

# HUBUNGAN KUALITAS TIDUR DENGAN TINGKAT KECEMASAN MAHASISWA KEPANITERAAN KLINIK FK UPN VETERAN JAKARTA

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## Abstrak

Ada beberapa variabel yang dapat mempengaruhi kualitas tidur Anda, seperti lingkungan Anda, kesehatan Anda, jumlah olahraga yang Anda lakukan, dan gaya hidup Anda secara umum. Dibandingkan dengan mahasiswa lain, mahasiswa kedokteran lebih cenderung memiliki masalah tidur. Tidur berkualitas rendah mungkin terkait dengan masalah kesehatan mental seperti kecemasan. Populasi magang klinis diketahui menderita insomnia dan episode panik. Meskipun demikian, ada kelangkaan penelitian terbaru yang membahas masalah ini. Peneliti ingin mengetahui bagaimana peserta magang di UPN Veterans Medical College Jakarta menilai kualitas tidur mereka sehubungan dengan tingkat kecemasan mereka. Penelitian ini menggunakan strategi cross-sectional untuk analisis deskriptifnya. Kualitas tidur pada responden akan dinilai kuesioner *Pittsburgh Sleep Quality Index*(PSQI)digunakan untuk menilaitingkat kecemasan responden menggunakan kuesioner *Beck Anxiety Inventory*(BAI). Responden dalam penelitian ini berjumlah 104 orang denganrata-rata usia 22,63 tahun. Mayoritas responden berjenis kelamin perempuan yaitu sebanyak 78 (75%) orang. Kualitas tidur sebagian besar responden adalah baik yaitu sebanyak 61 (58,7%) orang. Tingkat kecemasan yang dialami mayoritas responden berada dalam kategori rendah yaitu sebanyak 94 (90,4%) orang. Terdapat hubungan yang signifikan ( $p = 0,009$ ) antara kualitas tidur dan tingkat kecemasan dengan kekuatan korelasi lemah dan arah korelasi positif ( $r = 0,254$ ). Semakin baik kualitas tidur, maka semakin rendah tingkat kecemasan yang dialami.

**Kata kunci:** kualitas tidur, mahasiswa kepaniteraan klinik, tingkat kecemasan

**THE RELATIONSHIP BETWEEN SLEEP QUALITY WITH ANXIETY LEVEL  
CLINICAL CLERKSHIP STUDENTS OF THE MEDICAL FACULTY  
UNIVERSITAS PEMBANGUNAN NASIONAL VETERAN JAKARTA**

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**Abstract**

There are several variables that can affect the quality of your sleep, such as your environment, your health, the amount of exercise you do, and your general lifestyle. Compared to other college students, medical students are more likely to have sleep problems. Low-quality sleep may be linked to mental health issues such as anxiety. The clinical apprentice population is known to suffer from insomnia and panic episodes. Nonetheless, there is a dearth of recent research addressing this issue. The researcher wanted to find out how interns at UPN Veterans Medical College Jakarta rated their sleep quality in relation to their level of anxiety. This study used a cross-sectional strategy for descriptive analysis. The respondent's sleep quality will be assessed by the Pittsburgh Sleep Quality Index (PSQI) questionnaire used to assess the respondent's anxiety level using the Beck Anxiety Inventory (BAI) questionnaire. Respondents in this study amounted to 104 people with an average age of 22.63 years. The majority of respondents are female, as many as 78 (75%) people. The sleep quality of most of the respondents was good, as many as 61 (58.7%) people. The level of anxiety experienced by the majority of respondents was in the low category as many as 94 (90.4%) people. There was a significant relationship ( $p = 0.009$ ) between sleep quality and anxiety level with weak correlation strength and positive correlation direction ( $r = 0.254$ ). The better the quality of sleep, the lower the level of anxiety experienced.

**Keywords:** anxiety level, clinical clerkship students, sleep quality