

ABSTRACT

THE CORELLATION BETWEEN STRESS LEVELS AND SLEEP QUALITY AMONG ACTIVE PHARMACY STUDENTS AT THE UNIVERSITY OF LAMPUNG

By

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Background: Stress is a response to demands that exceed an individual's coping capacity and may negatively affect sleep quality. Pharmacy students are at risk of experiencing stress due to high academic workload, which may lead to sleep disturbances. This study aimed to determine the corellation between stress levels and sleep quality among active pharmacy students at the University of Lampung.

Methods: This study were employed an analytic observational design with a cross-sectional approach. A total of 210 respondents were selected using proportionate stratified random sampling. The participants were active pharmacy students at the University of Lampung. Stress levels were measured using the Perceived Stress Scale (PSS-10), and sleep quality was assessed using the Pittsburgh Sleep Quality Index (PSQI).

Results: The results showed that the majority of students experienced moderate stress levels (81%) and poor sleep quality (79%). The Spearman rank test revealed a p-value < 0.001 and a corellation coefficient of $r = 0.273$, This indicates that there is a significant corellation between stress level and sleep quality among active students of the Pharmacy Study Program at the University of Lampung. The corellation is positive, indicating that higher stress levels (PSS-10 scores) were associated with poorer sleep quality. The corellation coefficient ($\rho = 0.273$) suggests that the strength of this corellation was weak.

Conclusions: There is a significant corellation between stress levels and sleep quality among active pharmacy students at the University of Lampung. Higher stress levels are associated with poorer sleep quality.

Keywords: Perceived Stress Scale (PSS-10), Pharmacy Students, Pittsburgh Sleep Quality Index (PSQI), Sleep Quality, Stress Level

ABSTRAK

HUBUNGAN ANTARA TINGKAT STRES DENGAN KUALITAS TIDUR MAHASISWA AKTIF PROGRAM STUDI FARMASI UNIVERSITAS LAMPUNG

Oleh

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Latar Belakang: Stres merupakan respons terhadap tuntutan yang melebihi kemampuan individu dan dapat berdampak pada kualitas tidur. Mahasiswa farmasi berisiko mengalami stres akibat beban akademik yang tinggi, sehingga berpotensi mengalami gangguan tidur. Penelitian ini bertujuan untuk mengetahui hubungan antara tingkat stres dengan kualitas tidur mahasiswa aktif Program Studi Farmasi Universitas Lampung.

Metode: Penelitian ini merupakan studi analitik dengan pendekatan *cross sectional*. Teknik pengambilan sampel dengan *proportionate stratified random sampling* dengan jumlah sampel 210 responden. Subjek penelitian ini adalah mahasiswa aktif Program Studi Farmasi Universitas Lampung. Pengukuran tingkat stres menggunakan *Perceived Stress Scale (PSS-10)* dan kualitas tidur dengan *Pittsburgh Sleep Quality Index (PSQI)*.

Hasil: Berdasarkan hasil uji analisis menunjukkan pada mahasiswa aktif Program Studi Farmasi Universitas Lampung, mayoritas mengalami tingkat stres sedang (81%) dan mengalami kualitas tidur yang buruk (79%). Hasil uji bivariat menggunakan uji *Spearman rank* didapatkan *p-value* <0,001 dan nilai $r = 0,273$ yang artinya terdapat hubungan yang signifikan antara tingkat stres dengan kualitas tidur mahasiswa aktif Program Studi Farmasi Universitas Lampung. Hubungan yang terbentuk bersifat positif, yang berarti semakin tinggi skor PSS-10, maka kualitas tidur cenderung semakin buruk. Nilai koefisien korelasi sebesar 0,273 menunjukkan bahwa kekuatan hubungan tersebut tergolong lemah.

Kesimpulan: Penelitian ini menunjukkan terdapat hubungan signifikan antara tingkat stres dengan kualitas tidur mahasiswa aktif Program Studi Farmasi Universitas Lampung.

Kata Kunci: Kualitas Tidur, Mahasiswa Farmasi, *Perceived Stress Scale (PSS-10)*, *Pittsburgh Sleep Quality Index (PSQI)*, Tingkat Stress