

**INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA CIREBON
FAKULTAS KESEHATAN
PROGRAM STUDI ILMU KEPERAWATAN**

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**HUBUNGAN KUALITAS TIDUR DENGAN KEJADIAN ANEMIA PADA
MAHASISWI PRODI STRATA SATU (S1) KEPERAWATAN FAKULTAS
KESEHATAN DI INSTITUT MAHARDIKA CIREBON**

Xvii + 66 Halaman + 5 Tabel + 2 Bagan + 12 Lampiran

ABSTRAK

Kualitas tidur adalah tingkat kepuasan seseorang dengan tidurnya. Kualitas tidur buruk dapat mecegah sekresi hormon melatonin pada tubuh dan memicu mengalami stres oksidatif yang mengakibatkan *eritrosit* melakukan *lisis* lebih cepat sehingga terjadi penurunan jumlah hemoglobin dalam darah dan dapat menyebabkan anemia.

Penelitian ini menggunakan metode kuantitatif dengan menggunakan desain korelasional dengan pendekatan cross sectional. Populasinya adalah mahasiswi regular pagi prodi S1 Keperawatan di Institut Mahardika Cirebon yang berjumlah 299 mahasiswi dan pengambilan sampel merupakan *stratified random sampling* diperoleh sebanyak 75 responden. Instrumen yang digunakan adalah kuesioner dan analisis data menggunakan uji statistik *chi square* dengan nilai signifikansi α 0,05.

Hasil analisis univariat kualitas tidur dengan kategori 60 responden dengan presentase (80,0%) mengalami kualitas tidur buruk, yang mengalami kualitas tidur baik berjumlah 15 responden dengan presentase (20,0%). Dan kejadian anemia didapatkan sebanyak 47 responden dengan presentase (62,7%) mengalami anemia, sedangkan mahasiswi yang tidak anemia berjumlah 28 dengan presentase (37,3%). Hasil analisis bivariat menunjukkan nilai p value = $0,001 < \alpha = 0,05$. Maka H_0 gagal diterima dan H_a diterima sehingga dapat disimpulkan bahwa ada hubungan antara Kualitas Tidur Dengan Kejadian Anemia Pada Mahasiswi Prodi Strata Satu (S1) Keperawatan Fakultas Kesehatan Di Institut Mahardika Cirebon.

Kata kunci : Kualitas tidur, Kejadian Anemia, Mahasiswi

Daftar Pustaka : 36 (2019-2024)

**MAHARDIKA INSTITUTE OF TECHNOLOGY AND HEALTH CIREBON
FACULTY OF HEALTH
NURSING STUDY PROGRAM**

Thesis, May 2025

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**THE RELATIONSHIP BETWEEN SLEEP QUALITY AND THE
INCIDENCE OF ANEMIA IN STUDENTS OF THE UNDERGRADUATE
STUDY PROGRAM (S1) OF NURSING FACULTY OF HEALTH AT THE
MAHARDIKA INSTITUTE CIREBON**

xvii + 66 pages + 5 tables + 2 charts + 12 appendices

ABSTRACT

Sleep quality is a person's level of satisfaction with their sleep. Poor sleep quality can interfere with the production of the hormone melatonin in the body and trigger oxidative stress which results in *erythrocytes lysizing* faster so that there is a decrease in the amount of hemoglobin in the blood and can cause anemia.

This study uses a quantitative method using a correlational design with a cross sectional approach. The population is 299 female morning regular students of the S1 Nursing study program at the Mahardika Institute Cirebon and the sampling is *stratified random sampling* obtained by 75 respondents. The instruments used were questionnaires and data analysis using *a chi square* statistical test with a significance value of 0.05.

The results of the univariate analysis of sleep quality with the category of 60 respondents with a percentage (80.0%) experienced poor sleep quality, who experienced good sleep quality amounted to 15 respondents with a percentage (20.0%). And the incidence of anemia was obtained as many as 47 respondents with a percentage (62.7%) of anemia, while female students who were not anemic amounted to 28 with a percentage (37.3%). The results of bivariate analysis showed a $p \text{ value} = 0.001 < \alpha = 0.05$. So H_0 failed to be accepted and H_a was accepted so that it can be concluded that there is a relationship between Sleep Quality and the incidence of anemia in female students of the Bachelor of Science (S1) Nursing Study Program, Faculty of Health at the Mahardika Institute Cirebon.

Keywords: Sleep quality, Incidence of Anemia, Female Student

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