

HUBUNGAN ANTARA STRESS AKADEMIK TERHADAP KUALITAS TIDUR SANTRI NURUL ISLAM JEMBER KELAS 10 DAN 11 TINGKAT SEKOLAH MENENGAH ATAS

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INTISARI

Stres akademik merupakan tekanan psikologis yang muncul akibat tuntutan belajar, beban tugas, dan ekspektasi nilai yang tinggi. Salah satu dampaknya adalah gangguan kualitas tidur, karena stres dapat memicu pelepasan hormon kortisol, epinefrin, dan norepinefrin yang mengganggu sistem saraf dan siklus tidur. Penelitian ini bertujuan untuk mengetahui hubungan antara stres akademik dan kualitas tidur pada santri kelas 10 dan 11 di Pondok Pesantren Nurul Islam Jember. Populasi penelitian berjumlah 284 santri, dengan jumlah sampel sebanyak 155 santri yang dipilih menggunakan teknik simple random sampling. Instrumen yang digunakan meliputi skala stres akademik ESSA berdasarkan teori Sun, Dunne, dan Hou (2013) dengan validitas 0,680 dan reliabilitas 0,766, serta skala kualitas tidur berdasarkan *Sleep Quality Scale* (Yi, Shin, & Shin, 2006) yang telah dimodifikasi sesuai konteks santri dengan validitas 0,522 dan reliabilitas 0,774. Analisis data dilakukan dengan uji korelasi Pearson Product Moment. Hasil analisis menunjukkan adanya hubungan yang signifikan antara stres akademik dengan kualitas tidur ($p = 0,000 < 0,05$) dengan nilai korelasi sebesar 0,505. Artinya, semakin tinggi tingkat stres akademik yang dialami santri, maka semakin buruk kualitas tidurnya. Hasil ini menunjukkan bahwa stres akademik merupakan salah satu faktor penting yang memengaruhi rendahnya kualitas tidur santri.

Kata Kunci: Stress Akademik, Kualitas Tidur, Santri

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**THE RELATIONSHIP BETWEEN ACADEMIC STRESS AND SLEEP
QUALITY OF STUDENTS IN GRADES 10 AND 11 OF NURUL ISLAM
JEMBER, HIGH SCHOOL LEVEL**

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ABSTRACT

Academic stress is a psychological pressure that arises due to learning demands, workload, and high grade expectations. One of its impacts is poor sleep quality, as stress can trigger the release of cortisol, epinephrine, and norepinephrine, which disrupt the nervous system and sleep cycles. This study aims to examine the relationship between academic stress and sleep quality among 10th and 11th-grade students at Pondok Pesantren Nurul Islam Jember. The study population consisted of 284 students, with a sample of 155 students selected using a simple random sampling technique. The instruments used include the ESSA academic stress scale, based on the theory of Sun, Dunne, and Hou (2013), with a validity coefficient of 0.680 and a reliability coefficient of 0.766, as well as the Sleep Quality Scale (Yi, Shin, & Shin, 2006), modified to fit the context of the students, with a validity coefficient of 0.522 and a reliability coefficient of 0.774. Data were analyzed using the Pearson Product-Moment correlation test. The analysis results indicate a significant relationship between academic stress and sleep quality ($p = 0.000 < 0.05$) with a correlation coefficient of 0.505. This means that the higher the level of academic stress experienced by students, the poorer their sleep quality. These findings suggest that academic stress is an important factor influencing the low sleep quality of students.

Keyword: Academic Stress, Sleep Quality, Islamic Boarding School Students

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