ABSTRACT

THE ANALYSIS CORRELATION FACTORS OF SLEEP QUALITY FOR ADOLESCENCE OVERWEIGHT IN SENIOR HIGH SCHOOL 1 GRESIK

DESCRIPTIVE CORRELATIVE STUDY

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Teenagers who are overweight and have poor sleep quality will increase the risk of obesity. Earlier studies suggest the correlation between poor sleep quality the risk of overweight. This study explained factors that correlated of sleep quality in teenagers who were overweight in Senior high school 1 Gresik. The research used descriptive corelative design. Population was student of Senior high school 1 Gresik in 2016. Fifty respondents involved using total sampling technique. The data were collected with questionnaires and were then analyzed using Spearman’s Rho test (α<0.05). The results show that stress and diet have show correlation with sleep quality (p=0.020, p= 0.000). However, physical exercise and fatigue, environment, illness, drug and substance and habits before sleep (p>0.05) are not explainable because the respondents do not have the habits and conditions that may be correlated with their sleep quality. Further research are required to overcome the sleep quality problems so that did not cause overweight among teenagers.

Keywords: Sleep quality, adolescence, overweight