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Lampiran 1 Lembar Permohonan Menjadi Responden

LEMBAR PERMOHONAN MENJADI RESPONDEN

Assalamu'alaikum Warahmatullahi Wabarakatuh. Perkenalkan nama saya **Nur Wanda Hamida.** Saya mahasiswa Program Studi Ilmu Keperawatan, Fakultas Keperawatan Universitas Hasanuddin. Saya sedang melakukan penelitian skripsi dalam rangka menyelesaikan Pendidikan Sarjana Keperawatan. Adapun judul penelitian saya adalah "**Gambaran Kualitas Tidur Mahasiswa Program Studi Ilmu Keperawatan Universitas Hasanuddin di Masa Pandemi COVID-19**", tentang prosedur penelitian bahwa akan dilakukan penelitian yaitu dengan diberikan kuesioner melalui *googleform* yang akan dikirim melalui *whatsapp*. Terlebih dahulu, peneliti meminta izin/persetujuan kepada responden dan memberikan lembar persetujuan menjadi responden, apabila responden setuju maka peneliti akan membagikan kuesioner kepada responden, setelah itu responden mengisi poin-poin yang telah diberikan oleh peneliti. Penelitian yang akan dilakukan termasuk tujuan dan manfaat yang akan diperoleh oleh subjek bila ikut serta dalam penelitian. Tujuan dilakukannya penelitian ini untuk mengetahui seperti apa gambaran kualitas tidur pada mahasiswa Program Studi Ilmu Keperawatan Universitas Hasanuddin. Kegiatan ini dapat menambah pengetahuan dan pengalaman bagi peneliti dalam berinteraksi dengan mahasiswa yang lain.

Perlu anda ketahui, bahwa apapun jawaban yang anda berikan tidak ada yang salah dan dapat diterima sepenuhnya, selama jawaban tersebut jujur, murni dan menggambarkan kondisi anda sebenarnya. Sangat diharapkan agar anda mengisi kuesioner dengan baik dan lengkap, jangan sampai ada yang terlewati atau tidak terisi. Kerahasiaan identitas dan jawaban anda dilindungi dan dijamin oleh kode etik penelitian ilmiah.

Apabila anda ingin mengundurkan diri selama proses penelitian berlangsung karena ada hal-hal yang kurang berkenan atau tidak nyaman, anda dapat meyampaikan langsung melalui *whatsapp* peneliti. Jika anda bersedia mengikuti penelitian ini, silahkan menandatangani lembar persetujuan responden.

Apabila terdapat hal-hal yang kurang jelas mengenai penelitian ini, maka anda dapat menghubungi peneliti.

Makassar, Maret 2021

Nur Wanda Hamida

Lampiran 2 Lembar Persetujuan Responden

LEMBAR PERSETUJUAN RESPONDEN

Saya yang bertanda tangan dibawah ini:

Inisial :

Tempat tanggal lahir :

Umur :

No. Hp :

Setelah mendapat penjelasan dari peneliti, dengan ini saya menyatakan bersedia berpartisipasi menjadi partisipan dalam penelitian yang berjudul “Gambaran Kualitas Tidur Mahasiswa Program Studi Ilmu Keperawatan Universitas Hasanuddin di masa pandemi COVID-19”.

Saya sudah memahami bahwa penelitian ini tidak akan menimbulkan akibat yang merugikan saya. Dengan ini, saya bersedia menjadi partisipan dalam penelitian ini. Persetujuan ini saya tanda tangani tanpa ada paksaan dari siapapun dan saya menyatakan berpartisipasi dalam penelitian ini.

Demikian surat pernyataan ini saya buat untuk dapat dipergunakan sebagaimana mestinya.

Makassar, Maret 2021

Yang membuat pernyataan,

Tanda Tangan

Lampiran 3 Kuisisioner Data Responden

KUISIONER DATA RESPONDEN

Pernyataan berikut adalah informasi tentang data diri mahasiswa. Mohon diisi dengan memberi tanda (✓) pada kotak yang sesuai dengan jawaban anda.

Informasi responden

2. Inisial : ()

3. Usia : ()

4. Jenis Kelamin : Laki-laki ()
Perempuan ()

5. Angkatan : 2018 ()
2019 ()
2020 ()

6. Status Tempat Tinggal : Sendiri / Kost ()
Keluarga ()

Lampiran 4 Kuisioner Pittsbrugh Sleep Quality Index (PSQI)

KUISIONER PITTSBRUGH SLEEP QUALITY INDEX (PSQI)

Petunjuk : pertanyaan-pertanyaan berikut ini berhubungan dengan kebiasaan tidur anda yang biasa selama sebulan terakhir ini. Jawaban anda harus menunjukkan jawaban paling akurat untuk Sebagian besar siang dan malam dalam sebulan terakhir. Harap jawab semua pertanyaan. Selama beberapa bulan terakhir.

