

**HUBUNGAN *BURNOUT* AKADEMIK DENGAN KUALITAS TIDUR
PADA MAHASISWA SARJANA KEPERAWATAN UNIVERSITAS
BHAKTI KENCANA BANDUNG**

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ABSTRAK

Mahasiswa keperawatan menghadapi tuntutan akademik yang cukup berat, baik dalam pembelajaran teori maupun praktik klinik, yang berpotensi menimbulkan *burnout* akademik. Kondisi *burnout* akademik dicirikan dengan kelelahan emosional, munculnya sikap sinis terhadap aktivitas belajar, serta penurunan keyakinan diri dalam menyelesaikan tugas akademik. Salah satu konsekuensi dari *burnout* akademik adalah terganggunya kualitas tidur. Penelitian ini bertujuan menganalisis hubungan antara *burnout* akademik dengan kualitas tidur pada mahasiswa Program Sarjana Keperawatan Universitas Bhakti Kencana Bandung. Penelitian menggunakan pendekatan kuantitatif dengan desain korelasional dan metode *cross-sectional*. Populasi penelitian ialah mahasiswa sarjana keperawatan, dengan teknik pengambilan sampel *stratified random sampling* sehingga diperoleh 222 responden. Instrumen yang digunakan meliputi *Maslach Burnout Inventory-Student Survey* (MBI-SS) dan *Pittsburgh Sleep Quality Index* (PSQI). Hasil penelitian menunjukkan mayoritas mahasiswa mengalami *burnout* akademik pada tingkat rendah (94,1%), namun mayoritas mempunyai kualitas tidur yang buruk (79,3%). Analisis data dengan uji Spearman Rank memperlihatkan adanya korelasi positif yang signifikan antara *burnout* akademik dengan kualitas tidur ($\rho = 0,202$; $p = 0,003$). Hal ini berarti semakin tinggi tingkat *burnout* akademik, semakin buruk pula kualitas tidur mahasiswa. Temuan ini menekankan pentingnya strategi manajemen stres serta upaya peningkatan kesehatan mental untuk memperbaiki kualitas tidur sekaligus menurunkan tingkat *burnout* akademik.

Kata kunci : *Burnout* Akademik, Mahasiswa Keperawatan, Kualitas Tidur

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***THE RELATION SHIP BETWEEN ACADEMIC BURNOUT AND SLEEP
QUALITY IN UNDERGRADUATE NURSING STUDENTS OF BHAKTI
KENCANA UNIVERSITY BANDUNG***

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ABSTRACT

Nursing students face considerable academic demands, both in theoretical learning and clinical practice, which may lead to academic burnout. Academic burnout is characterized by emotional exhaustion, a cynical attitude towards learning activities, and reduced self-confidence in completing academic tasks. One of the consequences of academic burnout is the disruption of sleep quality. This study aims to analyze the relationship between academic burnout and sleep quality among undergraduate nursing students at Bhakti Kencana University Bandung. The study employed a quantitative approach with a correlational design and a cross-sectional method. The study population consisted of undergraduate nursing students, and the sampling technique used stratified random sampling, resulting in 222 respondents. The instruments utilized were the Maslach Burnout Inventory-Student Survey (MBI-SS) and the Pittsburgh Sleep Quality Index (PSQI). The results showed that most students experienced a low level of academic burnout (94.1%), while the majority had poor sleep quality (79.3%). Data analysis using the Spearman Rank test revealed a significant positive correlation between academic burnout and sleep quality ($\rho = 0.202$; $p = 0.003$). This indicates that the higher the level of academic burnout, the poorer the students' sleep quality. These findings highlight the importance of stress management strategies and mental health promotion to improve sleep quality and reduce academic burnout.

Keywords: Academic Burnout, Nursing Students, Quality of Sleep

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