

**HUBUNGAN AKTIVITAS FISIK DAN STRES TERHADAP KUALITAS
TIDUR SELAMA PANDEMI COVID-19 PADA MAHASISWA TINGKAT
2 FAKULTAS KEDOKTERAN UNIVERSITAS PEMBANGUNAN
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ABSTRAK

Kegiatan mahasiswa dalam perkuliahan banyak melibatkan kegiatan fisik yang mempengaruhi stress mahasiswa selama perkuliahan. Aktivitas fisik pada masa Covid-19 sangatlah dibatasi dalam memutus rantai penularannya, dengan tidak keluar rumah dan saling berkumpul. Tujuan peneliti guna memahami hubungan stres dan aktivitas fisik pada kualitas tidur selama masa Covid-19 pada mahasiswa tingkat 2. Aktivitas fisik diukur dengan *International Physical Activity Questionnaire*, stress diukur dengan *Perceived Stress Scale*, dan kualitas tidur melalui *Pittsburgh Sleep Quality Index*. Desain penelitian *cross-sectional* dengan menggunakan kuesioner *google form* yang disebarluaskan kepada mahasiswa tingkat 2 berjumlah 96 mahasiswa, yang diambil secara *simple random sampling*. Berdasarkan data didapatkan mahasiswa dengan aktivitas fisik berat mengalami kualitas tidur buruk 87,7% dan stres kategori sedang 88,9% yang memiliki kualitas tidur buruk. Hasil uji *chi-square* tidak terdapat keterkaitan antara aktivitas fisik dan stres terhadap kualitas tidur.

Kata kunci: Stres, aktivitas fisik, kualitas tidur, mahasiswa

**RELATIONSHIP OF PHYSICAL ACTIVITY AND STRESS TO SLEEP
QUALITY DURING THE COVID-19 PANDEMIC IN STUDENTS OF THE
2ND LEVEL OF THE FACULTY OF MEDICINE IN UNIVERSITAS
PEMBANGUNAN NASIONAL VETERAN JAKARTA 2020-2021**

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ABSTRACT

Student activities in lectures involve many physical activities that affect student stress during the lecture. Physical activity during Covid-19 is very limited in breaking the chain of transmission, by not leaving the house and gathering each other. The researchers' goal was to understand the relationship between stress and physical activity in sleep quality during the Covid-19 period in level 2 students. Physical activity was measured by the International Physical Activity Questionnaire, stress was measured by the Perceived Stress Scale, and sleep quality through the Pittsburgh Sleep Quality Index. Cross-sectional research design using google form questionnaire disseminated to 2nd grade students, which was taken simply random sampling. Based on data obtained by students with heavy physical activity experienced poor sleep quality 87.7% and moderate category stress 88.9% who had poor sleep quality. The results of the chi-square test had no association between physical activity and stress and sleep quality.

Keywords: *Sleep quality, physical activity, stress, student*