

## ABSTRAK

### HUBUNGAN COVID-19 DENGAN KEJADIAN EXCESSIVE DAYTIME SLEEPINESS PADA MAHASISWA KEDOKTERAN

Gelbert Reginald Thiotansen<sup>1</sup>, Jeremia Siregar<sup>2</sup>

1. Fakultas Kedokteran, Universitas Pelita Harapan

#### Latar Belakang

Wabah penyakit coronavirus 2019 (COVID-19) merupakan ancaman berat bagi kesehatan masyarakat di seluruh dunia pada abad ke-21. Penyakit yang dinamai oleh *World Health Organization* (WHO) pada Februari 2020 ini mengharuskan masyarakat untuk menggunakan masker, menjaga jarak, dan melakukan karantina secara mandiri. Selama pandemi COVID-19, gangguan tidur merupakan hal yang sering terjadi terutama pada pasien COVID-19, anak-anak, remaja, mahasiswa, dan petugas kesehatan. Ditemukan beberapa penelitian yang menyebutkan bahwa terdapat pengaruh dari COVID-19 terhadap kualitas tidur, dan kondisi psikologis dari pasien COVID-19. terdapat juga penelitian-penelitian sebelumnya mengenai hubungannya dengan Excessive Daytime Sleepiness (EDS) dan menyatakan adanya hubungan yang signifikan antara kualitas tidur, depresi, kecemasan, dan stres dengan EDS. Maka dari itu, penelitian ini akan menganalisis tentang hubungan COVID-19 dengan EDS pada mahasiswa Fakultas Kedokteran Universitas Pelita Harapan.

#### Tujuan

Untuk mengetahui hubungan antara COVID-19 dengan kejadian *Excessive Daytime Sleepiness* pada mahasiswa kedokteran FK UPH

#### Hipotesis

Terdapat hubungan antara COVID-19 dengan kejadian *Excessive Daytime Sleepiness* pada mahasiswa kedokteran FK UPH

#### Metode

Penelitian dilakukan dengan menggunakan desain studi analitik komparatif kategorik tidak berpasangan dengan desain potong lintang pada mahasiswa kedokteran FK UPH. Metode pengambilan sampel dilakukan dengan cara *purposive sampling*.

#### Kata Kunci

COVID-19, Excessive Daytime Sleepiness, Kualitas Tidur, Depresi, Kecemasan, Stres

#### Referensi

44

## ABSTRACT

### RELATIONSHIP BETWEEN COVID-19 WITH THE INCIDENT OF EXCESSIVE DAYTIME SLEEPINESS IN MEDICAL STUDENTS

Gelbert Reginald Thiotansen<sup>1</sup>, Jeremia Siregar<sup>2</sup>

1. Fakultas Kedokteran, Universitas Pelita Harapan

#### **Background**

The 2019 coronavirus disease (COVID-19) outbreak poses a severe threat to public health worldwide in the 21<sup>st</sup> century. This disease, which was named by the World Health Organization (WHO) in February 2020, requires people to wear masks, maintain distance and self-quarantine. During the COVID-19 pandemic, sleep disorders are common, especially among COVID-19 patients, children, teenagers, university students, and healthcare workers. Several studies were found which stated that there was an influence of COVID-19 on sleep quality and the psychological condition of COVID-19 patients. There are also previous studies regarding its relationship with Excessive Daytime Sleepiness (EDS) and stated that there is a significant relationship between sleep quality, depression, anxiety, and stress with EDS. Therefore, this research will analyze the relationship between COVID-19 and EDS in students of the Universitas Pelita Harapan Faculty of Medicine

#### **Aim**

To find out the relationship between COVID-19 and the incidence of Excessive Daytime Sleepiness in FK UPH medical students

#### **Hypothesis**

There is a relationship between COVID-19 and the incidence of Excessive Daytime Sleepiness in FK UPH medical students

#### **Methods**

The Research was conducted using an unpaired categorical comparative analytical study design with a cross-sectional design among medical students at the UPH Faculty of Medicine. The sampling method was carried out with the use of purposive sampling.

#### **Keywords**

COVID-19, Excessive Daytime Sleepiness, Sleep Quality, Depression, Anxiety, Stress

#### **Reference**

44