

# HUBUNGAN KUALITAS TIDUR DAN *SHORT-TERM MEMORY* PADA MAHASISWA/I PROGRAM STUDI S1 FISIOTERAPI UPN “VETERAN” JAKARTA

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## Abstrak

**Latar Belakang:** Tidur yang berkualitas merupakan kebutuhan yang seringkali diabaikan, padahal kualitas tidur diketahui berperan dalam berbagai aspek fungsi kognitif. Namun, hubungan antara kualitas tidur dan *short-term memory* pada populasi dewasa muda, khususnya mahasiswa fisioterapi masih terbatas. **Tujuan:** Penelitian ini bertujuan untuk mengkaji hubungan kualitas tidur dan *short-term memory* pada mahasiswa S1 Fisioterapi. **Metode:** Penelitian ini merupakan studi analitik kuantitatif dengan pendekatan *cross-sectional* yang melibatkan 123 mahasiswa dari tiap-tiap angkatan di Program Studi Fisioterapi Program Sarjana, UPN “Veteran” Jakarta. Kualitas tidur diukur menggunakan *Pittsburgh Sleep Quality Index* (PSQI), sedangkan *short-term memory* menggunakan *Forward Digit Span Test* (FDST). Analisis data dilakukan secara univariat dan bivariat menggunakan uji korelasi nonparametrik Spearman-rho. **Hasil:** Mayoritas responden memiliki kualitas tidur buruk (81.3%), sementara pada *short-term memory* didominasi “rata-rata” berdasarkan analisis normatif. Hasil uji korelasi menunjukkan tidak terdapat hubungan yang signifikan secara statistik antara kualitas tidur dan *short-term memory* ( $p = 0.765$ ). **Kesimpulan:** Penelitian ini menunjukkan bahwa kualitas tidur buruk tidak selalu berkaitan dengan penurunan kapasitas *short-term memory* pada mahasiswa S1 Fisioterapi UPN “Veteran” Jakarta sebagai populasi dewasa muda. Temuan ini mengindikasikan bahwa hubungan antara kualitas tidur dan *short-term memory* kemungkinan dipengaruhi oleh faktor perancu lain yang tidak dianalisis dalam penelitian ini.

**Kata Kunci:** Kualitas Tidur, Memori Jangka Pendek, Mahasiswa S1 Fisioterapi, PSQI, FDST

# ASSOCIATION OF SLEEP QUALITY AND SHORT-TERM MEMORY IN UNDERGRADUATE STUDENTS OF PHYSIOTHERAPY OF UPN “VETERAN” JAKARTA

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## Abstract

**Background:** Adequate sleep quality is an essential yet often neglected need, despite its known role in various aspects of cognitive function. However, the association between sleep quality and short-term memory in young adult populations, particularly among physiotherapy students, remains limited. **Objective:** This study aimed to investigate the association between sleep quality and short-term memory among undergraduate physiotherapy students. **Methods:** A cross-sectional quantitative analytic design was used, involving 123 students from each semester at the UPN “Veteran” Jakarta. Sleep quality was measured using the Pittsburgh Sleep Quality Index (PSQI), while short-term memory using the Forward Digit Span Test (FDST). Data were analyzed using univariate and bivariate analyses with the non-parametric Spearman’s rho correlation test. **Results:** 81.3% participants had poor sleep quality, while most demonstrated “average” short-term memory performance based on normative analysis. The correlation analysis revealed no statistically significant association between sleep quality and short-term memory ( $p = 0.765$ ). **Conclusion:** This study indicates that poor sleep quality is not necessarily associated with decreased short-term memory among undergraduate physiotherapy students as a young adult population. These findings suggest that the association between sleep quality and short-term memory may be influenced by other confounding factors that were not examined in this study.

**Keywords:** Sleep Quality, Short-term Memory, Undergraduate Physiotherapy Students, PSQI, FDST