

HUBUNGAN ANTARA KUALITAS TIDUR DENGAN PRESTASI BELAJAR SISWA DI SMPN 2 BANTUL DAERAH ISTIMEWA YOGYAKARTA

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INTISARI

Latar Belakang: Kebutuhan untuk tidur sangat penting bagi setiap orang terutama pada anak sekolah. Kualitas tidur merupakan keadaan dimana tidur yang dijalani seseorang individu menghasilkan kesegaran dan kebugaran di saat 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: Mengetahui hubungan antara kualitas tidur dengan prestasi belajar siswa di SMPN 2 Bantul Daerah Istimewa Yogyakarta.

Metode Penelitian: Jenis penelitian adalah deskriptif korelatif dengan rancangan penelitian menggunakan pendekatan *Cross-sectional*, sampel diambil dengan teknik *stratified random sampling* dengan responden sebanyak 180 siswa. Instrumen penelitian adalah kuesioner.

Hasil: Hasil penelitian dianalisis dengan rumus *Kendall's tau-c*. Hasil penelitian menunjukkan bahwa sebagian siswa memiliki prestasi belajar yang cukup baik yaitu sebanyak 100 siswa (55,6%). Kualitas tidur siswa menunjukkan bahwa sebagian besar siswa SMPN 2 Bantul Daerah Istimewa Yogyakarta memiliki kualitas tidur baik sebanyak 92 siswa (51,1%). Hasil perhitungan uji statistik menggunakan uji *Kendall's tau-c* diperoleh p-value $0,004 < 0,05$.

Kesimpulan: ada hubungan antara kualitas tidur dengan prestasi belajar siswa di SMPN 2 Bantul Daerah Istimewa Yogyakarta. Saran peneliti untuk sekolah memberikan bimbingan konseling dan memotivasi siswa supaya memerhatikan kualitas tidurnya.

Kata Kunci : kualitas tidur, prestasi belajar siswa

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THE CORRELATION BETWEEN SLEEPING QUALITY WITH STUDENTS ACADEMIC ACHIEVEMENT IN JUNIOR HIGH SCHOOL 2 OF BANTUL, YOGYAKARTA

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ABSTRACT

Background : The need to sleep is highly significant for everyone especially students. Sleeping quality is a condition in which a sleeping activity 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 Students' Academic Achievement in Junior High School 2 of Bantul, Yogyakarta.

Method : This was a correlative descriptive study with *Cross-sectional* approach as study design. Samples were selected through *stratified random sampling* with respondents as many as 180 students. Study instrument were questionnaires.

Result : The study result was analyzed with *Kendall's tau-c*. The study indicated that some students gained good academic achievement as many as 100 students (55,6%). Students' sleeping quality illustrated that the majority of students in Junior High School 2 of Bantul, Yogyakarta, experienced good sleeping quality as many as 92 students (51,1%). The result of statistical test by applying *Kendal's tau-c* figured out p-value of $0,004 < 0,05$.

Conclusion : There was a relation between Sleeping Quality and Students' Academic Achievement in Junior High School 2 of Bantul, Yogyakarta. Researcher suggested that school provided guidance konsuling and encourage students to pay more attention to their sleeping quality.

Keyword : Sleeping Quality, Academic Achievements Students

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