

## ABSTRACT

### THE RELATIONSHIP BETWEEN THE STRESS LEVELS WITH THE DEGREE OF SLEEP QUALITY IN MEDICAL SCHOOL STUDENT OF LAMPUNG UNIVERSITY

BY

ADIETYA BIMA PRAKASA

**Background:** Sleep is a process that is essential for humans, because during sleeping the body recovery process occurs. Poor sleep quality in the long term will lead the changes in the biological sleep cycle, immune deficiencies and decreased work performance. Poor sleep quality can be caused by several things such as: changes in lifestyle and stress. This study aims to determine whether there is a relationship between the level of stress and the quality of sleep in students of Faculty of Medicine, University of Lampung.

**Methods:** This research study used a cross sectional design. All sample of 106 respondents were asked to fill out two questionnaires namely perceived stress scale questionnaire (PSS-10) to determine the level of stress respondent and pittsburg sleep quality index questionnaire (PSQI) to determine the quality of sleep respondents.

**Results:** After respondents fill out questionnaires, the data obtained and analyzed by univariate and bivariate analyzes. Bivariate analysis performed using statistical test *chi square*. Based on univariate analysis showed that most of the students of the Faculty of Medicine, University of Lampung have moderate stress levels, and have poor sleep quality. Results of bivariate analysis using *chi square* statistical test showed that there is a significant relationship between the level of stress with sleep quality with  $p < 0.001$  ( $p < 0.05$ ).

**Conclusions:** Most of the students of the Medical Faculty, University of Lampung have moderate stress levels, and have poor sleep quality. Results of Bivariate analysis indicate that there is a significant relationship between the level of stress with sleep quality of students of Faculty of Medicine, University of Lampung.

Keywords : *percieved stress scale, pittsburg sleep quality index, poor sleep quality, sleep, sleep quality, stress, stress level*