

**ABSTRACT**

**CORRELATION BETWEEN SLEEP QUALITY AND REACTION TIME OF FEMALE STUDENT OF MEDICAL SCIENCE PROGRAM 2015 MEDICAL FACULTY OF AIRLANGGA UNIVERSITY**

Dayu Raras Kinanthi\*, Agustina Konginan\*\*, Irfiansyah Irwadi\*\*\*

\*Medical Science Program, Medical Faculty of Airlangga University.

\*\*Departement of Psyciatry, Dr. Soetomo General Hospital Surabaya, Indonesia.

\*\*\* Departement of Physiology, Medical Faculty of Airlangga University.

**Introduction:** Sleep is unconscious condition of human that can be awakened by giving sensoric stimulation or giving the other stimulations. Sleep is a vital activity that is controlled by complex neuronal and neurotransmitter system mechanism. Sleep is needed to maintain the main system regulation of nerve and to ensure the organ's life cycle in normal function. The acute sleep deprivation causes human body getting many organ function disruption in awake period such as decrease of cognitive and organ function performance in general which leads to disruption of daily activities. Beside of that, sleep deprivation or unquality sleep can cause the inhibition of learning process in school because of the drowsiness and fatigue. That condition can decrease the ability of learning concentration and memorizing ability which leads to difficulty in getting more knowledges, and reduce the time of human stimulus reaction. Those facts are needed to be seriously concern because sleep quality is suspected that impacts directly. **Methods:** This research used the observational design and cross-sectional approach using primary data that was implemented to the female students of medical science program 2015 Medical Faculty of Airlangga University. The data of sleep quality were measured by using Pittsburgh Sleep Quality Index (PSQI) questionnaire that were filled by online system and the reaction time was measured by the instrument of Whole Body Reaction Time Type II. **Results:** The results of this research evidence the Signivicancy Values (Sig.) was 0.030 and the value of Correlation Coefficient was 0.213. **Conclusion:** There was a correlation between sleep quality and reaction time. The power correlation was rated as postive so that relation between those variables was in the one direction and the correlation power was observed from the values of correlation coefficient about 0.213 that included in the weak catagories.

**Keywords:** sleep quality, Pittsburgh sleep quality index, reaction time, whole body reaction time, medical student.