

## INTISARI

### HUBUNGAN KUALITAS TIDUR DENGAN KEJADIAN ASTENOPIA PADA MAHASISWA UNIVERSITAS SAHID SURAKARTA PADA MASA PANDEMI *COVID-19*

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**Latar belakang:** Salah satu dampak dari pandemic *Covid-19* di sektor pendidikan adalah berubahnya sistem pendidikan dari tatap muka (*offline*) menjadi pendidikan daring (dalam jaringan) termasuk perkuliahan di Universitas Sahid Surakarta. Selama pandemi *Covid-19* ini tugas-tugas perkuliahan, mahasiswa menjadi lebih banyak menggunakan teknologi internet dengan media *computer* lebih lama sehingga kebutuhan tidur yang cukup tidak terpenuhi. Kebutuhan tidur yang kurang mengakibatkan kualitas tidur yang buruk dan berpengaruh pada kejadian astenopia.

**Tujuan penelitian:** Mengetahui hubungan kualitas tidur dengan kejadian astenopia pada mahasiswa Universitas Sahid Surakarta pada masa pandemi *Covid-19*.

**Metode penelitian:** Jenis penelitian kuantitatif dengan rancangan analitik observasional dengan pendekatan *crosssectional*. Sampel penelitian adalah 82 mahasiswa Prodi Teknik Informatika, Teknik Industri, Keperawatan dan Farmasi di Universitas Sahid Surakarta dengan teknik sampling menggunakan *purposive sampling*. Instrumen penelitian kualitas tidur menggunakan *kuesioner Pittsburgh Sleep Quality Index*, dan *kuesioner astenopia*. Analisis data menggunakan uji *Gamma*.

**Hasil penelitian:** Sebanyak 31 responden (37,8%) dengan kualitas tidur baik, 51 responden (62,2%) dengan kualitas tidur yang buruk. Sebanyak 48 responden (58,5%) tidak ada indikasi terjadinya astenopia, 34 responden (41,5%) dengan indikasi terjadi astenopia. Hasil uji *Gamma* diperoleh nilai *Gamma* = 0,745 dan *p-value* = 0,001 ( $p < 0,05$ ).

**Kesimpulan:** Ada hubungan kualitas tidur terhadap kejadian astenopia pada mahasiswa FSTK Universitas Sahid Surakarta pada masa pandemi *Covid-19*.

**Kata kunci :** kualitas tidur, astenopia, mahasiswa, pandemi *Covid-19*.

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## ABSTRACT

### THE CORRELATION OF SLEEP QUALITY WITH ASTHENOPIA IN STUDENTS OF SAHID SURAKARTA UNIVERSITY DURING THE COVID- 19 PANDEMIC

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**Background:** One of the impacts of the Covid-19 pandemic in the education sector is the change in the education system from face-to-face (offline) to online education (on the network), including education at Sahid Surakarta University. During this Covid- 19 pandemic, student lecture assignments have become increasingly using internet technology with computer media so that adequate sleep needs. Lack of sleep needs results in poor sleep quality and affects the incidence of asthenopia.

**Objectives:** To determine the relationship between sleep quality and the incidence of asthenopia in Sahid Surakarta University students during the Covid-19 pandemic.

**Method:** This type of research is quantitative with an observational analytic design with a cross-sectional approach. The research sample was 82 students of the Informatics Engineering, Industrial Engineering, Nursing, and Pharmacy department at Sahid University Surakarta with a sampling technique using purposive sampling. The instrument of sleep quality research used the Pittsburgh Sleep Quality Index questionnaire and asthenopia questionnaire. Data analysis used the Gamma test.

**Results:** 31 respondents (37.8%) have good sleep quality, 51 respondents (62.2%) have poor sleep quality. A total of 48 respondents (58.5%) have not indication of asthenopia, 34 respondents (41.5%) have an indication of asthenopia. Gamma test results obtained Gamma value = 0.745 and p-value = 0.001 ( $p < 0.05$ ).

**Conclusion:** There is a correlation between sleep quality and the incidence of asthenopia in FSTK students at Sahid Surakarta University during the Covid-19 pandemic.

**Keywords:** Sleep Quality, Asthenopia, Students, Covid-19 Pandemic

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