

ABSTRAK

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HUBUNGAN KUALITAS TIDUR DAN KESEHATAN JIWA PADA REMAJA INDONESIA SELAMA MASA PANDEMI COVID-19.

Latar Belakang: Kualitas tidur yang benar memiliki dampak yang sangat besar terhadap pertumbuhan para remaja dalam aspek fisik maupun mental. Namun, jumlah remaja yang sedang menderita gangguan tidur banyak. Menurut penelitian pada tahun 2015, menunjukkan 11,7% penduduk Indonesia menderita gangguan tidur baik kualitas, maupun lamanya tidur. Dengan terjadinya pandemic COVID-19, penerapan PSBB dan PJJ, kualitas tidur masyarakat mulai terganggu dan gangguan jiwa pun meningkat di Indonesia. Terdapat banyak faktor yang mempengaruhi kesehatan jiwa pada remaja, dan salah satunya adalah kualitas tidur. Penelitian ini masih terbatas di Indonesia, terutama pada populasi remaja pada masa pandemi COVID-19.

Tujuan: Penelitian ini ingin mengetahui hubungan kualitas tidur terhadap kesehatan jiwa pada remaja di Indonesia pada masa pandemi COVID-19.

Hipotesis: Terdapat hubungan antara Kualitas tidur dengan kesehatan jiwa pada remaja di Indonesia selama masa pandemi COVID-19.

Metode: Penelitian ini menggunakan metode studi potong lintang (*cross-sectional*) yang dilakukan pada 160 remaja di Indonesia yang memenuhi kriteria penelitian. Populasi sampel diambil dengan metode *non-probability sampling*. Data akan diperoleh dengan meminta subjek penelitian untuk mengisi kuesioner PSQI dan Kessler-10 yang sudah tervalidasi di Indonesia, dan juga mengisi data mengenai status social ekonominya. Uji statistik yang digunakan adalah *chi-square* dan data akan dianalisa menggunakan IBM SPSS versi 23.0.

Hasil: Terdapat hubungan moderat antara kualitas tidur dengan kesehatan jiwa pada responden remaja pada pandemi COVID-19 ($p=0$)

Simpulan: Terdapat hubungan antara kualitas tidur dengan kesehatan jiwa pada responden remaja.

Kata Kunci: Kualitas tidur, kesehatan jiwa, remaja, pandemi COVID-19

ABSTRACT

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THE RELATIONSHIP BETWEEN SLEEP QUALITY AND MENTAL HEALTH OF INDONESIAN TEENAGERS DURING THE COVID-19 PANDEMIC

Background: *The right quality of sleep has a huge impact on the growth of teenagers in physical and mental health aspects. However, the number of teenagers who are suffering from sleep disorders are many. According to a research in 2015, it was shown that 11.7% of the Indonesian population suffered from sleep disorders, both in terms of quality and duration of sleep. With the COVID-19 pandemic, the implementation of PSBB and PJJ, people's sleep quality has begun to be disturbed and mental disorders have increased in Indonesia. There are many factors that affect mental health in adolescents, and one of them is sleep quality. This research is still limited in Indonesia, especially in the adolescent population during the COVID-19 pandemic.*

Objective: *This study aims to investigate the relationship between Quality of sleep and mental health of adolescent during the COVID-19 pandemic.*

Hypothesis: *There is a correlation between quality of sleep and mental health of adults in Indonesia during the COVID-19 pandemic*

Method: *A cross-sectional study is conducted on teenagers in Indonesia who fulfil the study's criteria. The sample population is collected by non-probability sampling. Data is collected by having the subject fill out the PSQI and Kessler-10 questionnaires which have both been validated for use in Indonesia, and to also fill out data regarding the subject's socioeconomic status. The statistical test used for this study is chi-square test and data analysis is done by using IBM SPSS version 23.0*

Results: *There is a moderate relationship between sleep quality and mental health in teenagers in Indonesia during the COVID-19 pandemic ($p=.0$)*

Conclusion: *There is a relationship between sleep quality and mental health in teenagers in Indonesia during the COVID-19 pandemic.*

Keywords: *Quality of sleep, mental health, adolescent, COVID-19 pandemic*