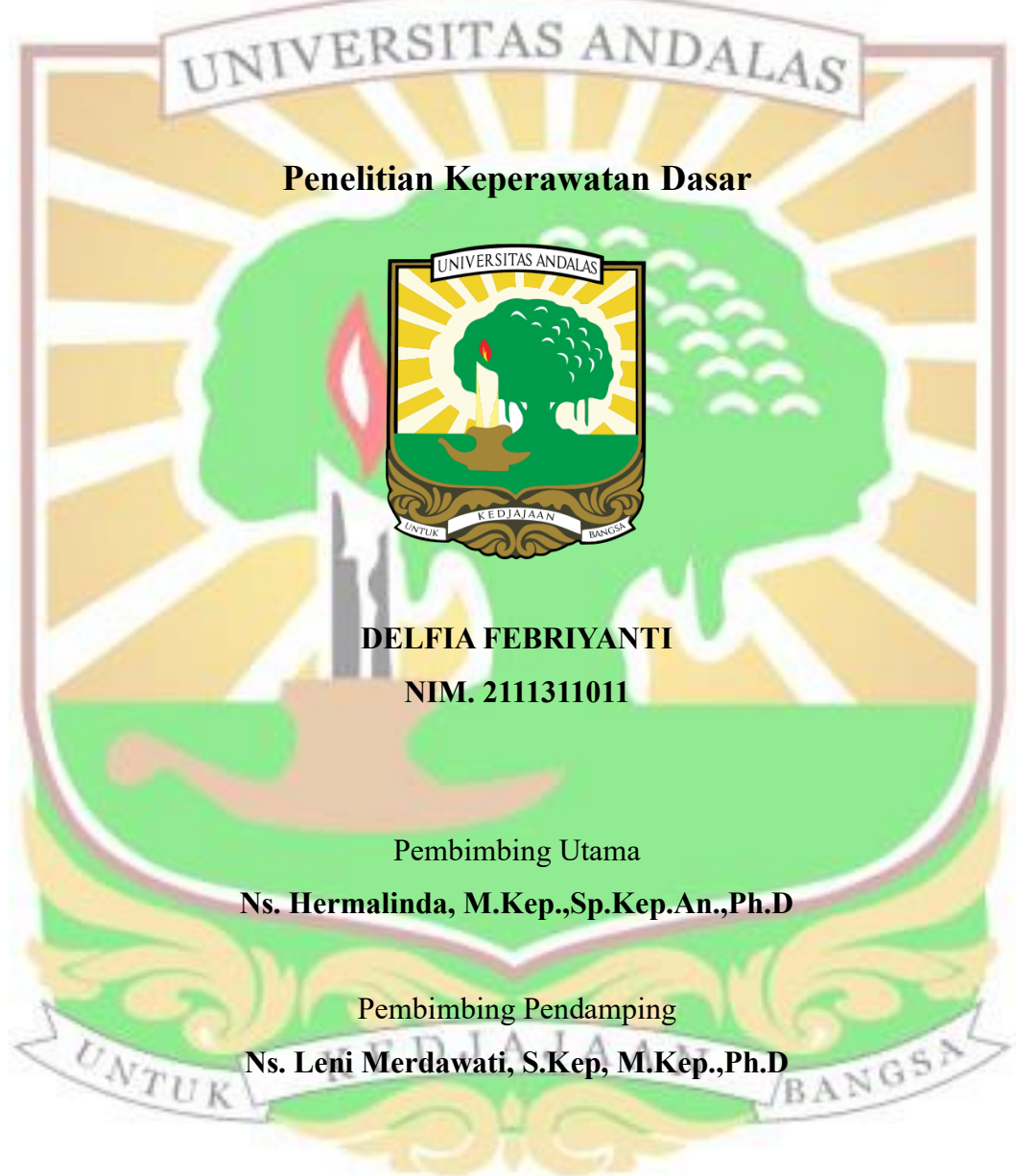


SKRIPSI

**HUBUNGAN INSOMNIA DAN *SLEEP HYGIENE* DENGAN KEJADIAN
EXCESSIVE DAYTIME SLEEPINESS (EDS) PADA MAHASISWA
PROGRAM STUDI S1 KEPERAWATAN UNIVERSITAS ANDALAS**



