

**PROGRAM STUDI ILMU KEPERAWATAN  
FAKULTAS ILMU KESEHATAN  
UNIVERSITAS AWAL BROS**

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**HUBUNGAN *SLEEP HYGIENE* DENGAN KUALITAS TIDUR PADA  
SISWA JURUSAN KEPERAWATAN DI SMK NEGERI 8 BATAM**

**116 Hal + 11 Tabel + 2 Skema + 14 Lampiran**

**ABSTRAK**

Tidur yang berkualitas sangat penting bagi remaja, khususnya siswa jurusan keperawatan yang menghadapi tuntutan akademik tinggi dan jadwal praktik padat. *Sleep hygiene* yang buruk dapat memengaruhi kualitas tidur serta berdampak pada konsentrasi, kesehatan fisik, dan mental. Penelitian ini bertujuan mengetahui hubungan antara *sleep hygiene* dengan kualitas tidur pada siswa jurusan keperawatan di SMK Negeri 8 Batam. Penelitian menggunakan desain kuantitatif dengan pendekatan *cross-sectional*. Sebanyak 62 siswa dipilih sebagai responden menggunakan teknik *cluster sampling*. Instrumen penelitian adalah *Adolescent Sleep Hygiene Scale* (ASHS) dan *Pittsburgh Sleep Quality Index* (PSQI), dengan analisis data menggunakan uji korelasi Spearman. Hasil penelitian menunjukkan rata-rata *sleep hygiene* siswa jurusan keperawatan sebesar  $(4,11 \pm 0,50)$ , dengan 29 responden (46,8%) memiliki *sleep hygiene* baik dan 33 responden (53,2%) buruk. Sementara itu, kualitas tidur siswa jurusan keperawatan sebagian besar baik yaitu 20 responden (32,3%) dan buruk 42 responden (67,7%). Hasil uji statistik menunjukkan adanya hubungan yang bersifat negatif dengan kategori sedang-cukup kuat antara *sleep hygiene* dan kualitas tidur ( $\rho = -0,593$ ;  $p = 0,000$ ). Artinya, semakin buruk kebiasaan tidur siswa, semakin buruk pula kualitas tidurnya. Penelitian ini menyimpulkan bahwa terdapat hubungan antara *sleep hygiene* dengan kualitas tidur pada siswa jurusan keperawatan di SMK Negeri 8 Batam, sehingga pihak sekolah diharapkan memberikan edukasi untuk membentuk kebiasaan tidur yang sehat.

**Kata Kunci:** *Sleep hygiene*, kualitas tidur, remaja, siswa keperawatan

**NURSING SCIENCE STUDY PROGRAM  
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***THE RELATIONSHIP BETWEEN SLEEP HYGIENE AND SLEEP QUALITY  
AMONG NURSING STUDENTS AT SMK NEGERI 8 BATAM***

***116 Pages + 11 Tables + 2 Schemes + 14 Attachments***

***ABSTRACT***

*Quality sleep is very important for adolescents, especially nursing students who face high academic demands and intensive practice schedules. Poor sleep hygiene can affect sleep quality and have an impact on concentration, physical health, and mental well-being. This study aimed to determine the relationship between sleep hygiene and sleep quality among nursing students at SMK Negeri 8 Batam. The study used a quantitative design with a cross-sectional approach. A total of 62 students were selected as respondents using cluster sampling. The research instruments were the Adolescent Sleep Hygiene Scale (ASHS) and the Pittsburgh Sleep Quality Index (PSQI), and data were analyzed using the Spearman correlation test. The results showed that the average sleep hygiene score of nursing students was  $(4.11 \pm 0.50)$ , with 29 respondents (46.8%) having good sleep hygiene and 33 respondents (53.2%) poor sleep hygiene. Meanwhile, the sleep quality of nursing students was mostly good in 20 respondents (32.3%) and poor in 42 respondents (67.7%). Statistical analysis indicated a negative relationship of moderate strength between sleep hygiene and sleep quality ( $\rho = -0.593$ ;  $p = 0.000$ ). This means that the poorer the students' sleep habits, the worse their sleep quality. The study concludes that there is a relationship between sleep hygiene and sleep quality among nursing students at SMK Negeri 8 Batam, and it is expected that schools provide education to help students develop healthier sleep habits.*

***Keywords:*** *Sleep hygiene, sleep quality, adolescents, nursing students*