

HUBUNGAN *SELF ESTEEM*, *MINDFULNESS*, DAN KUALITAS TIDUR TERHADAP KUALITAS HIDUP PEKERJA PERBANKAN DI BANK X TAHUN 2025

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Abstrak

Kualitas hidup mencerminkan persepsi subjektif seseorang terhadap kesejahteraan fisik, psikologis, hubungan sosial, dan lingkungannya, yang dipengaruhi oleh pengalaman kerja dan kondisi kesehatan. Buruknya kualitas hidup menyebabkan penurunan kesehatan fisik dan mental, serta penurunan kinerja. Tujuan penelitian ini untuk mengetahui hubungan *self-esteem*, *mindfulness*, dan kualitas tidur terhadap kualitas hidup pekerja perbankan di Bank X Tahun 2025. Data dalam penelitian ini bersifat primer dan dikumpulkan menggunakan metode survei melalui angket dalam kerangka desain studi potong lintang dan analisis data menggunakan Chi-Square dan regresi logistik ganda. Penelitian dilakukan pada Bulan Mei-Juni 2025 dengan menggunakan sampel seluruh pekerja bank yang berjumlah 90 orang. Hasil analisis multivariat menyatakan variabel memengaruhi kualitas hidup adalah kualitas tidur ($p=0,006$). *Mindfulness* ($p=0,730$) dan *self-esteem* ($p=0,113$) tidak memengaruhi kualitas hidup. Sedangkan variabel usia menjadi variabel pengganggu ($p=0,226$). Kualitas tidur menjadi variabel yang paling dominan signifikan dengan kualitas hidup, dengan nilai *Prevalence Odds Ratio* sebesar 4,524 (CI 95% = 1,623-13,297). Dapat disimpulkan bahwa dua variabel paling dominan yang berasosiasi dengan kualitas hidup pekerja adalah kualitas tidur, dan *self-esteem*. Rekomendasi dari penelitian ini adalah peningkatan kualitas tidur, apresiasi diri, dan meditasi ringan, pada pekerja, disertai dukungan perusahaan melalui program kesejahteraan dan pengelolaan beban kerja yang seimbang.

Kata Kunci: Kualitas Hidup, Kualitas Hidup, *Mindfulness*, *Self-esteem*

THE RELATIONSHIP BETWEEN SELF ESTEEM, MINDFULNESS, AND SLEEP QUALITY TOWARDS THE QUALITY OF LIFE OF BANKING WORKERS AT BANK X IN 2025

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Abstract

Quality of life reflects a person's subjective perception of their physical, psychological, social relationship and environmental well-being, which is influenced by work experiences and health conditions. Poor quality of life leads to decreased physical and mental health, and decreased performance. The purpose of this study was to determine the relationship of self-esteem, mindfulness, and sleep quality to the quality of life of banking workers at Bank X in 2025. The data in this study are primary and collected using a survey method through a questionnaire within the framework of a cross-sectional study design and data analysis using Chi-Square and multiple logistic regression. The research was conducted in May-June 2025 using a sample of all bank workers totaling 90 people. The results of multivariate analysis stated that the variables affecting quality of life were sleep quality ($p=0.006$). Mindfulness ($p=0.730$) and self-esteem ($p=0.113$) do not affect quality of life. Meanwhile, the age variable became a confounding variable ($p=0.226$). Sleep quality is the most dominant significant variable with quality of life, with a Prevalence Odds Ratio value of 4.524 (95% CI = 1.623-13.297). It can be concluded that the two most dominant variables associated with workers' quality of life are sleep quality, and self-esteem. Recommendations from this study are to improve sleep quality, self-esteem, and light meditation, in workers, accompanied by company support through welfare programs and balanced workload management.

Keyword: Quality of Life, Sleep Quality, Mindfulness, Self-esteem