

GAMBARAN GANGGUAN TIDUR PADA MAHASISWA FAKULTAS KEDOKTERAN UNIVERSITAS PEMBANGUNAN NASIONAL VETERAN JAKARTA

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Abstrak

Mahasiswa berada pada tahap penting dalam kebutuhan tidur mereka mereka untuk meningkatkan tingkat konsentrasi. Gangguan tidur adalah keluhan yang sering terjadi pada mahasiswa terutama mahasiswa kedokteran. Pada penelitian yang dilakukan sebelumnya hanya dilakukan penelitian pada satu jenis gangguan tidur saja **Metode:** Penelitian ini merupakan penelitian *cross-sectional*. Pengambilan data dilakukan dengan menggunakan kuesioner *Sleep-50 Questionnaire* yang dikembangkan oleh Spoomaker yang kemudian akan dilakukan analisis univariat Responden pada penelitian yaitu seluruh mahasiswa Fakultas Kedokteran Universitas Pembangunan Nasional Veteran Jakarta sebanyak 465 responden **Hasil:** Dari total 581 responden 91% mengalami satu gangguan tidur. 225 responden (38,7%) mengalami *sleep apnea*, 348 responden (59,9%) mengalami insomnia, 465 responden (80%) mengalami narkolepsi, 187 responden (32,2%) mengalami *restless leg* atau PLMD, 309 responden (53,2%) mengalami gangguan tidur irama sirkadian, 16 responden (2,8%) mengalami *sleep walking*, 67 responden (11,5%) mengalami *nightmare* atau mimpi buruk **Kesimpulan:** Gangguan tidur sering terjadi di kalangan mahasiswa kedokteran terutama narkolepsi, insomnia dan gangguan tidur terkait irama sirkadian. Sangat penting untuk mendeteksi dan mengatasinya sebelum kondisinya memburuk.

Kata Kunci: Gangguan Tidur, Mahasiswa Kedokteran, Epidemiologi, *Sleep apnea*, Insomnia, Narkolepsi, *Restless Leg*, Gangguan Irama Sirkadian, *Sleep Walking*, *Nightmare* atau Mimpi Buruk

PREVALENCE OF SLEEP DISORDERS IN STUDENTS OF THE FACULTY OF MEDICINE, JAKARTA NATIONAL DEVELOPMENT UNIVERSITY

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Abstract

College students are at an important stage in their need for sleep to increase their concentration levels. Sleep disturbance is a complaint that often occurs in students, especially medical students. In previous studies, only one type of sleep disorder was conducted **Methods:** This research is a cross-sectional study. Data collection was carried out using the Sleep-50 Questionnaire questionnaire developed by Spoomaker which would then be carried out by univariate analysis. Respondents in the study were all students of the Faculty of Medicine at the Jakarta Veterans National Development University as many as 465 respondents **Results:** Out of a total of 581 respondents, 91% experienced one sleep disorder. 225 respondents (38.7%) had sleep apnea, 348 respondents (59.9%) had insomnia, 465 respondents (80%) had narcolepsy, 187 respondents (32.2%) had restless legs or PLMD, 309 respondents (53.2%) experienced circadian rhythm sleep disorders, 16 respondents (2.8%) experienced sleep walking, 67 respondents (11.5%) experienced nightmares or nightmares **Conclusion:** Sleep disorders are common among medical students, especially narcolepsy, insomnia and sleep disorders related to circadian rhythms. It is very important to detect and treat it before the condition gets worse.

Keywords: Sleep Disorders, Medical Students, Epidemiology, Sleep apnea, Insomnia, Narcolepsy, Restless Legs, Circadian Rhythm Disorders, Sleep Walking, Nightmare or Nightmare