INTISARI

**PENGARUH ANTARA STRESS, MOTIVASI BELAJAR DAN GAYA HIDUP DENGAN
INSOMNIA PADA MAHASISWA ILMU KEPERAWATAN
DI UNIVERSITAS SAHID SURAKARTA**

Fierda Yuniartika Haenditya[1], Fitri Budi Astuti[2], Rif Atiningtyas Haris[3]

Latar Belakang: Insomnia merupakan gangguan tidur yang terjadi pada jutaan orang di seluruh dunia. Kejadian insomnia juga terjadi pada mahasiswa. Berbagai faktor menjadi penyebab timbulnya insomnia. Stress, motivasi belajar dan gaya hidup menjadi beberapa faktor yang menjadi penyebab insomnia pada mahasiswa.

Tujuan Penelitian: Untuk menganalisis adanya pengaruh stress, motivasi belajar dan gaya hidup terhadap insomnia pada mahasiswa Keperawatan Universitas Sahid Surakarta.

Metode Penelitian: Jenis penelitian kuantitatif dengan desain deskriptif korelatif dan rancangan *cross sectional*. Teknik pengambilan sampel dengan menggunakan teknik *total sampling* sehingga diperoleh jumlah sampel sebanyak 90 mahasiswa. Teknik pengumpulan data menggunakan kuesioner. Teknik analisis data menggunakan analisis regresi linier berganda.

Hasil Penelitian: Dari hasil analisis diketahui mayoritas mahasiswa berjenis kelamin perempuan dengan usia 22 – 25 tahun dan semester 7. Hasil analisa univariat diketahui mayoritas mahasiswa mengalami stress ringan (41,1%), mempunyai motivasi belajar tinggi (46,7%), gaya hidup baik (64,4%) dan mengalami insomnia sedang (53,3%). Hasil analisis bivariat diketahui bahwa ada pengaruh stress (p = 0,001), motivasi belajar (p = 0,000) dan gaya hidup terhadap insomnia mahasiswa keperawatan (p = 0,007). Hasil analisis multivariat diketahui secara bersama-sama ada pengaruh stress, motivasi belajar dan gaya hidup terhadap insomnia mahasiswa keperawatan (p = 0,000) dimana tingkat stress, motivasi belajar dan gaya hidup memberikam sumbangan pengaruh besar 66,9% terhadap insomnia mahasiswa keperawatan.

Simpulan: Ada pengaruh stress, motivasi belajar dan gaya hidup terhadap insomnia mahasiswa keperawatan Universitas Sahid Surakarta dengan faktor motivasi belajar merupakan faktor yang paling dominan berpengaruh terhadap insomnia pada mahasiswa Keperawatan.

Kata Kunci: Tingkat stress, motivasi belajar, gaya hidup, insomnia mahasiswa

1) Mahasiswa Program Studi Ilmu Keperawatan Universitas Sahid Surakarta
2) Dosen Program Studi Ilmu Keperawatan Universitas Sahid Surakarta
3) Dosen Program Studi Ilmu Keperawatan Universitas Sahid Suarakarta

ABSTRACT

THE INFLUENCE OF BETWEEN STRESS, LEARNING MOTIVATION AND LIFESTYLE WITH INSOMNIA IN STUDENTS OF NURSING SCIENCE PROGRAM SAHID SURAKARTA UNIVERSITY

Fierda Yuniartika Haenditya[1], Fitri Budi Astuti[2], Rif Atiningtyas Haris[3]

Background: *Insomnia was a slept disorder that were affected millions of people around the world. Incidenced of insomnia also occured students who take education in college. Various factors was become the cause of insomnia. Stress, motivation to learn, and lifestyle into several factors that caused insomnia in students.*

Purpose: *To identify the influence of between stress, learning motivation and lifestyle with insomnia in students of Nursing Science Program Sahid Surakarta University.*

Method: *This researched type was quantitative with descriptive correlation design and cross sectional approach. The sample taking technique used total sampling, so get obtained sample account 90 students. Data collection technique used questionnaires. Meanwhile, data was analyzed by using multiple linear regression analysis.*

Result: *The results of analysis showed that majority students have women, 22 – 25 years old, and at semester 7. Univariate analyzed was known that majority students have a light stress (41,1%), have a hight learning motivation (46,7%), have a good lifestyle (64,4%) and majority of students have moderate insomnia (53,3%). Bivariate analyzed was known that there an effected of stress on insomnia nursing students (p = 0,001), there an effected of learning motivation on insomnia nursing students (p = 0,000) and there an effected of lifestyle on insomnia nursing students (p = 0,007). Multivariate analyzed was known that togethere there an effected of stress, learned motivation and lifestyle on insomnia nursing students (p = 0,000) where stress levels, learned motivation and lifestyle contributed 66,9% influenced to insomnia nursing students.*

Conclusion: *The stress, learned motivation and lifestyle were influenced to insomnia nursing student of Sahid Surakarta University with learned motivation factor was the most dominant factor influenced to insomnia in nursing student.*

Keyword: *Stress, learned motivation, lifestyle, students insomnia*

1. *Students of Nursing Science Program Sahid Surakarta University*
2. *Lecturer of Nursing Science Program Sahid Surakarta University*
3. *Lecturer of Nursing Science Program Sahid Surakarta University*