

HUBUNGAN GANGGUAN TIDUR TERHADAP PRESTASI AKADEMIK
MURID SMP NEGERI 1 PADANG



Diajukan ke Fakultas Kedokteran Universitas Andalas sebagai Pemenuhan Salah
Satu Syarat untuk Mendapatkan Gelar Sarjana Kedokteran

Oleh

INDAH WIDYASARI HERGAF

No.BP. 1310311064

FAKULTAS KEDOKTERAN

UNIVERSITAS ANDALAS

PADANG

2016

SLEEP DISORDERS RELATED TO JUNIOR HIGH SCHOOL 1 PADANG STUDENT ACHIEVEMENT

**By
Indah Widyasari Hergaf**

ABSTRACT

Sleep is a basic need that varies for every human being. Sleep patterns could change with everyday activities that caused decreased need for sleep. Thus causing frequent excessive sleepiness during the day. Groups at high risk for sleep disturbance are teenager, due to hormonal changes and shifts circadian rhythms in teens.

The purpose of this study is to identify and explain the relationship between sleep disorders to academic achievement students Junior High School 1 Padang. This research was an analytic research with cross sectional study design in February 2016 - November 2016 at Junior High School 1 Padang.

Total respondents were 106 people selected by simple random sampling technique. Data on sleep disorders are taken using a questionnaire Sleep Disturbance Scale for Children (SDSC) and academic achievement data are from the end of the semester exam in grade VIII. The results of the bivariate analysis with chi square test showed that junior high school students who experience sleep disturbances with deficient academic performance as many as 38 people (80.9%) and with excellent academic achievement were 9 people (19.1%). While the junior high school students who do not have sleep disorders but has deficient academic performance as many as 30 people (50.8%) and with excellent academic performance as much as 29 people (49.2%).

Based on the analysis by chi square test, concluded that there was significant relationship between sleep disorders to academic achievement students Junior High School 1 Padang ie, $p\text{-value} = 0.003$ ($p < 0.05$).

Keywords: sleep disorders, academic achievement, teenager