

ABSTRACT

During adolescence, there were changes in sleep patterns such as shorter sleep duration, delayed sleep time, and decreased sleep quality. If sleep needs were not met in terms of quantity and quality, it could cause sleep disturbances. The sleep disturbances experienced by adolescents were caused by several factors such as the environment and the use of electronic media. Sleep disturbances could affect physical health. When physical health declined, it could affect academic achievement because students were hindered in following the learning process. The phenomenon found at Katolik Karitas 3 High School Surabaya was that students reported feeling dissatisfied with their sleep time, often woke up at night, had difficulty falling back asleep, and felt unrefreshed in the morning, making it hard to focus during learning, resulting in grades below the Minimum Competency Criteria (KKTP < 73). The purpose of this study was to analyze the existence of sleep disturbances among students at Katolik Karitas 3 High School Surabaya. The research design was a correlation study with a cross-sectional design. The population in this study was all tenth-grade students at Katolik Karitas 3 High School Surabaya who met the inclusion criteria. The sample consisted of 57 respondents selected using purposive sampling. Sleep disturbances were assessed using the Sleep Disturbance Scale for Children (SDSC) questionnaire, and academic achievement was measured by report card grades. The results showed that 74% of respondents experienced sleep disturbances. As many as 98% of respondents were categorized as passing in academic achievement. The Spearman rank correlation results showed no relationship between sleep disturbances and academic achievement with a p-value of 0.095. Although they experienced sleep disturbances, the students were in the passing category for academic achievement due to other factors such as a supportive school environment that facilitated make-up exams, additional assignments, and assessments outside the academic field.

Keywords: sleep disorders, academic achievement, adolescents

ABSTRAK

Pada masa remaja mengalami perubahan pola tidur seperti perubahan waktu tidur yang singkat, waktu tidur yang tertunda dan kualitas tidur menurun. Jika kebutuhan tidur tidak terpenuhi secara kuantitas maupun kualitas dapat mengakibatkan masalah gangguan tidur. Gangguan tidur yang dialami remaja disebabkan oleh beberapa faktor seperti lingkungan dan penggunaan media elektronik. Gangguan tidur dapat mempengaruhi kesehatan fisik. Jika kesehatan fisik menurun dapat mempengaruhi prestasi belajar. Hal ini disebabkan karena siswa terhambat dalam mengikuti proses pembelajaran. Fenomena yang ditemukan di SMA Katolik Karitas 3 Surabaya bahwa siswa siswi mengatakan merasa tidak puas dengan waktu tidur, sering terbangun di malam hari dan sulit untuk memulai tidur kembali dan merasa tidak segar di pagi hari sehingga sulit fokus saat belajar sehingga mendapatkan nilai dibawah KKTP < 73 . Tujuan penelitian ini untuk menganalisis adanya gangguan tidur siswa siswi di SMA Katolik Karitas 3 Surabaya. Desain penelitian ini adalah *correlation study* dengan rancangan *cross-sectional*. Populasi dalam penelitian ini adalah seluruh siswa siswi kelas X di SMA Katolik Karitas 3 Surabaya yang memenuhi kriteria inklusi. Sampel dalam penelitian ini sejumlah 57 responden yang dipilih menggunakan teknik *purposive sampling*. Gangguan tidur dinilai dengan menggunakan kuesioner *Sleep Disturbance Scale For Children* (SDSC) dan prestasi belajar dalam dilihat dari nilai raport. Hasil penelitian menunjukkan 74% responden mengalami gangguan tidur. Sebanyak 98% responden memiliki kategori lulus dalam prestasi belajar. Hasil korelasi *Rank Spearman* menunjukkan tidak ada hubungan antara gangguan tidur dengan prestasi belajar dengan nilai ($p = 0,095$). Walaupun mengalami gangguan tidur, siswa siswi masuk dalam kategori lulus prestasi belajar, karena adanya faktor lain seperti lingkungan sekolah yang memadai yang memfasilitasi adanya ujian susulan, tugas tambahan dan penilaian-penilaian di luar bidang akademik.

Kata Kunci : gangguan tidur, prestasi belajar, remaja

