

ABSTRAK

HUBUNGAN TINGKAT KECEMASAN DENGAN POLA TIDUR MAHASISWA ANGGARAN 2020-2021 FAKULTAS KEDOKTERAN UNIVERSITAS PASUNDAN PADA SAAT DAN SETELAH PANDEMI COVID-19

Latar Belakang: Karena terjadi peningkatan kasus positif COVID-19, pemerintahan Indonesia akhirnya memberlakukan suatu kebijakan berupa Pembatasan Kegiatan Masyarakat (PPKM), semua kegiatan masyarakat menjadi terbatas, seperti melakukan pembelajaran, bekerja, dan kegiatan lain secara daring. Beberapa hal tersebut menyebabkan gangguan pada kesehatan mental mahasiswa seperti kecemasan, kecemasan yang berlanjut akan memengaruhi terhadap pola tidur. Pola tidur yang buruk akan menyebabkan rasa letih, merasa lemas, pusing, dan badan menjadi tidak segar.

Metode: Penelitian ini merupakan analitik komparatif dengan studi potong lintang menggunakan teknik sampel keseluruhan dan responden berjumlah 76 mahasiswa. Data diambil menggunakan kuesioner. Uji Spearman's Rho digunakan untuk analisis data.

Hasil: Pada saat pandemi COVID-19 sebanyak 65 orang (85.5%) masuk kedalam kategori kecemasan ringan dan 11 orang (14.5%) masuk kedalam kategori kecemasan sedang. Setelah pandemi COVID-19 sebanyak 67 orang (88.2%) masuk kedalam kategori kecemasan ringan dan 9 orang (11.8%) masuk kedalam kategori kecemasan sedang. Kualitas tidur pada saat pandemi COVID-19 sebanyak 68 orang (89.5%) termasuk kedalam kategori buruk dan 8 orang (10.5%) termasuk kedalam kategori baik. Setelah pandemi COVID-19 sebanyak 60 orang (78.9%) masuk kedalam kategori buruk dan 16 orang (21.1%) masuk kedalam kategori baik. Uji korelasi *Spearman* memperlihatkan bahwa terdapat hubungan tingkat kecemasan dengan kualitas tidur setelah pandemi COVID-19.

Simpulan: Terdapat hubungan antara tingkat kecemasan dengan kualitas tidur mahasiswa Angkatan 2020-2021 Fakultas Kedokteran Universitas Pasundan setelah pandemi COVID-19.

Kata Kunci: Kecemasan, Kualitas Tidur, COVID-19, Mahasiswa.

ABSTRACT

THE RELATIONSHIP OF ANXIETY LEVEL AND SLEEP PATTERNS OF 2020-2021 FACULTY OF MEDICINE STUDENTS, PASUNDAN UNIVERSITY DURING AND AFTER THE COVID-19 PANDEMIC

Background: Due to an increase in positive cases of COVID-19, the Indonesian government finally implemented a policy in the form of Community Activity Restrictions all community activities were limited, such as studying, working and other activities. Some of these things cause problems with student's mental health, such as anxiety will affect sleep patterns. Poor sleep patterns will cause fatigue, feeling weak, dizzy, and the body will not feel fresh.

Method: This research is a comparative analytic with a cross sectional study approach using a total sample technique and 76 students as respondents. Data was taken using a questionnaire. The data analysis technique uses the Spearman's Rho test.

Results: During the COVID-19 pandemic, 65 people (85.5%) were in the mild anxiety category and 11 people (14.5%) were in the moderate anxiety category. After the COVID-19 pandemic, 67 people (88.2%) fell into the mild anxiety category and 9 people (11.8%) fell into the moderate anxiety category. During the COVID-19 pandemic, 68 people (89.5%) experienced poor sleep quality and 8 people (10.5%) experienced good sleep quality. After the COVID-19 pandemic, 60 people (78.9%) were in the bad category and 16 people (21.1%) were in the good category. The Spearman correlation test shows that there is a relationship between anxiety levels and sleep quality after the COVID-19 pandemic.

Conclusion: There is a relationship between anxiety levels and sleep quality of students from the Class of 2020-2021, Faculty of Medicine, Pasundan University after the COVID-19 pandemic.

Keywords: Anxiety, Sleep Quality, COVID-19, Students.