

THE INFLUENCE OF SLEEP QUALITY DUE TO STRESS ON ACADEMIC ACHIEVEMENT OF MEDICAL STUDENT

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Abstract

Tightly packed schedules, academic pressures, and competitive atmospheres are the main sources why medical students are very vulnerable against stress during the study course. Stress may cause sleep deprivations and potentially drop the grades. Understanding the effect of stress induced sleep quality on academic achievement allows the selection of the most appropriate intervention. The purpose of this research was to discover the effect of sleep quality affected by stress towards academic achievements of students at the Medical Faculty of Universitas Ciputra Surabaya. Method used in this research was quantitative research in the form of analytical observation with a cross sectional approach. Sampling was done by taking in random sampling. Meanwhile, the population for this research were the students at the Medical Faculty of Universitas Ciputra Surabaya class 2018 and 2019. There were around 67 students for the sample of this research. Data were collected using the DASS-21 questionnaire to measure stress levels and the PSQI questionnaire to measure sleep quality. Data analysis used is a correlation test that is done to discover the connection between sleep quality and stress level. Furthermore, Linear Regression was used to find the connection between stress-affected sleep quality with academic achievement. From this research, a result was achieved by observing a total of 67 female respondents with 58,7% of them being the students from class 2018. All of the respondents suffered from stress and sleep deprivation with the majority of them at a mild level, respectively 50.8% and 73%. Moreover, correlation test results showed that there's a significant connection between sleep deprivations and stress level ($r= 0,29$; $p= 0,021$) and the regression test's result showed that sleep quality under stress didn't affect academic achievements ($p= 0,241$). Therefore, from the analysis result achieved, it can be concluded that the decrease in sleep quality due to stress doesn't affect medical students' academic achievements.

Keywords: Sleep quality, Stress level, Academic achievement, Medical Students