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Hubungan Insomnia dan *Sleep Hygiene* dengan Kejadian *Excessive Daytime Sleepiness* (EDS) pada Mahasiswa Program Studi S1 Keperawatan Universitas Andalas

ABSTRAK

Rasa kantuk berlebihan di siang hari (*Excessive Daytime Sleepiness*/EDS) merupakan kondisi yang sangat umum terjadi pada mahasiswa dan berkaitan dengan gangguan kesehatan jangka panjang, gangguan kognitif, dan psikologis. Penyebab EDS sangat beragam, termasuk insomnia dan *sleep hygiene*. Penelitian mengenai hubungan antara insomnia, *sleep hygiene* dan EDS pada mahasiswa keperawatan di Universitas Andalas masih terbatas. Penelitian ini bertujuan mengidentifikasi hubungan antara insomnia dan *sleep hygiene* dengan kejadian EDS pada Mahasiswa Program Studi S1 Keperawatan Universitas Andalas. Metode penelitian menggunakan pendekatan *cross sectional study* dengan jumlah sampel 251 mahasiswa Fakultas Keperawatan yang dipilih melalui teknik *Proportionate stratified random sampling*. Instrumen yang digunakan pada penelitian ini kuesioner *Epworth Sleepiness Scale* (ESS), *Insomnia Severity Index* (ISI) dan *Sleep Hygiene Index* (SHI). Hasil penelitian menunjukkan bahwa hampir setengah (48,6%) mahasiswa mengalami insomnia, 64,5% memiliki tingkat *sleep hygiene* sedang dan 47,8% mengalami EDS. Analisis bivariat menggunakan uji *Chi-Square* menunjukkan adanya hubungan yang signifikan antara *sleep hygiene* dengan kejadian EDS ($p\text{-value} < 0.001$). Namun, tidak terdapat hubungan antara insomnia dengan EDS pada mahasiswa Program Studi S1 Keperawatan Universitas Andalas. Oleh karena itu, disarankan agar institusi pendidikan keperawatan mengintegrasikan edukasi mengenai *sleep hygiene* ke dalam program promosi kesehatan mahasiswa. Upaya ini diharapkan dapat meningkatkan kualitas tidur, mencegah EDS, dan mendukung optimalisasi fungsi kognitif serta performa akademik mahasiswa.

Kata Kunci: *Excessive Daytime Sleepiness* (EDS); Insomnia; *Sleep Hygiene*; Mahasiswa Keperawatan; Kualitas Tidur

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Relationship of Insomnia and Sleep Hygiene with The Accident of Excessive Daytime Sleepiness (EDS) in Undergraduate Nursing Students at Andalas University

ABSTRACT

Excessive daytime sleepiness (EDS) is a very common condition among students and is associated with long-term health problems, cognitive disorders, and psychological disorders. The causes of EDS are diverse, including insomnia and poor sleep hygiene. Research on the relationship between insomnia, sleep hygiene, and EDS among nursing students at Andalas University is still limited. This study aims to identify the relationship between insomnia and sleep hygiene with the occurrence of EDS among undergraduate nursing students at Andalas University. The research method used a cross-sectional study approach with a sample size of 251 nursing students selected through proportionate stratified random sampling. The instruments used in this study were the Epworth Sleepiness Scale (ESS), Insomnia Severity Index (ISI), and Sleep Hygiene Index (SHI) questionnaires. The results showed that nearly half (48.6%) of the students experienced insomnia, 64.5% had moderate sleep hygiene, and 47.8% experienced EDS. Bivariate analysis using the Chi-Square test revealed a significant association between sleep hygiene and the occurrence of EDS (p -value < 0.001). However, there was no association between insomnia and EDS among nursing students at the University of Andalas. Therefore, it is recommended that nursing education institutions integrate sleep hygiene education into student health promotion programs. This effort is expected to improve sleep quality, prevent EDS, and support the optimization of cognitive function and academic performance among students.

Keywords: *Excessive Daytime Sleepiness (EDS); Insomnia; Sleep Hygiene; Nursing Students; Sleep Quality*

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