FAKULTAS KEDOKTERAN
UNIVERSITAS PEMBANGUNAN NASIONAL "VETERAN" JAKARTA

MOCHAMMAD ASADEL AZFA ZULFIN

HUBUNGAN KUALITAS TIDUR DAN TINGKAT STRES TERHADAP INDEKS PRESTASI SEMESTER MAHASISWA TINGKAT AKHIR FAKULTAS KEDOKTERAN UNIVERSITAS PEMBANGUNAN NASIONAL "VETERAN" JAKARTA
RINCIAN HALAMAN (xiii + 74, 3 bagan, 8 tabel, 8 lampiran)

ABSTRAK

Tujuan
Penelitian ini bertujuan untuk mengetahui hubungan kualitas tidur dan tingkat stres terhadap indeks prestasi semester mahasiswa tingkat akhir Fakultas Kedokteran Universitas Pembangunan Nasional "Veteran" Jakarta.

Metode
Penelitian menggunakan desain cross-sectional dan teknik simple random sampling. Data kualitas tidur diambil menggunakan kuesioner pittsburg sleep quality index, sedangkan tingkat stres menggunakan kuesioner depression anxiety stress scale-21. Besar sampel sebanyak 65 orang dengan kriteria mahasiswa yang tidak meminum obat yang mengatur pola tidur.

Hasil
Hasil mayoritas responden sebanyak 59 mahasiswa (90,8%) memiliki kualitas tidur yang buruk, tingkat stres normal sebanyak 29 mahasiswa (44,6%), dan memiliki rata-rata ips 3.47 dengan nilai tertinggi 3.74 dan terendah 3.00. Hasil uji Spearman menunjukkan tidak terdapat hubungan kualitas tidur dan indeks prestasi semester (p=0,653) dengan nilai koefisien korelasi 0,57 dan tidak terdapat hubungan tingkat stres dan indeks prestasi semester (p=0,603) dengan nilai koefisien korelasi 0,066.

Kesimpulan
Tidak terdapat hubungan yang signifikan antara kualitas tidur terhadap indeks prestasi semester dan tingkat stres terhadap indeks prestasi semester mahasiswa tingkat akhir kedokteran.

Daftar Pustaka : 62
Kata Kunci   : kualitas tidur, tingkat stres, indeks prestasi semester, mahasiswa kedokteran

FACULTY OF MEDICINE
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THE RELATIONSHIP OF SLEEP QUALITY AND STRESS LEVEL TO SEMESTER GRADE POINT AVERAGE ON FINAL YEAR MEDICAL STUDENTS AT UNIVERSITAS PEMBANGUNAN NASIONAL "VETERAN" JAKARTA

PAGE DETAIL (xiii + 74, 3 charts, 8 tables, 8 appendices)

ABSTRACT

Objective
The aim of this study is to determine the relationship between sleep quality, stress levels, and the semester grade point average (SGPA) of final-year medical students at the University of Pembangunan Nasional "Veteran" Jakarta.

Method *The study used a cross-sectional design and simple random sampling technique. Sleep quality data was collected using the Pittsburgh Sleep Quality Index questionnaire, while stress levels were assessed using the Depression Anxiety Stress Scale-21 questionnaire. The sample size consisted of 65 participants, with the criteria of students who did not take medication to regulate their sleep patterns.*

Results
The results showed that the majority of respondents, 59 students (90.8%), had poor sleep quality, 29 students (44.6%) had normal stress levels, and the average semester GPA was 3.47, with the highest value being 3.74 and the lowest 3.00. The Spearman test results indicated no significant relationship between sleep quality and semester grade point average (p=0.653) with a correlation coefficient of 0.57, and no significant relationship between stress levels and semester grade point average (p=0.603) with a correlation coefficient of 0.066.

Conclusion *There is no significant relationship between sleep quality and semester grade point average, as well as between stress levels and semester grade point average, among final-year medical students.*

References   : 62
Keywords   : sleep quality, stress levels, semester grade point average, medical students