

**HUBUNGAN KUANTITAS DAN KUALITAS TIDUR DENGAN MEMORI KERJA  
SELAMA PANDEMI COVID-19 PADA MAHASISWA PRE-KLINIK FAKULTAS  
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**Abstrak**

Mahasiswa kedokteran berisiko mengalami penurunan kuantitas tidur serta kualitas tidur yang buruk khususnya di masa pandemi COVID-19. Kuantitas dan kualitas tidur yang buruk dapat mempengaruhi memori kerja. Memori kerja berperan penting dalam mengolah informasi seperti pemahaman bahasa, penalaran, dan pembelajaran. Penelitian ini bertujuan untuk mengetahui hubungan kuantitas dan kualitas tidur dengan memori kerja selama pandemic COVID-19 pada mahasiswa pre-klinik fakultas kedokteran. Penelitian ini menggunakan *cross-sectional*. Teknik *total random sampling* digunakan untuk sampel 64 orang. Instrumen yang digunakan adalah *Pittsburgh Sleep Quality Index* dan *Working Memory Questionnaire*. Penelitian ini dilakukan pada 64 sampel mahasiswa kedokteran semester 7 dengan nilai median durasi tidur responden adalah 5 (3-8), skor PSQI 10 (2-17), dan skor WMQ responden adalah 27,5 (2-75). Hasil uji korelasi Spearman menunjukkan hubungan antara kuantitas tidur dengan memori kerja ( $p = 0,000$ ;  $r = -0,482$ ), dan hubungan antara kualitas tidur dengan memori kerja ( $p = 0,000$ ;  $r = 0,456$ ). Dapat disimpulkan terdapat hubungan signifikan antara kuantitas dan kualitas tidur dengan memori kerja.

Kata kunci: Kuantitas dan Kualitas Tidur, Memori Kerja, Pandemi COVID-19, Mahasiswa Kedokteran

**THE RELATIONSHIP OF SLEEP QUANTITY AND QUALITY WITH WORKING  
MEMORY DURING THE COVID-19 PANDEMIC IN PRE-CLINIC STUDENTS  
FACULTY OF MEDICINE UNIVERSITY PEMBANGUNANNATIONAL  
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*Abstract*

*Medical students are at risk for deprivation of sleep quantity and poor sleep quality, especially during the COVID-19 pandemic. Poor sleep quantity and quality can affect working memory. Working memory plays an important role in processing information such as language comprehension, reasoning, and learning. This study aims to determine the relationship between sleep quantity and quality with working memory during the COVID-19 pandemic in pre-clinical medical students. This study used cross-sectional. Total random sampling technique was used for a sample of 64 people. The instruments used are the Pittsburgh Sleep Quality Index and the Working Memory Questionnaire. This study was conducted on 64 samples of 7th semester medical students with the median score of respondent's sleep duration was 5 (3-8), PSQI score 10 (2-17), and WMQ score 27.5 (2-75). The results of the Spearman correlation test showed a relationship between sleep quantity and working memory ( $p = 0.000$ ;  $r = -0.482$ ), and the relationship between sleep quality and working memory ( $p = 0.000$ ;  $r = 0.456$ ). It can be concluded that there is a significant relationship between the quantity and quality of sleep with working memory.*

*Keywords: Sleep Quantity and Quality, Working Memory, COVID-19 Pandemic, Medical Students*