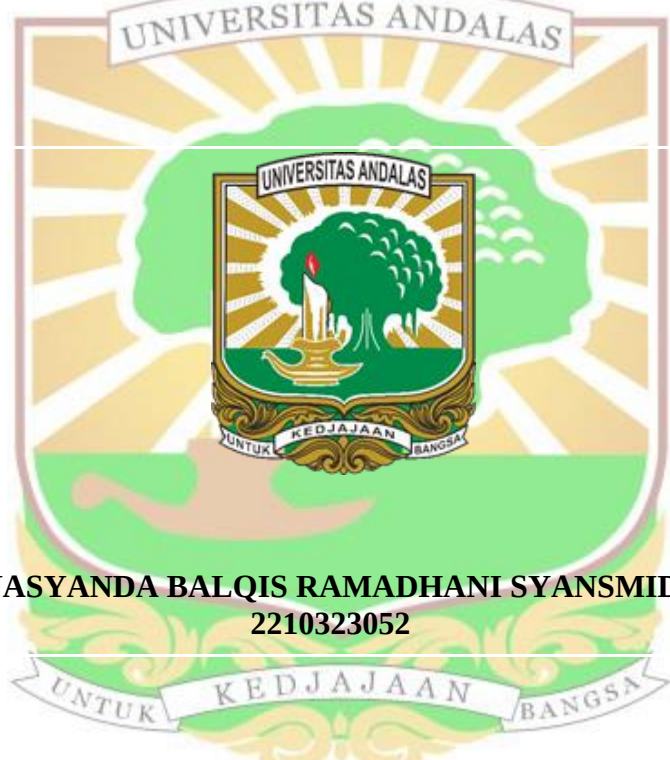


**HUBUNGAN ANTARA *SLEEP QUALITY* DAN *EXECUTIVE FUNCTION*  
PADA DOKTER MUDA**

**SKRIPSI**

**Diajukan Untuk Memenuhi Salah Satu Syarat Untuk Mendapatkan  
Gelar Sarjana Psikologi**



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## ***The Relationship between Sleep Quality and Executive Function in Clinical Clerkship Students***

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### **ABSTRACT**

Clerkship students face various academic and clinical responsibilities during their professional education program, which can potentially decrease sleep quality. This sleep quality condition is related to executive function capacity in planning, organizing information, managing time, controlling emotions, and regulating behavior. This study aimed to determine the relationship between sleep quality and executive function among young doctors. Data were collected from 99 young doctors in Padang City who had completed a minimum of six months of clinical rotation, selected using a convenience sampling method. This study adapted the Pittsburgh Sleep Quality Index (PSQI) ( $\alpha = .783$ ) and the Executive Skills Questionnaire-Revised (ESQ-R) ( $\alpha = .936$ ). Descriptive analysis showed that the majority of young doctors experienced poor sleep quality (66%), with executive function difficulties mostly in the average difficulty category (52.53%). The results of Pearson product-moment correlation analysis indicated a significant relationship between sleep quality and executive function among young doctors ( $r = .386$ ,  $p = .000$ ). These findings suggest that poorer sleep quality is associated with higher difficulty in executive function capacity among young doctors, and vice versa.

**Keywords:** Sleep quality, clinical clerkship students, psychological well-being

## Hubungan antara *Sleep Quality* dan *Executive Function* pada Dokter Muda

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### ABSTRAK

Dokter muda menghadapi berbagai tanggungjawab akademik dan klinis selama masa pendidikan profesi yang berpotensi menurunkan *sleep quality*. Kondisi *sleep quality* tersebut berkaitan dengan keberfungsian kemampuan *executive function* dalam membuat perencanaan, mengorganisasikan informasi, manajemen waktu, mengelola emosi dan meregulasi perilaku. Penelitian ini bertujuan untuk mengetahui hubungan antara *sleep quality* dan *executive function* pada dokter muda. Pengambilan data melibatkan 99 dokter muda di Kota Padang yang telah menjalani koas minimal selama 6 bulan dengan menggunakan teknik *convenience sampling*. Penelitian ini mengadaptasi alat ukur *Pittsburgh Sleep Quality Index* (PSQI) ( $\alpha = .783$ ) dan *Executive Skill Questionnaire - Revised* (ESQ-R) ( $\alpha = .936$ ). Hasil analisis deskriptif menunjukkan bahwa mayoritas dokter muda memiliki *sleep quality* yang buruk sebesar 66% dengan tingkat kesulitan *executive function* berada pada kategori *average difficulties* sebesar 52.53%. Hasil analisis korelasi *pearson product moment* menunjukkan bahwa terdapat hubungan yang signifikan antara *sleep quality* dan *executive function* pada dokter muda ( $r = .386$ ,  $p = .000$ ). Temuan ini menjelaskan bahwa semakin buruk *sleep quality*, maka semakin tinggi tingkat kesulitan pada kemampuan *executive function* yang dimiliki oleh dokter muda dan begitu pula sebaliknya.

**Kata Kunci:** *Sleep quality*, dokter muda, *executive function*