

ABSTRAK

Pandemi COVID-19 membuat mahasiswa di Departemen Teknik Industri Universitas Diponegoro menjalani pembelajaran daring. Penyelenggaraan kelas di berbagai mata kuliah dilaksanakan secara online begitupun dengan pelaksanaan praktikum yang ternyata berpengaruh pada performa akademik dari mahasiswa, khususnya pada praktikum Proyek Teknik Industri. Berdasarkan penelitian yang sudah dilakukan, diketahui bahwa rata-rata mahasiswa memiliki performa akademik yang buruk yang ditunjukkan dari hasil posttest modul 10 praktikum Proyek Teknik Industri. Hasil uji statistik dengan uji korelasi Spearman Rank menunjukkan bahwa performa akademik berkorelasi dengan kualitas tidur yang buruk dengan ditunjukkan bahwa rata-rata mahasiswa memiliki kualitas tidur yang buruk. Berdasarkan hal tersebut, dilakukan identifikasi penyebab dan akar penyebab dengan Why Tree Diagram pada masalah yang ada sehingga diketahui bahwa aspek stres dan aktivitas fisik memiliki menjadi faktor penyebab dari kualitas tidur yang buruk. Rekomendasi kemudian dirancang dalam bentuk panduan operasional dengan metode Corrective and Preventive Action menyesuaikan dengan hasil identifikasi penyebab dan akar penyebab masalah.

Kata kunci: *Kualitas Tidur, Performa Akademik, Stres, Aktivitas Fisik*

ABSTRACT

The COVID-19 pandemic has forced students at the Department of Industrial Engineering at Diponegoro University to undergo online learning. The implementation of classes in various courses is carried out online as well as the implementation of practicum which turns out to affect the academic performance of students, especially in the Industrial Engineering Project practicum. Based on the research that has been done, it is known that on average students have poor academic performance as indicated by the results of the post-test module 10 Industrial Engineering Project practicum. The results of statistical tests with the Spearman Rank correlation test show that academic performance is correlated with poor sleep quality by showing that on average students have poor sleep quality. Based on this, identification of the causes and root causes with the Why Tree Diagram on the existing problems is carried out so that it is known that aspects of stress and physical activity have become factors that cause poor sleep quality. Recommendations are then designed in the form of operational guidelines using the Corrective and Preventive Action method according to the results of the identification of the causes and root causes of the problem.

Keywords: *Sleep Quality, Academic Performance, Stress, Physical Activity*