

ABSTRAK

Latar belakang: Sejak pandemi COVID-19 tahun 2020 pemerintah Indonesia memberlakukan sistem Pembelajaran Jarak Jauh (PJJ) di seluruh sekolah termasuk di Fakultas Kedokteran UPH. Tekanan stres saat PJJ dapat meningkatkan hormon kortisol sehingga menyebabkan siklus REM memanjang, akibatnya kualitas tidur menjadi buruk. Kualitas tidur buruk menyebabkan *insulin resistance*, hormon kortisol tinggi, dan meningkatnya hormon ghrelin sehingga nafsu makan meningkat. Walaupun sebelum pandemi COVID-19 telah dilaporkan adanya hubungan bermakna antara kualitas tidur dengan nafsu makan, namun belum banyak diteliti hubungannya selama masa pandemi, khususnya pada mahasiswa Fakultas Kedokteran Universitas Pelita Harapan yang menjalani PJJ.

Tujuan penelitian: Mengetahui hubungan antara kualitas tidur buruk dengan nafsu makan berlebih pada mahasiswa FK UPH di masa pandemi COVID-19.

Metode penelitian: Desain penelitian ini adalah komparatif kategorik tidak berpasangan, metode *purposive sampling*. Penelitian dilakukan dengan menyampaikan kuesioner PSQI dan BES melalui *google form* kepada 239 responden mahasiswa FK UPH angkatan 2021. Data kualitas tidur dan nafsu makan berlebih akan di tabulasi menggunakan *Microsoft excel* dan dianalisa hubungannya dengan uji *Pearson's Chi Square* dengan program SPSS-25.

Hasil dan Pembahasan: Dari 80 responden yang memenuhi kriteria inklusi, ditemukan 74 responden dengan kualitas tidur buruk dan 6 responden dengan kualitas tidur normal. Dari kelompok kualitas tidur buruk terdapat 44 responden dengan nafsu makan berlebih dan 30 dengan nafsu makan normal. Hubungan kedua variabel tersebut dianalisa secara statistik dengan uji *Pearson's Chi-Square* menunjukkan hubungan yang bermakna dengan $p \text{ value} = 0,042$ dan $\text{odd ratio} = 7,333$. Penelitian sebelum pandemi COVID-19 menunjukkan hasil yang tidak berbeda. Hal tersebut diduga karena respon stres meningkatkan hormon kortisol sehingga terjadinya kualitas tidur yang buruk. Hormon kortisol yang tinggi dan *insulin resistance* akibat kualitas tidur buruk dapat meningkatkan hormon ghrelin sehingga nafsu makan menjadi berlebih.

Kesimpulan: Terdapat hubungan antara kualitas tidur buruk dengan nafsu makan berlebih dengan kecenderungan 7,3 kali lebih sering terjadi nafsu makan berlebih akibat kualitas tidur buruk.

Kata kunci : Pandemi COVID-19, Kualitas Tidur, Nafsu Makan, Mahasiswa FK UPH

ABSTRACT

Background: Since the COVID-19 pandemic started in 2020, Indonesian government stated students are required to study from home including medical students of Universitas Pelita Harapan (UPH). Academic related stress causes cortisol hormone to increase which causes extended duration of REM cycle thus disturbing the quality of sleep of an individual. Poor sleep quality causes insulin resistance and high cortisol level hence high level of ghrelin hormone which triggers appetite. It has been reported before the COVID-19 pandemic that poor sleep quality is associated with increase in appetite. However, there aren't many reports particularly on UPH's medical student during the COVID-19 online class.

Objective : To understand the relationship between poor quality of sleep and increase in appetite on student from Faculty of Medicine, Universitas Pelita Harapan during the COVID-19 pandemic.

Methods : This comparative analysis study with purposive sampling was sent to 239 students from UPH medical students batch 2021. The study was conducted by an online survey using google form consist of PSQI and BES questionnaires. Data obtained were processed using Microsoft excel and analyzed using Pearson's Chi Square test in SPSS-25.

Results and Discussion: Based on 80 sample, the result shows 74 students experience poor quality of sleep with 44 students experience binge eating and 30 experience normal appetite. Both variables were analyzed using Pearson's Chi-Square indicate an association between poor quality of sleep and increase in appetite with a p value = 0,042 and odd ratio = 7,333. Studies before the pandemic suggest an association between two variables caused by the stress response to increase the cortisol level and causing poor sleep quality. Poor sleep quality causes insulin resistance and high cortisol level hence high level of ghrelin hormone which triggers appetite.

Conclusion: These findings suggest poor quality of sleep and increase in appetite were associated with 7,3 times likely an increase in appetite to happened caused by poor quality of sleep.

Keywords : COVID-19 Pandemic, Quality of Sleep, Appetite, Medical Student of UPH