on these results it can be concluded that the majority of students experience poor sleep quality. That way, students need to pay attention to sleep conditions and time management because sleep is quite influential for physical and psychological health.

Keywords: Sleep quality and students