

Determinan Perilaku Sleep Hygiene Pada Mahasiswa S1 Reguler Universitas Indonesia Tahun 2026

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Abstrak

<div style="text-align: justify;">Perilaku sleep hygiene yang buruk pada mahasiswa merupakan salah satu permasalahan kesehatan yang berkaitan dengan penurunan fungsi kognitif, kesehatan mental, dan kualitas hidup. Penelitian ini bertujuan untuk menganalisis determinan perilaku sleep hygiene mahasiswa S1 Reguler Universitas Indonesia berdasarkan Theory of Planned Behavior (TPB) yang mencakup variabel pengetahuan, sikap, norma subjektif, persepsi kontrol perilaku, dan niat. Penelitian ini menggunakan desain cross-sectional dengan pendekatan kuantitatif. Data dikumpulkan melalui kuesioner daring kepada 262 mahasiswa S1 Reguler Universitas Indonesia pada tahun 2026 menggunakan teknik quota sampling, kemudian dianalisis menggunakan uji t-independent dan uji regresi linear sederhana. Hasil penelitian menunjukkan bahwa rata-rata perilaku sleep hygiene responden masih rendah dengan nilai 53,69 pada skala 100. Rata-rata durasi tidur hanya 6,29 jam per malam di bawah rekomendasi NSF dan Kemenkes RI yaitu 7–9 jam. Analisis bivariat menunjukkan bahwa norma subjektif ($p = 0,026$) dan persepsi kontrol perilaku ($p = 0,016$) berhubungan signifikan terhadap perilaku sleep hygiene. Semakin baik norma subjektif dan semakin tinggi persepsi kontrol perilaku mahasiswa, semakin baik pula perilaku sleep hygiene yang dimiliki. Jenis kelamin, pengetahuan, sikap, dan niat tidak menunjukkan pengaruh yang signifikan. Temuan ini mengindikasikan bahwa intervensi promosi kesehatan perlu berfokus pada penguatan persepsi kontrol perilaku mahasiswa serta pelibatan lingkungan sosial sebagai pendukung penerapan perilaku sleep hygiene yang sehat</div><hr /><div style="text-align: justify;">Poor sleep hygiene behavior among students is one of the health issues related to decreased cognitive function, mental health, and quality of life. This study aims to analyze the determinants of sleep hygiene behavior among undergraduate students at the University of Indonesia based on the Theory of Planned Behavior (TPB), which includes variables such as knowledge, attitude, subjective norms, perceived behavioral control, and intention. The research employs a cross-sectional design with a quantitative approach. Data were collected through an online questionnaire from 262 undergraduate students at the University of Indonesia in 2026, using quota sampling technique, and analyzed using independent t-tests and simple linear regression. The results showed that the respondents' average sleep hygiene score was relatively low, at 53.69 on a 100-point scale. The average sleep duration was only 6.29 hours per night, which is below the 7–9 hours recommended by the NSF and the Indonesian Ministry of Health. Bivariate analysis revealed that subjective norms ($p = 0.026$) and perceived behavioral control ($p = 0.016$) were significantly associated with sleep hygiene behavior. Students with better subjective norms and higher perceived behavioral control tended to exhibit better sleep hygiene behavior. Sex, knowledge, attitude, and intention were not significantly associated with sleep hygiene behavior. These findings suggest that health promotion interventions should focus on strengthening students's perceived behavioral control and involve the social environment as a supporter in adopting healthy sleep hygiene behaviors.</div>