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Relationship of Sleep Quality with Student Learning Motivation in Nursing Academy 17 of Karanganyar

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ABSTRACT

Sleep quality is a measure of where the person is obtained the ease in starting and maintaining sleep, sleep quality of someone can be described with a long sleep and perceived grievances while sleeping or after waking up sleep. Sleep patterns that are less good or less sleep will be bad for psychicsc one of them is declining student learning motivation, thought processes and decrease in brain activity. The motivation of learning influenced several factors such as physical, psychological factors, social and non-social. This research aims to know the relationship of sleep quality with students ' learning motivation in Nursing Academy 17. The type and design of the research is quantitative with cross sectional approach. The number of population are 39 respondents. The technique of sampling method is the total sampling, and the data collection using the questionnaire. The analysis of this study uses univariate and bivariate analyses. The Chi Square test results show the value of $0.005 p \alpha \leq 0.05$, so it can be concluded that there is a relationship of sleep quality with the learning motivation of students in Nursing Academy 17 of Karanganyar. Someone with a good quality of sleep has a high learning motivation, but a bad sleep quality did not result in a decline in students ' learning interest significantly.

Keywords: *quality of sleep, motivation, motivational learning*

INTRODUCTION

Rest and sleep are basic needs that are very and needed for human health. Everyone needs rest and sleep so that the body can function normally. When we rest and sleep the body will do the recovery process so that when we wake up the body condition becomes optimal and can carry out daily activities^{1,2}.

Several factors that influence the quality and quantity of sleep are physiological factors, psychological factors, environment and lifestyle. From the physiological factors have an impact with a decrease in daily activities, weakness, fatigue, decreased immune system, and instability of vital signs, while psychological factors impact depression, anxiety and difficult to concentrate^{3,4}.

Learning motivation is internal and external encouragement to students who are learning to conduct behavior, in general with several indicators or supporting elements. These indicators include: successful desire

and desire, encouragement and needs in learning, hopes and aspirations for the future, appreciation in learning, and a conducive learning environment⁵⁻⁷. Motivation is closely related to one's desire to learn and carry out tasks in fulfilling his developmental tasks entering young adulthood. Dariyo (2008) states that young adults are those who are generally aged 20-40 years. Most young adults sleep at night an average of 6 to 8.5 hours a day, but in this case vary³. The prevalence of adults who experience sleep disorders is still high, the data from WHO (World Health Organization) $5 \pm 18\%$ of the world's population have experienced sleeplessness (Lanyawati, 2001). In Indonesia, the exact number of people who experience sleep disorders is unknown, but the prevalence in adults reaches 20%⁸

Based on Fitri Rahmawati's study of the relationship between sleep quality and student learning interest, the results of the analysis showed that there was a significant relationship between sleep quality and learning interest. These results indicate that the higher the PSQI score, the

higher the interest in learning or the worse the quality of sleep, the lower the interest in learning. However, poor sleep quality does not result in a significant decrease at student learning interest.

MATERIALS AND METHOD

This study uses a quantitative research design with the approach used is a cross sectional approach. The population in this study were students of the first grade of Nursing Academy 17 of Karanganyar, with total amount of 39 students. While the sampling technique used in this study with total sampling is to use the entire population of 39 students. The independent variable of this study is sleep quality while the dependent variable is learning motivation. Data collection tools in this study used a sleep quality questionnaire, the Pittsburgh Sleep Quality Index (PSQI), while the learning motivation questionnaire was modified by Dewi, 2014. Data analysis consisted of univariate and biivariate analyzes. Univariate analysis is used to see each frequency distribution variable, in this study univariate analysis is presented in table form, while bivariate analysis is used to see the relationship between variables. Bivariate analysis in this study using chi square test.

