

ABSTRACT

CORRELATIONS BETWEEN SLEEP QUALITY AND ATTENTION LEVEL IN UNDERGRADUATE STUDENTS OF MEDICAL FACULTY LAMPUNG UNIVERSITY

By

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Poor sleep quality is common among medical students. Poor sleep quality has a relations to poor cognitive on human. There has been no report about the correlations between sleep quality and attention level in undergraduates students of Medical Faculty Lampung University. The aim of this study was to determine the correlations between sleep quality and attention level in undergraduate students of the class 2012, 2013, 2014 and 2015 of Medical Faculty Lampung University. This study was a cross-sectional study. Data collection was performed using Pittsburgh Sleep Quality Index (PSQI) and Digit Span Test. The data was analyzed using univariat analysis and bivariat analysis of chi square. There were 79 students had poor sleep quality (74,52%) and there were 27 students had good sleep quality (25,47%). The highest amount of students that had poor sleep quality was class 2012 (80,8%). Ther was not correlations between sleep quality and class ($p=0,446$). There was correlations between sleep quality and attention level ($p=0,000$). The Odd ratio of sleep quality and attention level was 110,00. There was correlations between sleep quality and attention level with very high odd ratio.

Keywords : Attention level, digit span test, pittsburgh sleep quality index (PSQI), sleep quality.