

HUBUNGAN *SLEEP HYGIENE* DENGAN KUALITAS TIDUR PADA SISWA SMA SMART EKSELENSIA INDONESIA DI WILAYAH BOGOR

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Abstrak

Kualitas tidur merupakan isu kesehatan global yang signifikan. WHO mencatat 16,6% populasi dunia memiliki kualitas tidur buruk, dengan angka tertinggi di Bangladesh (40%) dan terendah di Indonesia serta Kenya. Di Amerika Serikat, 80% remaja kekurangan tidur, dan 50% tidak puas dengan kualitas tidur mereka, berdampak pada kesehatan mental. Di Indonesia, 51% masyarakat kurang tidur, dengan 21% tidur kurang dari lima jam per hari, menempatkan Indonesia di peringkat ke-15 dalam durasi tidur global. Di Kota Bogor, 46% remaja memiliki kualitas tidur buruk, termasuk siswa SMA SMART Ekselensia Indonesia, di mana aktivitas hingga malam menyebabkan 10% siswa tidur setelah tengah malam, mengganggu ritme sirkadian. Penelitian ini bertujuan menganalisis hubungan antara sleep hygiene dan kualitas tidur siswa menggunakan metode kuantitatif non-eksperimental dengan pendekatan cross-sectional pada 87 siswa. Instrumen yang digunakan adalah *Adolescence Sleep Hygiene Scale* dan *Pittsburgh Sleep Quality Index*. Hasil analisis Spearman menunjukkan hubungan signifikan dengan arah positif antara *sleep hygiene* dan kualitas tidur ($p = 0,000$, koefisien korelasi 0,598), mengindikasikan hubungan yang kuat.

Kata Kunci: Kualitas Tidur; Pola Tidur Sehat; Remaja

THE RELATIONSHIP BETWEEN SLEEP HYGIENE AND SLEEP QUALITY AMONG HIGH SCHOOL STUDENTS OF SMA SMART EKSELENSIA INDONESIA IN THE BOGOR AREA

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Abstract

Sleep quality is a significant global health issue. WHO reports that 16.6% of the world's population experiences poor sleep quality, with the highest rates in Bangladesh (40%) and the lowest in Indonesia and Kenya. In the United States, 80% of teenagers experience sleep deprivation, and 50% are dissatisfied with their sleep quality, which impacts mental health. In Indonesia, 51% of the population gets insufficient sleep, with 21% sleeping less than five hours per day, placing Indonesia 15th globally in sleep duration rankings. In Bogor City, 46% of teenagers report poor sleep quality, including students at SMA SMART Ekselensia Indonesia, where late-night activities cause 10% of students to sleep past midnight, disrupting their circadian rhythm. This study aims to analyze the relationship between sleep hygiene and students' sleep quality using a non-experimental quantitative method with a cross-sectional approach involving 87 students. The instruments used were the Adolescence Sleep Hygiene Scale and the Pittsburgh Sleep Quality Index. Spearman analysis results indicate a significant positive relationship between sleep hygiene and sleep quality ($p = 0.000$, correlation coefficient = 0.598), suggesting a strong correlation.

Keywords: Sleep Hygiene; Sleep Quality; Teenagers