

**PROGRAM STUDI S1 KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN
UNIVERSITAS ISLAM SULTAN AGUNG SEMARANG
Skripsi, Januari 2019**

ABSTRAK

Laelatul Arifah

**HUBUNGAN TINGKAT STRES TERHADAP GANGGUAN TIDUR
PADA MAHASISWA TINGKAT AKHIR YANG SEDANG MENYUSUN
SKRIPSI FAKULTAS TEKNIK UNISSULA**

46 halaman + 6 tabel + 2 gambar + 10 lampiran+ xiv

Latar Belakang : Stres merupakan suatu keadaan dimana individu mengalami ketidakmampuan mengatasi ancaman. Jika stres yang dirasakan berlebih maka dapat berdampak pada gangguan tidur. Tujuan dari penelitian ini adalah untuk mengetahui adakah hubungan tingkat stres terhadap gangguan tidur pada mahasiswa tingkat akhir yang sedang menyusun skripsi Fakultas Teknik Unissula.

Metode : Penelitian ini menggunakan pendekatan *Cross Sectional*. Pengambilan sampel pada penelitian ini menggunakan teknik *random sampling* dengan jumlah sebanyak 110 responden menggunakan kuesioner. Untuk mengetahui hubungan variabel, peneliti menggunakan uji statistik *Pearson Chi Square*.

Hasil : Berdasarkan hasil penelitian sebagian besar responden memiliki tingkat stres normal sebanyak 11 responden (10,0 %), ringan sebanyak 23 responden (20,9%), sedang sebanyak 53 responden (48,2%), berat sebanyak 18 responden (16,4%) dan sangat berat sebanyak 5 responden (4,5%). Sedangkan terdapat 60 responden (54,5%) yang tidak ada gangguan tidur dan terdapat 50 responden (45,5%) yang mempunyai gangguan tidur.

Kesimpulan : Terdapat hubungan tingkat stres terhadap gangguan tidur pada mahasiswa tingkat akhir yang sedang menyusun skripsi Fakultas Teknik Unissula dengan nilai p value = 0,017

Kata kunci : Stres, gangguan tidur

Daftar Pustaka : 32 (2006-2018)

**NURSING STUDY PROGRAM
FACULTY OF NURSE SIENCE
SULTAN AGUNG ISLAMIC UNIVERSITY SEMARANG
Mini Thesis, January 2019**

ABSTRACT

Laelatul Arifah

**RELATIONSHIP OF STRESS LEVELS TO SLEEP DISORDERS
IN END LEVEL STUDENTS WHO ARE PREPARING THE SKRIPSI
UNISSULA FACULTY OF ENGINEERING**

46 pages + 6 tables + 2 pictures + 10 attachments + xiv

Background: Stress is a situation where individuals experience inability to overcome threats. If stress is felt excessively it can have an impact on sleep disorders. The purpose of this study was to determine whether there was a relationship between the level of stress on sleep disturbance in the final level students who were preparing the thesis of the Faculty of Engineering Unissula.

Method: This study used the *Cross Sectional* approach. Sampling in this study used a *simple random sampling* technique with a total of 110 respondents using a questionnaire. To find out the relationship of variables, researchers used statistics with the *Pearson Chi Square test*.

Results: Based on the results of the study, most respondents had normal stress levels of 11 respondents (10,0%), mild as many as 23 respondents (20,9%), moderate as many as 53 respondents (48,2%), weighing as many as 18 respondents (16,4%) and very heavy as many as 5 respondents (4,5%). While there were 60 respondents (54,5%) who had no sleep disorders and there were 50 respondents (45,5%) who had sleep disorders.

Conclusion: There is a correlation between the level of stress on sleep disturbance in the final level students who are preparing the thesis of the Faculty of Engineering Unissula with a value of p value = 0.017

Keywords: Stress, sleep disorders

Bibliography: 32 (2006-2018)