

**HUBUNGAN KUALITAS TIDUR DENGAN PRESTASI AKADEMIK  
MAHASISWA KEPERAWATAN UNIVERSITAS JENDRAL  
ACHMAD YANI YOGYAKARTA**

**INTISARI**

Joni Kurniawan<sup>1</sup>, Sujono Riyadi<sup>2</sup>

**Latar Belakang:** Kebutuhan untuk tidur sangat penting bagi setiap orang. Kualitas tidur merupakan keadaan dimana tidur yang dialami seseorang individu menghasilkan kesegaran dan kebugaran disaat terbangun. Kualitas tidur yang baik akan memengaruhi proses dalam belajar, kondisi kesehatan, dan meningkatkan konsentrasi minat dalam belajar. Siswa yang memiliki kualitas tidur baik akan memiliki prestasi belajar yang baik.

**Tujuan:** Penelitian ini bertujuan untuk mengetahui hubungan antara kualitas tidur dengan prestasi akademik mahasiswa keperawatan Universitas Jendral Achmad Yani Yogyakarta.

**Metode:** Jenis penelitian adalah deskriptif korelatif dengan rancangan penelitian menggunakan pendekatan *Cross-sectional*, sampel diambil dengan teknik *proportional random sampling* dengan responden sebanyak 205 mahasiswa. Instrumen penelitian adalah kuesioner.

**Hasil:** Hasil penelitian dianalisis dengan rumus *Spearman Rank*. Hasil penelitian menunjukkan sebagian besar mahasiswa memiliki prestasi akademik sangat memuaskan yaitu sebanyak 105 siswa (51,2%). Kualitas tidur mahasiswa menunjukkan bahwa sebagian besar mahasiswa memiliki kualitas tidur buruk sebanyak 153 mahasiswa (74,6%). Hasil perhitungan uji statistik menggunakan uji *Spearman Rank* diperoleh  $p=0,000 (<0,05)$ .

**Kesimpulan:** ada hubungan antara kualitas tidur dengan prestasi akademik mahasiswa keperawatan Universitas Jendral Achmad Yani Yogyakarta.

**Kata Kunci :** kualitas tidur, prestasi akademik mahasiswa

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<sup>1</sup>Mahasiswa PSIK Universitas Jenderal Achmad Yani Yogyakarta

<sup>2</sup>Dosen PSIK Universitas Jenderal Achmad Yani Yogyakarta

**THE CORELATION BETWEEN SLEEPING QUALITY WITH ACADEMIC  
ACHIEVEMENT OF NURSING STUDENTS' UNIVERSITY JENDRAL  
ACHMAD YANI YOGYAKARTA**

Joni Kurniawan<sup>1</sup>, Sujono Riyadi<sup>2</sup>

**ABSTRACT**

**Background** : The need to sleep is highly significant for everyone especially someone. Sleeping quality is a condition in which a sleeping acitivity of an individual derives freshness and fitness at waking up moment. A good sleeping quality may contribute to learning process, health condition, and enhance concentration and interest in learning. Students with good sleeping quality will gain good academic achievement.

**Objective** : To identify the relation between Sleeping Quality and Academic Achievement of Nursing Students' in University Jendral Achmad Yani Yogyakarta.

**Method** : This was a correlative descriptive study with *Cross-sectional* approach as study design. Samples were selected through *proportional random sampling* with respondents as many as 205 college students. Study instrument were questionnaires.

**Result** : The study result was analyzed with *Spearman-Rank*. The study indicated that some college students very satisfactory academic achievement as many as 105 college students (51,2%). The college students' sleeping quality illustrated that the majority of college students in University Jendral Achmad Yani Yogyakarta, experienced bad sleep quality as many as 153 College students (74,6%). The result of statistical test by applying *Spearman-Rank* figured out p-value of  $0,000 < 0,05$ .

**Conclusion** : There was a relation between Sleeping Quality and Academic Achievement of Nursing Students' in University Jendral Achmad Yani Yogyakarta.

**Keyword** : Sleeping Quality, Academic Achievements College Students

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<sup>1</sup> A student of Nursing University of Jendral Achmad Yani Yogyakarta

<sup>2</sup> A lecturer of Nursing University of Jendral Achmad Yani Yogyakarta