

ABSTRAK

Nama : Nisrina Atifah Arifian Izzati
Program Studi : Kedokteran Umum
Judul : Hubungan Kualitas dan Kuantitas Tidur dengan Memori Jangka Pendek Mahasiswa Fakultas Kedokteran Universitas Yarsi Angkatan 2018 dan Tinjauannya Menurut Pandangan Islam.

Latar Belakang: Tidur merupakan suatu aktivitas yang memiliki peran penting bagi kehidupan manusia. Kualitas dan kuantitas tidur yang baik akan berpengaruh pada peningkatan perhatian, fungsi kognitif, motivasi dan memori. Memori merupakan suatu proses menyimpan informasi yang sudah dipelajari seseorang dan dapat diulang.

Tujuan Penelitian: Penelitian bertujuan untuk mengetahui hubungan antara kualitas dan kuantitas tidur dengan memori jangka pendek pada mahasiswa Fakultas Kedokteran Universitas YARSI angkatan 2018.

Metode: Jenis penelitian adalah deskriptif analitik dengan rancangan penelitian *cross-sectional*. Sampel dalam penelitian adalah mahasiswa Fakultas Kedokteran Universitas YARSI angkatan 2018, sebanyak 145 responden. Pengumpulan data dilakukan dengan pengisian kuesioner yang terdiri dari kuesioner PSQI (*Pittsburgh Sleep Quality Index*) untuk mengetahui kualitas tidur, kuesioner STQ (*Sleep Timing Questionnaire*) untuk mengetahui kuantitas tidur, dan *Test Digit Span* untuk mengetahui memori jangka pendek.

Hasil: Hasil penelitian menunjukkan bahwa responden dengan kualitas tidur yang buruk sebanyak 133 responden (91.7 %) dan kuantitas tidur kurang sebanyak 69 responden (47.6%). Sedangkan pada kategori memori jangka pendek, responden dengan memori jangka pendek buruk sebanyak 102 responden (70.3 %) dan responden dengan memori jangka pendek baik sebanyak 43 responden (29.7 %). Hasil analisis *Chi-Square* didapatkan hubungan yang signifikan antara variabel kualitas tidur dengan memori jangka pendek pada mahasiswa Fakultas Kedokteran Universitas YARSI Angkatan 2018 ($p < 0,05$) dan antara kuantitas tidur dengan memori jangka pendek mahasiswa Fakultas Kedokteran Universitas YARSI Angkatan 2018 ($p < 0,05$).

Kesimpulan: terdapat hubungan antara kualitas dan kuantitas tidur terhadap memori jangka pendek mahasiswa Fakultas Kedokteran Universitas YARSI angkatan 2018.

Kata Kunci: Kualitas Tidur, Kuantitas Tidur, Memori jangka pendek, Mahasiswa Kedokteran.

ABSTRACT

Name : Nisrina Atifah Arifian Izzati
Study Program : *Medicine*
Judul : *The Relationship Between Sleep Quality and Quantity With Short-Term Memory Among Medical Students in Yarsi University The Class of 2018 and According to Islam Perspective.*

Background: Sleep is an activity that has a very important role in human life. Good quality dan quantity of sleep will have an effect on increasing attention, cognitive function, motivation and also memory. Memory is a process of storing information that has been learned by someone and can be repeated.

Research Objective: This study aims to determine the relationship between sleep quality and quantity with short-term memori in students of the Faculty of Medicine, YARSI University classs 2018.

Method: This research is descriptive analytic with a cross sectional research design. The sample in this study were students of Faculty of Medicine, YARSI University class 2018, as many as 145 respondents. Data was collected by filling out a questionnaire consisting of PSQI (Pittsburgh Sleep Quality Index) to determine sleep quality, the STQ (Sleep Timing Questionnaire) to determine sleep quantity, and the Digit Span Test to determine short term memory.

Result: The result showed that the respondents with poor sleep quality were 133 respondents (91.7%) and the quantity of sleep was less as many as 69 respondents (47.6%). While in the category of short-term memory, respondents with bad short-term memory were 102 respondents (70.3%) and respondents with good short-term memory were 43 respondents (29.7%). The results of the chi-square analysis showed a significant relationship sleep quality variables and short-term memory in students of the Faculty of Medicine, YARSI University class of 2018 ($p < 0,05$) and between sleep quantityand short-term memory of students of the Faculty of Medicine, YARSI University, class of 2018 ($p < 0.005$).

Conclusion: There is a relationship between sleep quality and quantity on short-term memory students of the Faculty of Medicine, YARSI University class of 2018.

Keyword: Sleep Quality, Sleep Quantity, Short-term Memory, Medical Student.