

HUBUNGAN ANTARA STRES AKADEMIK DAN KUALITAS TIDUR DENGAN KEJADIAN *TENSION-TYPE HEADACHE* (TTH) PADA MAHASISWA DI KOTA BANDUNG

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ABSTRAK

Tension-Type Headache (TTH) kerap muncul pada mahasiswa sebagai dampak interaksi antara stres akademik dan kualitas tidur yang buruk, sehingga penting diteliti untuk memahami hubungan ketiganya dan merumuskan langkah pencegahan di lingkungan pendidikan tinggi. Penelitian menggunakan desain kuantitatif analitik dengan pendekatan *cross-sectional*. Penelitian ini menggunakan teknik *purposive sampling* karena penelitian ini memerlukan responden dengan karakteristik tertentu yang relevan dengan tujuan penelitian. Jumlah sampel ditentukan berdasarkan total populasi, yaitu 357 mahasiswa Universitas Bhakti Kencana dan 339 mahasiswa Politeknik Manufaktur Negeri Bandung, dengan menggunakan margin of error sebesar 5%. Instrumen penelitian meliputi *Educational Stress Scale for Adolescents* (ESSA) dan *Pittsburgh Sleep Quality Index* (PSQI), yang telah terbukti valid dan reliabel (*Cronbach's alpha* > 0,8). Kejadian TTH diukur menggunakan kuesioner berdasarkan kriteria ICHD-3. Analisis data dilakukan secara deskriptif (frekuensi dan persentase) dan inferensial menggunakan uji *chi-square*. Hasil menunjukkan hubungan signifikan antara stres akademik dan TTH ($p = 0,000$), serta kualitas tidur dan TTH ($p = 0,003$). Kesimpulan dari penelitian ini menunjukkan bahwa stres akademik dan kualitas tidur berkontribusi signifikan terhadap kejadian TTH pada mahasiswa. Temuan ini menegaskan pentingnya peran institusi pendidikan dalam menghadirkan program manajemen stres dan perbaikan kualitas tidur guna mendukung kesehatan serta performa akademik mahasiswa.

Kata Kunci: Stres akademik, kualitas tidur, *Tension-Type Headache* (TTH), mahasiswa, Bandung.

Referensi	Jumlah	Tahun
Jurnal Ilmiah	30	2013-2024
Buku Akademik	6	1984-2022
Laporan/Organisasi/UU	4	2018-2023
Skripsi/Tesis	7	2018-2024
Artikel/Prosiding	1	2020
Total	48	

**THE RELATIONSHIP BETWEEN ACADEMIC STRESS AND SLEEP
QUALITY WITH THE INCIDENCE OF TENSION-TYPE HEADACHE
AMONG UNIVERSITY STUDENTS IN BANDUNG CITY**

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ABSTRACT

Tension-Type Headache (TTH) frequently occurs among university students as a result of the interaction between academic stress and poor sleep quality, making it important to investigate their relationship in order to inform preventive measures within higher education settings. This research employed a quantitative analytic design with a cross-sectional approach. Purposive sampling was used because the respondents possessed specific characteristics relevant to the study's objectives. The sample size was determined based on a total population of 357 students from Bhakti Kencana University and 339 students from Bandung State Polytechnic of Manufacturing, with a 5% margin of error. Research instruments included the Educational Stress Scale for Adolescents (ESSA) and the Pittsburgh Sleep Quality Index (PSQI), both of which are validated and reliable (Cronbach's alpha > 0.8). TTH incidence was measured using a questionnaire based on ICHD-3 criteria. Data were analyzed descriptively (frequency and percentage) and inferentially using the chi-square test. The results showed a significant relationship between academic stress and TTH ($p = 0.001$), as well as between sleep quality and TTH ($p = 0.003$). These findings highlight the important role of educational institutions in promoting stress management and improving sleep quality to support students' health and academic performance..

Keywords: *Academic stress, sleep quality, Tension-Type Headache (TTH), university students, Bandung.*

Type of Reference	Quantity	Year Range
Scientific Journals	30	2013-2024
Academic Books	6	1984-2022
Reports/Organizations/Laws	4	2018-2023
Theses/Dissertations	7	2018-2024
Seminar article/conference proceeding	1	2020
Total	48	