

Hubungan Kualitas Diet, Tingkat Stres, Status Tempat Tinggal dengan Kualitas Tidur Pada Mahasiswa Universitas Diponegoro

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ABSTRAK

Latar Belakang: Stres yang sering dialami oleh mahasiswa dapat mempengaruhi kualitas tidur buruk. Kualitas tidur buruk berdampak pada menurunnya kualitas kesehatan, prestasi akademik, serta gangguan memori. Kualitas tidur dipengaruhi oleh kualitas diet, tingkat stres, dan status tempat tinggal.

Tujuan: Menganalisis hubungan kualitas diet, tingkat stres, dan status tempat tinggal dengan kualitas tidur pada mahasiswa Universitas Diponegoro.

Metode: *Cross-sectional* dengan sampel 101 mahasiswa tingkat akhir dipilih dengan *purposive sampling*. Kualitas tidur diperoleh menggunakan kuesioner PSQI. Kualitas diet diperoleh melalui wawancara SQ-FFQ dan kuesioner DQI-I. Tingkat stres diperoleh melalui kuesioner PSS. Status tempat tinggal diperoleh melalui wawancara. Data dianalisis menggunakan uji korelasi *spearman* dan uji regresi logistik biner.

Hasil: Terdapat 59,4% subjek mengalami kualitas tidur buruk. Sebanyak 90,1% subjek memiliki kualitas diet rendah. Sebanyak 32% subjek memiliki tingkat stres rendah, 67,3% subjek memiliki tingkat stres sedang, dan 1% subjek memiliki tingkat stres berat. Sebanyak 77,2% subjek bertempat tinggal di kos. Analisis bivariat menunjukkan kecukupan kelompok sayur dan tingkat stres memiliki hubungan yang signifikan dengan kualitas tidur ($p=0,045$ dan $p<0,01$). Analisis multivariat menunjukkan tingkat stres sedang berpengaruh signifikan terhadap kualitas tidur buruk ($p=0,016$).

Simpulan: Terdapat hubungan antara kecukupan kelompok sayur dan tingkat stres dengan kualitas tidur. Tidak terdapat hubungan antara kualitas diet dan status tempat tinggal dengan kualitas tidur.

Kata Kunci: kualitas tidur, kualitas diet, tingkat stres, tempat tinggal

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Association between Diet Quality, Stress Level, and Living Status with Sleep Quality in Diponegoro University Students

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ABSTRACT

Background: Stress that is often experienced by college students can affect poor sleep quality. Poor sleep quality can be impacted on decreasing health quality, academic performance, and memory impairment. Sleep quality is influenced by the diet quality, stress levels, and living status.

Objective: This study to analyze the association between diet quality, stress levels, and living status with sleep quality in Diponegoro University students.

Methods: A total of 101 subjects were selected by purposive sampling for a cross-sectional study. Sleep quality was obtained by PSQI. Diet quality was obtained through the PSS. Living status was obtained through interview. Data were analyzed using Spearman correlation test and binary logistic regression test.

Results: There were 59,4% of subjects experiencing poor sleep quality. A total of 90,1% of subjects had low diet quality. A total of 32% of subjects had low stress levels, 67.3% of subjects had moderate stress levels, and 1% of subjects had severe stress levels. A total of 77.2% of the subjects resided in boarding houses. Bivariate analysis showed that vegetable group adequacy and stress level had a significant relationship with sleep quality ($p=0,045$ and $p<0,01$). Multivariate analysis showed that moderate stress levels had a significant effect on poor sleep quality ($p=0,016$).

Conclusions: There was an association between vegetable group adequacy and stress level with sleep quality. There was no association between diet quality and living status with sleep quality.

Keywords: sleep quality, diet quality, stress level, living status

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