RESULTS AND DISCUSSION

Table 1 Frequency Distribution of Respondents by Gender and Age

Characteristics	amount	
	Frequency (n)	Percentage (%)
Gender		
Man	8	20,5
Woman	31	79,5
Total	39	100,0
Age		
18-19	33	84,6
20-21	5	12,8
22-23	1	2,6
Total	39	100,0

Based on the results of frequency distribution in table 1, it was found that students from the first grade of Nursing Academy 17 of Karanganyar showed that 39 respondents surveyed, respondents are male respondents they are 8 respondents (20.5%) and women are 31

respondents (79.5%).

Frequency distribution results in the table 1 shows that respondents with the aged 18-19 years are 33 respondents (84.6%), aged 20-21 years are 5 respondents (12.8%) and those aged 22-23 years are 1 respondent (2.6%).

Table 2. Frequency Distribution of Respondents Based on Sleep Quality

Variable	Amount	
	Frequency(n)	Percentage (%)
Sleep Quality		
Good	17	43,6
Bad	22	56,4
Amount	39	100,0

Based on Table 2, it is known that students from the first grade of Nursing Academy 17 Karanganyar show that from 39 respondents who are researched, the respondents who have good sleep quality are 17 respondents (43.6%) and those who have poor sleep quality are 22 respondents (56.4%).

Table 3. Frequency Distribution Based on Student Learning Motivation

Variable	Amount	
	Frequency (n)	Percentage (%)
Learning Motivation		
Low	12	30,8
Medium	13	33,3
High	14	35,9
Amount	39	100,0

Based on Table 3 it is known that students' learning motivation from the first grade of Nursing Academy 17 Karanganyar shows that the respondents who have low learning motivation are 12 respondents (30.8%), and who have moderate motivation learning are 13 respondents (33.3%) and who have high learning motivation are 14 respondents (35.9%).

Table 4: Relationship between Sleep Quality and Student Learning Motivation

Sleep Quality	Learnig Motivation			Total	r	Score	P
	Low	Medium	High				
Good	1	6	10	17	0,316	10,513	0,005
Bad	11	7	4	22			
Amount	12	13	14	39			

The results of table 4 can be seen from the results of the *chi square* test of 39 samples obtained 17 respondents with good sleep quality who have high learning motivation are 10 respondents, moderate learning motivation are 6 respondents, and poor learning motivation are 1 respondent, while respondents who have poor sleep quality that have high learning motivation are 4 respondents, moderate learning motivation are 7 respondents and low learning motivation are 11 respondents.

The *chi square* test results on 39 samples produced a statistical value (X²) of 10,513 with a significant level of 0,05 which was 0,316 obtained p value 0,005 where p value <0,05. Thus it was concluded that H_a was accepted that is the relationship between sleep quality and student learning motivation. Even so, there is out the possibility that there are respondents who have good sleep quality but low learning motivation and vice versa who have poor sleep quality that high learning motivation this is because there are other factors that influence learning motivation other than sleep quality.

CONCLUSIONS AND RECOMMENDATIONS

Based on the research conducted on 39 respondents about the relationship of sleep quality with students learning motivation at Nursing Academy 17 Karanganyar, shows that respondents who have good sleep quality as many as 17 respondents (43.6%) and who have poor sleep quality are 22 respondents (56.4%) while respondents who have low learning motivation are 12 respondents (30.8%) who have moderate learning motivation are 13 respondents (33.3%) and who have high learning are 14 respondents (35.9%).

The results of the *chi square* test showed a significant relationship between the quality of sleep with student learning motivation with statistical values (X²)

of 10.513 with a significant level of 0.05, namely 0.316 obtained *p value* of 0.005 where *p value* <0.05. It can be concluded that there is a relationship between sleep quality and learning motivation of first-grade students at Nursing Academy 17 of Karanganyar.

Students should improve the quality of their sleep, so that the quality of sleep will be better so learning motivation that is still low can be improved. However, students are also expected to maintain high learning motivation and increase the spirit of learning so that the achievement will increase.

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