

HUBUNGAN KUALITAS DAN KUANTITAS TIDUR DENGAN KADAR LEMAK VISERAL PADA MAHASISWA FAKULTAS KEDOKTERAN UNIVERSITAS PEMBANGUNAN NASIONAL “VETERAN” JAKARTA

ABSTRAK

Pandemi COVID-19 menyebabkan berbagai perubahan rutinitas hidup mahasiswa kedokteran, salah satunya adalah pola tidur. Perubahan pola tidur mengganggu ritme biologis tubuh dan fluktuasi hormon yang berpotensi memicu penumpukan lemak viseral. Tujuan penelitian ini adalah mengetahui hubungan antara kualitas dan kuantitas tidur dengan kadar lemak viseral pada mahasiswa kedokteran dari Fakultas Kedokteran UPN “Veteran” Jakarta. Penelitian menggunakan desain *cross-sectional* dengan 75 mahasiswa Fakultas Kedokteran UPN “Veteran” Jakarta yang memenuhi kriteria dan dipilih menggunakan teknik *simple random sampling*. Pengukuran lemak viseral menggunakan *Tanita Body Composition Analyzer (MC 980 Plus)* dan kualitas serta kuantitas tidur diukur menggunakan kuesioner *Pittsburgh Sleep Quality Index*. Data dianalisis menggunakan uji *Chi-Square*. Hasil analisis menunjukkan terdapat perbedaan jenis kelamin antara kelompok kualitas tidur ($p < 0,05$). Tidak terdapat perbedaan usia, aktivitas fisik, dan stres antar kelompok kualitas dan kuantitas tidur ($p > 0,05$). Hasil uji *Chi-Square* terdapat hubungan antara kualitas tidur dengan lemak viseral ($p = 0,013$; OR = 15,83), namun tidak ada hubungan antara kuantitas tidur dengan lemak viseral ($p = 1,00$). Berdasarkan hasil penelitian didapatkan ada hubungan bermakna antara kualitas tidur dengan kadar lemak viseral, namun tidak ada hubungan bermakna antara kuantitas tidur dengan kadar lemak viseral pada mahasiswa kedokteran Fakultas Kedokteran UPN “Veteran” Jakarta.

Kata kunci: Kualitas Tidur, Kuantitas Tidur, Lemak Viseral, Mahasiswa Kedokteran

**THE RELATIONSHIP BETWEEN SLEEP QUALITY AND QUANTITY
WITH VISCERAL FAT AMONG STUDENTS OF FACULTY OF
MEDICINE UNIVERSITAS PEMBANGUNAN NASIONAL “VETERAN”
JAKARTA**

ABSTRACT

The COVID-19 pandemic caused changes in the daily routine of medical students, one of these changes is sleep pattern. Changes in sleep pattern disrupts the body's biological rhythm and fluctuation of hormones which has the potential to cause visceral fat accumulation. This study aimed to determine the relationship between sleep quality and quantity with visceral fat among students of faculty of medicine UPN “Veteran” Jakarta. This study uses cross-sectional design with 75 students of faculty of medicine UPN “Veteran” Jakarta that met the criteria and are selected using simple random sampling. Measurements of visceral fat is taken with Tanita Body Composition Analyzer (MC 980 Plus), while sleep quality and quantity are measured with Pittsburgh Sleep Quality Index. The data are analysed using Chi-Square test. Analysis result showed there were differences in gender between sleep quality groups ($p < 0,05$). There were no differences in age, physical activity, and stress between sleep quality and quantity groups ($p > 0,05$). Chi-Square test showed there is relationship between sleep quality and visceral fat ($p = 0,013$; OR = 15,83), but no relationship between sleep quantity and visceral fat ($p = 1,00$). Based on results of this study there is significant relationship between sleep quality and visceral fat, but no significant relationship with sleep quantity among students of faculty of medicine UPN “Veteran” Jakarta.

Keywords: Medical Students, Sleep Quality, Sleep Quantity, Visceral Fat