

# HUBUNGAN POLA TIDUR DENGAN MINAT BELAJAR SANTRI DI PONDOK PESANTREN NURUL AMIN SENTOLO KULON PROGO YOGYAKARTA

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## INTISARI

**Latar Belakang:** Tidur merupakan kebutuhan dasar manusia. Pola tidur buruk berdampak terhadap kemampuan dalam beraktifitas, diantaranya mempengaruhi minat belajar. Minat belajar diperlukan dalam proses belajar agar siswa dapat mengikuti proses pembelajaran dengan baik. Hal ini dilihat dari pola tidur buruk yang dialami santri Pondok Pesantren Nurul Amin Sentolo Kulon Progo.

**Tujuan Penelitian:** Dalam penelitian ini bertujuan untuk melihat hubungan pola tidur dengan minat belajar santri di Pondok Pesantren Nurul Amin Sentolo Kulon Progo Yogyakarta.

**Metode Penelitian:** Penelitian ini menggunakan metode kkuantitatif dengan desain deskriptif korelasi (*correlation study*). Sampel penelitian ini sebanyak 60 santri, menggunakan teknik *purposive sampling*. Alat pengambilan data berupa *kuesioner Pittsburgh Sleep Quality Index* dan *kuesioner Minat Belajar*. Analisa data yang digunakan untuk melihat korelasi menggunakan uji somers'd dengan  $\alpha 0,05$ .

**Hasil Penelitian:** Hasil penelitian menunjukkan bahwa mayoritas mempunyai pola tidur buruk yaitu sebanyak 48 orang (80%) dan minat belajar rendah sebanyak 26 orang (43,3%)

**Kesimpulan:** semakin baik pola tidur maka minat belajar santri semakin baik. Begitu pula sebaliknya, apabila semakin buruk pola tidur maka minat belajar santri semakin rendah.

**Kata Kunci:** pola tidur, minat belajar, santri pondok pesantren

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# THE RELATIONSHIP BETWEEN STUDENTS' SLEEP PATTERNS AND LEARNING INTEREST AT NURUL AMIN ISLAMIC BOARDING SCHOOL SENTOLO KULON PROGO YOGYAKARTA

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## ABSTRACK

**Background:** Sleep is a basic human need. Poor sleep patterns can have an impact on the ability to do activities, one of which can affect interest in learning. Interest in learning is needed in the student learning process so that students can follow the learning process well. This can be seen from the poor sleep patterns experienced by the students of the Nurul Amin Islamic Boarding School in Sentolo, Kulon Progo.

**Research Objectives:** This study aims to examine the relationship between sleep patterns and students' interest in learning at the Nurul Amin Islamic Boarding School, Sentolo Kulon Progo Yogyakarta.

**Method:** This study uses a quantitative method with a descriptive correlation design (a correlation study). The sample size for this study was 60 students, using a purposive sampling technique. Data collection tools in the form of a Pittsburgh Sleep Quality Index questionnaire and an Interest in Learning questionnaire. The data was analyzed to determine the correlation using a  $\alpha 0.05$  test.

**Result:** The results showed that the majority had poor sleep patterns, as many as 48 people (80%) and a low interest in learning as many as 26 people (43.3%).

**Conclusion:** The better the sleep pattern, the greater the students' interest in learning. Vice versa, if the sleep pattern is getting worse, the students' interest in learning will be lower.

**Keywords:** boarding school students, interest in learning, sleep patterns.

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