

HUBUNGAN KUALITAS TIDUR DENGAN PRESTASI AKADEMIK PADA MAHASISWA PROGRAM STUDI KEDOKTERAN ANGKATAN 2023 UNIVERSITAS PENDIDIKAN GANESHA

Oleh

Neila Putri Pastini, NIM 2218011107

Program Studi Kedokteran

ABSTRAK

Kualitas tidur merupakan salah satu faktor yang dapat memengaruhi prestasi akademik mahasiswa, terutama pada mahasiswa kedokteran yang memiliki beban akademik tinggi. Penelitian ini bertujuan untuk mengetahui hubungan kualitas tidur dengan prestasi akademik pada mahasiswa Program Studi Kedokteran angkatan 2023 Universitas Pendidikan Ganesha. Penelitian ini menggunakan desain analitik observasional dengan pendekatan cross-sectional. Sampel penelitian berjumlah 76 mahasiswa yang dipilih menggunakan teknik total sampling. Kualitas tidur diukur menggunakan kuesioner Pittsburgh Sleep Quality Index (PSQI), sedangkan prestasi akademik diukur berdasarkan Indeks Prestasi Semester (IPS). Analisis data dilakukan menggunakan uji korelasi Spearman Rank. Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki kualitas tidur baik sebanyak 42 mahasiswa (55,3%), kualitas tidur sedang sebanyak 33 mahasiswa (43,4%), dan kualitas tidur buruk sebanyak 1 mahasiswa (1,3%). Hasil analisis menunjukkan terdapat hubungan yang signifikan antara kualitas tidur dengan prestasi akademik mahasiswa. Semakin buruk kualitas tidur mahasiswa, maka prestasi akademik cenderung menurun. Dengan demikian, kualitas tidur memiliki hubungan terhadap prestasi akademik pada mahasiswa Program Studi Kedokteran angkatan 2023 Universitas Pendidikan Ganesha.

Kata Kunci: kualitas tidur, prestasi akademik, mahasiswa kedokteran, PSQI, IPS.

The Relationship Between Sleep Quality and Academic Achievement Among the 2023 Cohort of Medical Students at Ganesha University of Education

By

Neila Putri Pastini, NIM 2218011107

Medical Study Program

ABSTRACT

Sleep quality is one of the factors that may influence students' academic achievement, particularly among medical students who experience a high academic workload. This study aimed to determine the relationship between sleep quality and academic achievement among the 2023 cohort of Medical Study Program students at Ganesha University of Education. This study employed an observational analytic design with a cross-sectional approach. A total of 76 students were included using a total sampling technique. Sleep quality was assessed using the Pittsburgh Sleep Quality Index (PSQI), while academic achievement was measured based on the Semester Grade Point Average (SGPA). Data were analyzed using the Spearman Rank correlation test. The results showed that most respondents had good sleep quality (42 students; 55.3%), followed by moderate sleep quality (33 students; 43.4%), and poor sleep quality (1 student; 1.3%). The analysis demonstrated a significant relationship between sleep quality and students' academic achievement. Poorer sleep quality was associated with lower academic achievement. Therefore, sleep quality is significantly related to academic achievement among the 2023 cohort of Medical Study Program student at Ganesha University of Education.

Keywords: sleep quality, academic achievement, medical students, PSQI, SGPA.