

**THE CORRELATION OF SLEEP HYGIENE INDEX WITH
GRADE POINT AVERAGE (GPA) VALUE OF UNIVERSITAS
AIRLANGGA'S MEDICAL STUDENTS CLASS OF 2019**



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**MEDICAL STUDY PROGRAMME
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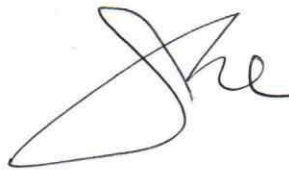
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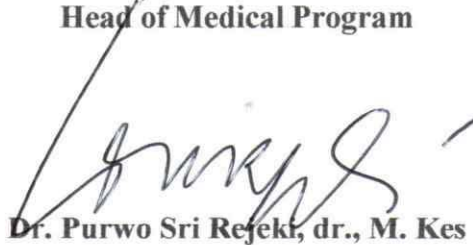
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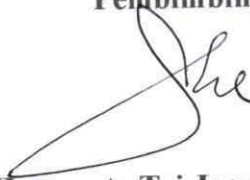
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Farhan Budi Hidayat

**Korelasi Sleep Hygiene Index dengan Nilai Indeks Prestasi Kumulatif (IPK)
Mahasiswa Kedokteran Universitas Airlangga Angkatan 2019**

Farhan Budi Hidayat, Wardah Rahmatul Islamiyah, Hermanto Tri Joewono, Fidiana

ABSTRAK

Kualitas tidur yang buruk dapat mengganggu prestasi akademik. Sleep Hygiene merupakan salah satu variabel yang dapat mempengaruhi kualitas tidur tersebut. Mahasiswa kedokteran menghabiskan banyak waktu untuk mempelajari dan melatih keterampilan praktis mereka. Siswa yang memenuhi kebutuhan tidurnya lebih berhasil secara akademis, sebagaimana tercermin dari IPK mereka. Untuk memastikan tidur yang baik, kebersihan tidur dapat berfungsi sebagai intervensi interdisipliner nonfarmakologis berbiaya rendah untuk memperbaiki kualitas tidur seseorang.

Penelitian ini bertujuan untuk mengetahui dan menganalisis hubungan Sleep Hygiene Index dengan nilai IPK mahasiswa kedokteran Universitas Airlangga angkatan 2019. Penelitian ini merupakan penelitian observasional analisis dengan desain cross-sectional study untuk menilai sleep hygiene dan grade point average melalui penggunaan kuesioner Sleep Hygiene Index dan IPK yang dilaporkan sendiri.

Subjek penelitian terdiri dari 160 siswa dengan 77,5% ditemukan memiliki sleep hygiene sedang, dan 48,125% diantaranya ditemukan memiliki nilai IPK 3,51 - 3,75. Sleep Hygiene Index berkorelasi dengan nilai IPK dengan korelasi pearson sebesar -0,372 yang menunjukkan korelasi negatif dengan nilai p kurang dari 0,001 ($<0,05$), derajat signifikansi (5%). Korelasi ini menunjukkan bahwa semakin tinggi nilai Sleep Hygiene Index maka IPK akan semakin menurun nilainya dan sebaliknya. Dengan kata lain, kebersihan tidur yang buruk berkorelasi dengan nilai IPK yang lebih rendah, dan sebaliknya dengan kebersihan tidur yang lebih baik berkorelasi dengan nilai IPK yang lebih tinggi

Kata kunci : kebersihan tidur, indeks prestasi kumulatif, korelasi, mahasiswa kedokteran

The Correlation Of Sleep Hygiene Index with Grade Point Average (GPA) Value Of Universitas Airlangga's Medical Students Class Of 2019

Farhan Budi Hidayat, Wardah Rahmatul Islamiyah, Hermanto Tri Joewono, Fidiana

ABSTRACT

Poor quality of sleep can disturb academic performance. Sleep Hygiene is one of the variables that can affect that sleep quality. Medical students spend a lot of time studying and training their practical skills. Students who achieve their sleep needs are more academically successful, as reflected by their GPA. To ensure a good sleep, sleep hygiene can serve as a low-cost, nonpharmacological, interdisciplinary intervention in bettering a person's sleep

This study aims to identify and analyze the correlation of Sleep Hygiene Index with the GPA value of Universitas Airlangga's medical student's class of 2019. This study is an observational analysis research with a cross-sectional study design to assess sleep hygiene and grade point average through the use of self-reported Sleep Hygiene Index and GPA questionnaires.

The research subjects consisted of 160 students with 77,5% were found to have moderate sleep hygiene, and 48,125% of them were found to have a GPA value of 3,51 - 3,75. Sleep Hygiene Index correlates with GPA value with a pearson correlation of -0.372 which indicates a negative correlation with a p value of less than .001 (<0.05), a degree of significance (5%). This correlation shows that as Sleep Hygiene Index increases in value, GPA will decrease in value and vice versa. In other words, poor sleep hygiene is correlated with lower GPA value, and vice versa with better sleep hygiene correlating with higher GPA value

Keywords: sleep hygiene, grade point average, correlation, medical students

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LIST OF ABBREVIATION

ACTH	Adrenocorticotrophic Hormone
CBT-I	Cognitive behavioral therapy for insomnia
CDC	Center for Disease Control and Prevention
GPA	Grade Point Average
HCAHPS	Hospital Consumer Assessment of Healthcare. Providers and Systems
ICU	Intensive Care Unit
NINDS	National Institute of Neurological Disorders
RAVLT	Rey Auditory Verbal Learning Test
REM Sleep	Rapid Eye Movement Sleep
SHAPS	Sleep Hygiene Awareness and Practice Scale
SHE	Sleep Hygiene Education
SHI	Sleep Hygiene Index
SHST	Sleep Hygiene Self-test
SWS	Slow Wave Sleep

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