ABSTRAK

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STRES AKADEMIK DENGAN KUALITAS TIDUR SISWA KELAS XI DI SMAN 3 TUBAN KABUPATEN TUBAN
xvi + 49 Halaman + 6 Tabel + 15 Lampiran

Stres akademik merupakan kondisi yang sering dialami siswa akibat tuntutan belajar, beban tugas, persiapan ujian, dan harapan untuk mencapai prestasi akademik yang tinggi. Kondisi ini dapat memengaruhi kesehatan fisik maupun psikologis, termasuk kualitas tidur. Kualitas tidur yang kurang baik berpotensi menyebabkan kelelahan, gangguan konsentrasi, penurunan prestasi belajar, serta berbagai masalah kesehatan lainnya. Penelitian ini bertujuan untuk menganalisis hubungan antara stres akademik dengan kualitas tidur pada siswa kelas XI di SMAN 3 Tuban Kabupaten Tuban.

Desain penelitian ini menggunakan korelasional dengan pendekatan *cross-sectional.* Populasi penelitian meliputi sebagian siswa kelas XI SMAN 3 Tuban Kabupaten Tuban dengan sampel sebanyak 146 siswa yang dipilih melalui teknik *probability sampling* dengan teknik *simple random sampling.* Tingkat stres akademik diukur menggunakan *Perceived Academic Stress Scale* (PASS) dan kualitas tidur diukur dengan *Pittsburgh Sleep Quality Index* (PSQI). Data dianalisis menggunakan uji korelasi *Spearman Rank.*

Hasil penelitian menunjukkan bahwa sebagian besar siswa mengalami stres akademik kategori ringan (90 siswa) dan hampir seluruhnya siswa memiliki kualitas tidur kategori cukup (118 siswa). Uji statistik *Spearman Rank* menghasilkan nilai p = 0,369 (p > 0,05) dengan koefisien korelasi r = -0,075. Hal ini menunjukkan tidak terdapat hubungan yang signifikan antara stres akademik dengan kualitas tidur pada siswa kelas XI di SMAN 3 Tuban Kabupaten Tuban.

Kualitas tidur siswa tidak hanya dipengaruhi oleh stres akademik, tetapi juga faktor lain seperti penggunaan gadget, lingkungan tidur, kebiasaan hidup, dan manajemen waktu. Oleh karena itu, diperlukan edukasi mengenai *sleep hygiene* serta penelitian lanjutan untuk mengidentifikasi faktor dominan yang memengaruhi kualitas tidur siswa.

Kata kunci: Stres Akademik, Kualitas Tidur, Siswa

ABSTRACT

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THE RELATIONSHIP BETWEEN ACADEMIC STRESS AND SLEEP QUALITY IN GRADE XI STUDENTS AT SMAN 3 TUBAN KABUPATEN TUBAN.
xvi + 49 Page + 6 Tables + 15 Appendices

Academic stress is a condition commonly experienced by students due to learning demands, academic workload, examination preparation, and expectations to achieve high academic performance. This condition can affect both physical and psychological health, including sleep quality. Poor sleep quality has the potential to cause fatigue, impaired concentration, decreased academic performance, and various other health problems. This study aimed to analyze the relationship between academic stress and sleep quality among eleventh-grade students at SMAN 3 Tuban, Tuban Regency.

This study employed a correlational design with a cross-sectional approach. The study population consisted of eleventh-grade students at SMAN 3 Tuban, Tuban Regency, with a sample of 146 students selected using probability sampling through the simple random sampling technique. Academic stress was measured using the Perceived Academic Stress Scale (PASS), while sleep quality was assessed using the Pittsburgh Sleep Quality Index (PSQI). The data were analyzed using the Spearman Rank correlation test.

The results showed that most students experienced mild academic stress (90 students), and almost all students had moderate sleep quality (118 students). The Spearman Rank statistical test produced a p-value of 0.369 ($p > 0.05$) with a correlation coefficient of $r = -0.075$. These findings indicate that there was no significant relationship between academic stress and sleep quality among eleventh-grade students at SMAN 3 Tuban, Tuban Regency.

Students' sleep quality is influenced not only by academic stress but also by other factors, including gadget use, sleep environment, lifestyle habits, and time management. Therefore, education on sleep hygiene and further research to identify the dominant factors affecting students' sleep quality are recommended.

Keywords: Academic Stress, Sleep Quality, Students