

ABSTRAK

Latar Belakang: Gangguan kualitas tidur merupakan masalah umum pada mahasiswa kedokteran akibat tingginya beban akademik, stres, dan gaya hidup tidak teratur. Kualitas tidur yang buruk diduga dapat memengaruhi berbagai aspek kesehatan, termasuk kadar hemoglobin yang berperan penting dalam transportasi oksigen. **Tujuan:** Penelitian ini bertujuan untuk menganalisis korelasi antara kualitas tidur dengan kadar hemoglobin pada mahasiswa Fakultas Kedokteran Universitas Pasundan tahun akademik 2024/2025. **Metode:** Penelitian menggunakan desain observasional analitik dengan pendekatan *cross-sectional*. Jumlah sampel sebanyak 104 responden yang dipilih dengan teknik *simple random sampling*, terdiri dari mahasiswa tingkat I-III dan profesi. Instrumen pengukuran kualitas tidur menggunakan *Pittsburgh Sleep Quality Index* (PSQI), sedangkan kadar hemoglobin diukur menggunakan *Point of Care Testing* (POCT). Analisis data dilakukan secara univariat untuk menggambarkan distribusi responden dan bivariat menggunakan uji Spearman. **Hasil:** Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki kualitas tidur kategori sedang (44,2%) dan ringan (35,6%), sedangkan kualitas tidur buruk hanya ditemukan pada 4,8% responden. Untuk kadar hemoglobin, mayoritas responden berada pada kategori normal (64,4%), sedangkan anemia ditemukan pada 35,6% responden. Uji korelasi Spearman menunjukkan koefisien korelasi (r) = -0,102 dan nilai p = 0,304 ($p > 0,05$), yang berarti tidak terdapat korelasi signifikan antara kualitas tidur dan kadar hemoglobin. **Kesimpulan:** Mayoritas mahasiswa FK Unpas memiliki kualitas tidur pada kategori sedang hingga ringan, yang menunjukkan masih adanya masalah dalam mencapai kualitas tidur optimal. Prevalensi anemia yang cukup tinggi memperlihatkan perlunya perhatian terhadap faktor-faktor lain seperti asupan gizi, aktivitas fisik, dan manajemen stres.

Kata Kunci: kualitas tidur, kadar hemoglobin, mahasiswa kedokteran, anemia

ABSTRACT

Background: Sleep quality problems are common among medical students due to heavy academic workload, stress, and irregular lifestyle. Poor sleep quality is suspected to affect various aspects of health, including hemoglobin levels which play an essential role in oxygen transport. **Objective:** This study aimed to analyze the correlation between sleep quality and hemoglobin levels among medical students of Universitas Pasundan in the academic year 2024/2025. **Method:** This research applied an observational analytic study with a cross-sectional design. A total of 104 respondents were recruited using simple random sampling, consisting of students from the first to the third year and clinical clerkship. Sleep quality was measured using the Pittsburgh Sleep Quality Index (PSQI), while hemoglobin levels were assessed with Point of Care Testing (POCT). Data analysis was performed using univariate analysis to describe respondents' characteristics and bivariate analysis with Spearman correlation. **Results:** The results showed that most respondents had sleep quality categorized as fair (44.2%) and mild disturbance (35.6%), while only 4.8% experienced poor sleep quality. Regarding hemoglobin levels, the majority were within the normal range (64.4%), while anemia was found in 35.6% of respondents. Spearman correlation test revealed a correlation coefficient (r) = -0.102 with $p = 0.304$ ($p > 0.05$), indicating that there was no significant correlation between sleep quality and hemoglobin levels. **Conclusion:** The majority of medical students at Universitas Pasundan had sleep quality categorized as fair to mild disturbance, indicating ongoing issues in achieving optimal sleep quality. The relatively high prevalence of anemia highlights the need to pay attention to other factors such as dietary intake, physical activity, and stress management.

Keywords: sleep quality, hemoglobin level, medical students, anemia