

ABSTRAK

Valerie Ongko (01071180006)

HUBUNGAN ANTARA KUALITAS TIDUR TERHADAP REGULASI EMOSI PADA MAHASISWA FAKULTAS KEDOKTERAN UNIVERSITAS PELITA HARAPAN

(v + 57 halaman: 7 gambar; 5 tabel; 4 lampiran)

Kebutuhan tidur yang cukup sangat berperan bagi kesehatan seseorang. Salah satu kebutuhan tidur berdampak kepada emosi, yang secara sadar dan tidak sadar, dialami seseorang setiap harinya. Bagaimana seseorang meregulasikan emosinya dapat berdampak baik, maupun buruk, dan berefek terhadap status mental emosionalnya.

Penelitian dilakukan menggunakan teknik *convenience sampling* secara potong lintang. Penilaian utama ialah kualitas tidur menggunakan *Pittsburgh Sleep Quality Index* (PSQI) dan strategi regulasi emosi yang dipakai menggunakan *Emotion Regulation Questionnaire* (ERQ).

Penelitian dilakukan menggunakan data 110 responden. Sebanyak 64 (70,3%) responden memiliki kualitas tidur yang baik dan menggunakan *Cognitive Reappraisal* dan sebanyak 27 (29,7%) responden yang memiliki kualitas tidur yang buruk juga menggunakan *Cognitive Reappraisal*. Lalu, sebanyak 8 (42,1) responden yang memiliki kualitas tidur baik menggunakan *Emotion Suppression*. Sebanyak 11 (57,9) responden memiliki kualitas tidur yang buruk dan menggunakan *Emotion Suppression*. Hasil nilai p signifikan yakni 0,037.

Terdapat hubungan yang signifikan dimana kualitas tidur yang buruk menyebabkan strategi regulasi emosi yang buruk yaitu *Emotion Suppression*.

Kata kunci: Kualitas tidur, Regulasi emosi, *Cognitive Reappraisal*, *Emotion Suppression*

Referensi: 5 (2006 – 2017)

ABSTRACT

Valerie Ongko (01071180006)

THE RELATIONSHIP BETWEEN SLEEP QUALITY AND EMOTION REGULATION IN MEDICAL STUDENTS OF PELITA HARAPAN UNIVERSITY

(v + 57 pages; 7 pictures; 5 tables; 4 attachments)

Sleep has always been the most important thing behind someone's health and well-being. One consequence regarding sleep is the way it affects our emotional status, which, conscious or unconscious, affects everyone every day. How someone regulates their emotion can have a good or bad effect towards oneself, as well as their mental emotional state.

This research will be conducted using convenience sampling technique and by cross-sectional. The primary outcome measured were sleep quality using Pittsburgh Sleep Quality Index (PSQI) and the emotion regulation strategy used with Emotion Regulation Questionnaire (ERQ).

Research was done with the help of 110 respondents. About 64 (70,3%) respondents with good sleep quality uses Cognitive Reappraisal and 27 (29,7%) respondents with poor sleep quality uses Cognitive Reappraisal. The remaining respondents, 8 (42,1) of whom have good sleep quality uses Emotion Suppression while the rest, 11 (57,9) with poor sleep quality uses Emotion Suppression. P value is significant, 0,037.

There is a significant relationship where poor sleep quality affects poor emotion regulation strategy, Emotion Suppression.

Key word: Sleep quality, Emotion regulation, Cognitive Reappraisal, Emotion Suppression

Reference: 5 (2006 – 2017)