



UNIVERSITAS ANDALAS

**DETERMINAN KUALITAS TIDUR PADA SISWA
DI SMA NEGERI 9 PADANG TAHUN 2025**

Oleh:

DINDA MODISA

NIM. 2111213042

Pembimbing 1 : Kamal Kasra, S.K.M., M.Q.I.H., Ph.D.

Pembimbing 2 : Melisa Yenti, S.K.M., M.K.M.

Diajukan Sebagai Pemenuhan Syarat untuk Mendapatkan

Gelar Sarjana Kesehatan Masyarakat

FAKULTAS KESEHATAN MASYARAKAT

UNIVERSITAS ANDALAS

PADANG, 2025

**FAKULTAS KESEHATAN MASYARAKAT
UNIVERSITAS ANDALAS**

Skripsi, Agustus 2025

DINDA MODISA, NIM. 2111213042

**DETERMINAN KUALITAS TIDUR PADA SISWA DI SMA NEGERI 9 PADANG
TAHUN 2025**

xiv + 180 halaman, 28 tabel, 2 gambar, 6 lampiran

ABSTRAK

Tujuan Penelitian

Studi pendahuluan menunjukkan 74,5% siswa SMA Negeri 9 Padang mengalami kualitas tidur buruk dengan rata-rata tidur 5,5 jam per malam. Sebagian besar mengaku sering mengantuk di kelas akibat begadang karena penggunaan gawai berlebihan yang berpotensi adiktif. Penelitian sebelumnya menegaskan pentingnya faktor jenis kelamin, pengetahuan, stres akademik, durasi penggunaan gawai, dan perilaku adiktif. Oleh karena itu, penelitian ini bertujuan mengetahui determinan kualitas tidur siswa SMA Negeri 9 Padang tahun 2025.

Metode

Penelitian kuantitatif desain *cross sectional*, dilaksanakan Januari hingga Agustus 2025. Populasi penelitian seluruh siswa SMAN 9 Padang dengan sampel 176 dipilih secara *purposive* sampling. Data diperoleh melalui kuesioner (kualitas tidur, jenis kelamin, pengetahuan, stres akademik, perilaku adiktif penggunaan gawai) serta *screen time tracking* (durasi penggunaan gawai) dan dianalisis secara univariat dan bivariat menggunakan *chi-square*.

Hasil

Hasil penelitian menunjukkan 69,3% siswa SMAN 9 Padang memiliki kualitas tidur buruk. Terdapat hubungan antara pengetahuan ($p\text{-value} = 0,040$), stres akademik ($p\text{-value} = 0,014$), dan perilaku adiktif penggunaan gawai ($p\text{-value} = 0,043$) dengan kualitas tidur. Namun, jenis kelamin ($p\text{-value} = 0,858$) dan durasi penggunaan gawai ($p\text{-value} = 1,000$; rata-rata 7jam/ hari) tidak menunjukkan hubungan yang signifikan.

Kesimpulan

Semakin kurang pengetahuan, tingginya stres akademik, dan perilaku adiktif penggunaan gawai, maka semakin buruk kualitas tidur siswa SMAN 9 Padang. Peran orang tua diperlukan menciptakan lingkungan tidur yang kondusif, memberikan dukungan emosional serta membatasi penggunaan gawai di rumah.

Daftar Pustaka : 128 (2015-2024)

Kata Kunci : Kualitas tidur, siswa, determinan

**FACULTY OF PUBLIC HEALTH
ANDALAS UNIVERSITY**

Undergraduate Thesis, August 2025

DINDA MODISA, NIM. 2111213042

**DETERMINANTS OF SLEEP QUALITY AT STUDENTS OF SENIOR HIGH
SCHOOL 9 PADANG IN 2025**

xiv + 180 pages, 28 tables, 2 pictures, 6 attachments

ABSTRACT

Objective:

Preliminary study revealed that 74.5% of students at SMA Negeri 9 Padang experienced poor sleep quality with an average sleep duration of only 5.5 hours per night. Most students reported frequent drowsiness in class due to staying up late, primarily caused by excessive and potentially addictive gadget use. Previous studies have emphasized the importance of factors such as gender, knowledge, academic stress, gadget use duration, and addictive behavior. Therefore, this study aims to identify the determinants of sleep quality among students at SMA Negeri 9 Padang in 2025.

Method:

This quantitative study with a cross-sectional design was conducted from January to August 2025. The population consisted of all students at SMA Negeri 9 Padang, with a sample of 176 selected through purposive sampling. Data were collected using questionnaires (sleep quality, gender, knowledge, academic stress, and addictive gadget use) and screen time tracking (screen time duration), and analyzed using univariate and bivariate methods with chi-square tests.

Results:

The study found that 69.3% of students at SMA Negeri 9 Padang had poor sleep quality. Significant associations were found between knowledge ($p = 0.040$), academic stress ($p = 0.014$), and addictive gadget use ($p = 0.043$) with sleep quality. However, gender ($p = 0.858$) and screen time duration ($p = 1.000$; average 7 hours/day) were not significantly associated.

Conclusion:

Lower knowledge, higher academic stress, and addictive gadget use were associated with poorer sleep quality among students at SMA Negeri 9 Padang. The role of parents is essential in creating a conducive sleep environment, providing emotional support, and setting boundaries for gadget use at home.

References :128 (2015–2024)

Keywords : Sleep quality, students, determinants