

ABSTRAK

HUBUNGAN KUALITAS TIDUR DENGAN TINGKAT STRES PADA MAHASISWA PROFESI NERS ANGKATAN 2026 STIKes MUHAMMADIYAH CIAMIS DALAM PELAKSANAAN PRAKTIK KLINIK

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Latar Belakang: Kualitas tidur merupakan kebutuhan dasar yang berperan penting dalam menjaga kesehatan fisik dan psikologis. Mahasiswa profesi Ners yang menjalani praktik klinik menghadapi tuntutan akademik dan klinik yang dapat menurunkan kualitas tidur serta meningkatkan tingkat stres. Stres berdampak pada konsentrasi, pengambilan keputusan, performa akademik, dan kualitas pelayanan keperawatan. **Tujuan:** Penelitian ini bertujuan mengetahui hubungan kualitas tidur dengan tingkat stres pada mahasiswa profesi Ners angkatan 2026 STIKes Muhammadiyah Ciamis selama praktik klinik. **Metode:** Penelitian menggunakan desain kuantitatif analitik korelasional dengan pendekatan *cross sectional*. Populasi penelitian adalah seluruh mahasiswa profesi Ners angkatan 2026 STIKes Muhammadiyah Ciamis yang sedang menjalani praktik klinik, dengan sampel 32 responden menggunakan teknik *accidental sampling*. Data dikumpulkan menggunakan kuesioner kualitas tidur dan tingkat stres, kemudian dianalisis dengan uji *Chi-Square*. **Hasil:** Sebanyak 22 responden (68,8%) memiliki kualitas tidur buruk dan 10 responden (31,3%) memiliki kualitas tidur baik. Tingkat stres didominasi kategori stres berat sebanyak 12 responden (37,5%), diikuti stres ringan 11 responden (34,4%) dan stres sedang 9 responden (28,1%). Hasil uji *Chi-Square* menunjukkan nilai *Pearson Chi-Square* sebesar 27,769 dengan $p\text{-value} = 0,000$ ($p < 0,05$), yang menunjukkan adanya hubungan signifikan antara kualitas tidur dan tingkat stres. **Kesimpulan:** Semakin baik kualitas tidur mahasiswa profesi Ners, semakin rendah tingkat stres selama praktik klinik. Upaya peningkatan kualitas tidur melalui pengaturan waktu istirahat, manajemen waktu, pembatasan penggunaan gawai sebelum tidur, dan pengelolaan stres perlu dilakukan untuk mendukung kesehatan fisik dan psikologis mahasiswa.

Kata Kunci: Kualitas Tidur, Mahasiswa Profesi Ners, Praktik Klinik, Tingkat Stres.

ABSTRACT

THE RELATIONSHIP BETWEEN SLEEP QUALITY AND STRESS LEVELS AMONG NURSING STUDENTS IN THE CLASS OF 2026 AT MUHAMMADIYAH CIAMIS HEALTH SCIENCES COLLEGE DURING THEIR CLINICAL PRACTICUM

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Background: Sleep quality is a basic need that plays a crucial role in maintaining physical and psychological health. Nursing students undergoing clinical practice face academic and clinical demands that can reduce sleep quality and increase stress levels. Stress affects concentration, decision-making, academic performance, and the quality of nursing care. **Objective:** This study aims to determine the relationship between sleep quality and stress levels among the 2026 cohort of nursing students at STIKes Muhammadiyah Ciamis during clinical practice. **Methods:** This study employed a quantitative, analytical, correlational design with a cross-sectional approach. The study population consisted of all 2026 cohort nursing students at STIKes Muhammadiyah Ciamis currently undergoing clinical practice, with a sample of 32 respondents selected using accidental sampling. Data were collected using questionnaires on sleep quality and stress levels, then analyzed using the Chi-Square test. **Results:** A total of 22 respondents (68.8%) reported poor sleep quality, while 10 respondents (31.3%) reported good sleep quality. Stress levels were predominantly in the severe stress category, with 12 respondents (37.5%), followed by mild stress in 11 respondents (34.4%) and moderate stress in 9 respondents (28.1%). The results of the Chi-Square test showed a Pearson Chi-Square value of 27.769 with a p -value = 0.000 ($p < 0.05$), indicating a significant association between sleep quality and stress levels. **Conclusion:** The better the sleep quality of nursing students, the lower their stress levels during clinical practice. Efforts to improve sleep quality through proper rest schedules, time management, limiting the use of electronic devices before bedtime, and stress management are necessary to support students' physical and psychological health.

Keywords: Sleep Quality, Nursing Professional Students, Clinical Practice, Stress Levels.