

ABSTRACT

SLEEPING PATTERN OF SMOKING STUDENTS AT SMA KAWUNG 1 SURABAYA

Poor sleep patterns will have an impact on the activity and concentration of students in school. Smoking habit a causality of poor sleep patterns. This study aims to determine sleep patterns of smoking students at SMA Kawung 1 Surabaya. This research uses a descriptive method. The population in this study were 22 smoking students, and all populations taken as the study samples using quota sampling techniques. The variable in this study is sleep patterns of smoking students. Data collection uses a questionnaire. The results showed that 12 smoker students (55%), have poor sleep patterns, while 10 students (45%) have a good sleeping pattern. The study concludes that year XI students at SMA Kawung 1 Surabaya have poor sleep patterns due to their smoking activities. The students are recommended to aware of the risk smoking habits to their sleeping pattern. It is necessary for the school and health staff to provide health education to the students about the dangers of smoking and the importance of good sleep patterns.

Key Word : Sleep Pattern, Smoker, Student