

INTISARI

PENGARUH PEMAKAIAN CAHAYA BUATAN (LAMPU) SAAT TIDUR MALAM HARI TERHADAP KUALITAS TIDUR MAHASISWA KEPERAWATAN UNIVERSITAS SAHID SURAKARTA

Syarifudin¹⁾, Idris Yani Pamungkas²⁾, Anik Suwarni³⁾

Latar Belakang: Tidur merupakan salah satu kebutuhan fisiologis bagi manusia. Tidur adalah suatu keadaan alami yang terjadi karena perubahan status kesadaran, ditandai dengan penurunan kesadaran dan respon terhadap stimulasi. Cahaya mempengaruhi tidur dan aktivitas otak selama terbangun, sedangkan cahaya, irama sirkadian, dan homeostasis mempengaruhi regulasi tidur manusia.

Tujuan : Mengetahui pemakaian lampu saat tidur malam hari terhadap kualitas tidur Mahasiswa Keperawatan Universitas Sahid Surakarta.

Metode : Desain penelitian yang digunakan Penelitian ini adalah *Pre Experiment Design* dengan menggunakan rancangan *The One grup Pretest-Posttest Design*. Populasi penelitian ini adalah seluruh mahasiswa kelas B-36 Keperawatan Universitas Sahid Surakarta yang berjumlah 37 orang. Dalam penelitian ini teknik pengambilan sampel yang digunakan adalah *Total Sampling* atau pengambilan sampel dimana jumlah sampel sama dengan populasi. Teknik analisis Data meliputi : Uji Univariat dan Uji Bivariat.

Hasil : Uji pengaruh memakai lampu saat tidur malam hari terhadap kualitas tidur mahasiswa diperoleh nilai signifikansi = 0,001, maka keputusan yang diambil adalah H_0 ditolak, artinya ada Uji pengaruh memakai lampu saat tidur malam hari terhadap kualitas tidur.

Kesimpulan : Ada pengaruh pemakaian lampu saat tidur malam hari terhadap kualitas tidur Mahasiswa Keperawatan Universitas Sahid Surakarta.

Kata Kunci : *Kualitas Tidur, Pemakaian Lampu*

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- 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 Surakarta

ABSTRACT

“THE EFFECT OF USING ARTIFICIAL LIGHT (LAMP) WHEN SLEEPING AT NIGHT TOWARD SLEEPING QUALITY OF NURSING STUDENTS OF SAHID UNIVERSITY OF SURAKARTA”

Syarifudin¹⁾, Idris Yani Pamungkas²⁾, Anik Suwarni³⁾

Background: *Sleeping was a physiological necessity for humans. Sleeping was a natural condition that occurs due to the changes of consciousness, characterized by losing of consciousness and response to stimulation. The lamp affects brain activity and sleeping when waking up, whereas the lamp, circadian rhythm and homeostatic affect human's sleeping regulation.*

Objective: *To know the use of the lamp when sleeping at night toward sleeping quality of nursing students of Sahid University of Surakarta.*

Method : *The research design of this study was Pre Experiment Design using The One Group Pretest-Posttest Design. The population of this study were all nursing students of class B-36 at Sahid University of Surakarta totaling 37 people. In this study, the sampling technique used was total sampling or sampling where the number of samples was equal to the population. Data analysis techniques included: Univariate and Bivariate Test.*

Result : *The test of the effect of using the lamp while sleeping at night toward human's sleeping quality got significant value = 0.001, the conclusion was that Ho was rejected, it meant that there was effect of using the lamp while sleeping at night toward sleeping quality.*

Conclusion: *There was the effect of the lamp when sleeping at night toward sleeping quality nursing Students of Sahid University of Surakarta*

Keywords: *Sleeping Quality, The using of artificial light (lamp)*

1) *Students of Nursing Program of Sahid University of Surakarta*

2) *Lecturer of Nursing Program of Sahid University of Surakarta*

3) *Lecturer of Nursing Program of Sahid University of Surakarta*