

ABSTRAK

Latar Belakang : Masa pandemi covid-19 berdampak pada berbagai aspek kehidupan, salah satunya adalah dunia pendidikan, dimana pembelajaran yang dilakukan biasanya secara tatap muka sekarang harus jarak jauh secara *online*. Hal ini menimbulkan kecemasan, terutama pada mahasiswa Fakultas Kedokteran yang tahun pertama yang baru mengenal masa perkuliahan. Kecemasan dapat berdampak pada respons kognitif, psikomotor, dan fisiologi, seperti kesulitan untuk berfikir logis, peningkatan aktivitas motorik, agitasi dan peningkatan tanda-tanda vital serta adanya kesulitan tidur.

Tujuan : Untuk menganalisis hubungan kecemasan dengan kualitas tidur mahasiswa pada masa pandemi covid-19.

Metode : *Cross-sectional*, dengan teknik *random sampling*. Pengujian hipotesis menggunakan analisis korelasi uji *Somers' D*.

Hasil : Kecemasan dinilai menggunakan kuesioner *Hamilton Anxiety Rating Scale* (HAM-A). Didapatkan kecemasan ringan sebanyak 19 orang (32,2%), kecemasan sedang sebanyak 16 orang (27,1%), tidak ada kecemasan sebanyak 13 orang (22%), kecemasan berat sebanyak 10 orang (16,9%), dan kecemasan berat sekali sebanyak 1 orang (1,7%). Kualitas tidur dinilai menggunakan kuesioner *Pittsburgh Sleep Quality Index* (PSQI). Didapatkan hasil kualitas tidur buruk sebanyak 53 orang (89,9%) dan kualitas tidur baik sebanyak 6 orang (10,2%). Berdasarkan hasil uji korelasi Somer's D diperoleh koefisien korelasi -0,259 dan nilai P 0,023 ($P < 0,05$).

Kesimpulan : Terdapat hubungan kecemasan dengan kualitas tidur mahasiswa FK UISU pada masa pandemi covid-19. Kekuatan hubungannya lemah dengan arah hubungan negatif yang berarti semakin tinggi tingkat kecemasan maka semakin rendah kualitas tidur dan sebaliknya.

Kata kunci : Kecemasan, kualitas tidur, mahasiswa kedokteran, HAM-A, PSQI

ABSTRACT

Background: *The COVID-19 pandemic has an impact on various aspects of life, one of which is the world of education, where learning that is usually done face-to-face now has to be online remotely. This causes anxiety, especially for students of the Faculty of Medicine who are in their first year who are just getting to know the lecture period. Anxiety can have an impact on cognitive, psychomotor, and physiological responses, such as difficulty in logical thinking, increased motor activity, agitation and increased vital signs and difficulty sleeping.*

Purpose : *To analyze the relationship between anxiety and sleep quality of students during the covid-19 pandemic.*

Methods : *Cross-sectional, with random sampling technique. Hypothesis testing using Somers'D test correlation analysis.*

Results : *Anxiety was assessed using the Hamilton Anxiety Rating Scale (HAM-A) questionnaire. There were 19 people with mild anxiety (32.2%), moderate anxiety as many as 16 people (27.1%), no anxiety as many as 13 people (22%), severe anxiety as many as 10 people (16.9%), and very heavy as much as 1 person (1.7%). Sleep quality was assessed using the Pittsburgh Sleep Quality Index (PSQI) questionnaire. The results of poor sleep quality were 53 people (89.9%) and good sleep quality were 6 people (10.2%). Based on the results of the Somer's D correlation test, the correlation coefficient was -0.259 and the P value was 0.023 ($P < 0.05$).*

Conclusion : *There is a relationship between anxiety and sleep quality for FK UISU students during the covid-19 pandemic. The strength of the relationship is weak with the direction of the negative relationship, which means the higher the level of anxiety, the lower the quality of sleep and otherwise.*

Keywords: *Anxiety, sleep quality, medical students, HAM-A, PSQI.*