

CHAPTER 1

INTRODUCTION

1.1 Background of the Research

A poor quality of sleep is a distressing and worrying condition that can disturb the academic performance of medical students. One of the important variables that may affect the quality of sleep is sleep hygiene practices (Yazdi, Loukzadeh, Moghaddam and Jalilolghadr, 2016). A study done in Ethiopia involving 576 medical students was done to assess the prevalence of poor sleep hygiene practices. Among the result it was found that 48.1% of the respondents still have poor sleep hygiene practices (Molla and Wondie, 2021). For medical students who will likely work long hours practicing numerous medical procedures or spend a considerable amount of time in studying, a lack of sleep can significantly alter their performance.

Although the link of poorer GPA and sleep has been inconsistent, a study by Kelly et al. (2001) demonstrated a link with a study of 147 undergraduate students. Students who reported sleeping less than six hours in a day had a 0.5 lower GPA compared to students who sleep nine plus hours a night (Chiang & Arendt, 2017). The surveys administered to college students at a university in the Midwest focused on actual sleep quantity compared to perceived sleep needs. Individuals who slept less than their perceived needs had a GPA of 2.9 +/- 0.7 and students who slept the amount of the perceived needs had a GPA of 3.2 +/- 0.6. Another significant finding showed that delayed and irregular sleep shows a GPA of 3.1 +/- 0.7, whereas a regular sleep cycle maintained a higher GPA of 3.6 +/- 0.5. Researchers were able to correlate that every individual has unique sleep needs and students who achieve their perceived needs are more academically successful, as reflected by their GPA (Chiang & Arendt, 2017).

As such assuring a good night sleep is important and one of the ways to do so is performing a good sleep hygiene practice. As stated by

the National Sleep Foundation (2020), “Paying attention to sleep hygiene is one of the most straightforward ways that you can set yourself up for better sleep”. The degree of sleep hygiene can be measured using the *Sleep Hygiene Index*, a self-report measurement designed to assess the practice of sleep hygiene behaviors (Cho, Kim and Lee, 2013).

Many research to find the effect of sleep hygiene practices to the academic performance of medical student has been done all around the world by utilizing the SHI index, but there has been little work exploring the subject in Indonesia. This research aims to better understand the sleep hygiene practices of medical student in Indonesia and how it correlates with their academical performance. The data that will be obtained in the research will also help to understand how the difference in cultural habits that might be present in a university from a different country affect the prevalence of poor sleep hygiene practices.

1.2 Problem Formulation

- 1.2.1 How is the correlation of sleep hygiene index with the GPA value of Universitas Airlangga medical students' class of 2019?

1.3 Research Objectives

1.3.1 General Objective

To analyze the correlation of Sleep Hygiene Index with the Grade Point Average value of Universitas Airlangga's medical student's class of 2019.

1.3.2 Specific Objectives

1. To analyze the *Sleep Hygiene Index* of Universitas Airlangga's medical students
2. To analyze the GPA value of Universitas

Airlangga's medical students.

3. To analyze the correlation of the *Sleep Hygiene Index* value with the GPA value of Universitas Airlangga's medical students

1.4 Benefit of Research

1.4.1 Theoretical Benefit

1. By carrying out this research, it is hoped that the results of the research would be of use in understanding the correlation of Sleep Hygiene Index to medical students and their academical performance.
2. By carrying out this research, it is hoped that the result of the research would raise awareness to the subject of the research on the significance of Sleep Hygiene Index to the academical performance of medical students
3. By carrying out this research, it is hoped that it will increase the knowledge and ability of the researcher in the field of research.

1.4.2 Practical Benefit

1. The results of this research are expected to be of use in providing information to medical students or other researchers regarding the correlation of sleep hygiene index and the academical performance
2. The results of this research are expected to be of use to provide an insight to the subject of the research on in establishing a good sleep hygiene index in hopes of improving the GPA value of medical students
3. The results of this research are expected to be of use as a reference to other researchers that may

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have the intention of conducting research with
similar theme through a different point of view