ABSTRACT

CORRELATION BETWEEN STRESS SCALE AND SLEEP PATTERN OF JUNIOR HIGH SCHOOL STUDENT AND SENIOR HIGH SCHOOL STUDENT SURABAYA IN 2017

Background: Stress is a condition when someone try to adapt and give reaction to stressors that they receive in their life. There are life event and stressful life event. The purpose of the research is analyze whether stressors in student’s life can or cant make stress condition that affect their sleep patterns.

Method: This research design is Analytic-Observational. Research samples are junior high school students and senior high school students in Surabaya. Total sampling model research observe stress scale and sleep duration among students.

Results: There are 320 subjects who have stress scale means 105,37 which categorized as low stress rate. They have sleep duration means during work day 6,53, during weekend 8,14 and both day means 14,65. The result with spearman correlation analysis is $p>0,05$ which means there are no significant correlation between stress scale and sleep pattern.

Conclusion: There are no significant correlation between stress scale and sleep pattern among junior high students and senior high school students Surabaya in 2017.

Keyword: Stress, Sleep pattern, Stress scale, sleep duration, Stress of junior high school student, stress of senior high school student.