Jawablah pertanyaan berikut ini! Selain pertanyaan no 1 dan 3 Berikan tanda (✓) pada salah satu jawaban yang anda anggap paling sesuai!

1. Jam berapa biasanya anda tidur pada malam hari?

2. Berapa lama (dalam hitungan menit) untuk dapat mulai tertidur setiap malam?

- ≤ 15 menit
- 16-30 menit
- 31-60 menit
- > 60 menit

3. Jam berapa biasanya anda bangun di pagi hari ?

4. Berapa jam durasi tidur anda pada malam hari? (jumlah jam tidur per malam) (ini mungkin berbeda dari jumlah jam yang anda habiskan di tempat tidur)

- > 7 jam
- 6-7 jam
- 5-6 jam
- < 5 jam

Berikan tanda (✓) pada salah satu jawaban yang anda anggap paling sesuai!

| 5. Selama sebulan terakhir, seberapa sering anda mengalami kesulitan tidur dibawah ini: | Tidak pernah selama sebulan terakhir (0) | <1x dalam seminggu (1) | 1-2x dalam seminggu (2) | ≥3x seminggu (3) |
|---|---|---------------------------|----------------------------|---------------------|
| a. Tidak bisa tidur pada malam hari dalam 30 menit | | | | |
| b. Terbangun pada tengah malam atau dini hari | | | | |
| c. Harus bangun karena ingin ke kamar mandi | | | | |
| d. Tidak bisa bernapas secara nyaman | | | | |
| e. Batuk atau mendengkur keras | | | | |
| f. Merasa kedinginan | | | | |
| g. Merasa kepanasan | | | | |
| h. Bermimpi buruk | | | | |
| i. Merasakan nyeri/sakit | | | | |
| j. Tolong jelaskan penyebab lain yang belum disebutkan di atas yang menyebabkan anda terganggu di malam hari dan seberapa sering anda mengalaminya? | | | | |
| ➤ | | | | |

| | | | | |
|--|--------------------------|----------------------------|-----------------------|----------------------|
| ➤ | | | | |
| 6. Selama sebulan terakhir, seberapa sering anda minum obat (diresepkan atau “dijual bebas”) untuk membantu anda tidur? | | | | |
| 7. Selama sebulan terakhir seberapa sering anda merasa terjaga atau mengantuk ketika melakukan aktifitas mengemudi, makan atau aktifitas sosial lainnya? | | | | |
| 8. Selama sebulan terakhir, adakah masalah yang cukup membuat tidak antusias atau bersemangat untuk menyelesaikan suatu pekerjaan/tugas? | Tidak ada masalah (0) | Hanya masalah kecil (1) | Masalah sedang (2) | Masalah besar (3) |
| | | | | |
| | Sangat baik (0) | Cukup baik (1) | Cukup buruk (2) | Sangat buruk (3) |
| 9. Selama sebulan terakhir, bagaimana anda menilai kualitas tidur anda secara keseluruhan? | | | | |

Lampiran 5 Kisi-kisi Penilaian Kuisioner Pittsbrugh Sleep Quality Index (PSQI)

KISI-KISI PENILAIAN KUISIONER PITTSBRUGH SLEEP QUALITY INDEX (PSQI)

| KOMPONEN | | NO. ITEM | PENILAIAN | |
|---|-----------------------|----------------------------|-------------------|---|
| 1. Kualitas tidur secara subyektif | | 9 | Sangat baik | 0 |
| | | | Cukup baik | 1 |
| | | | Cukup buruk | 2 |
| | | | Sangat buruk | 3 |
| 2. Latensi tidur | | 2 | ≤ 15 menit | 0 |
| | | | 16-30 menit | 1 |
| | | | 31-60 menit | 2 |
| | | | > 60 menit | 3 |
| | 5a | 5a | Tidak pernah | 0 |
| | | | 1x dalam seminggu | 1 |
| | | | 2x dalam seminggu | 2 |
| | | | ≥3x seminggu | 3 |
| | Skor total komponen 2 | Skor total komponen 2 | 0 | 0 |
| | | | 1-2 | 1 |
| | | | 3-4 | 2 |
| | | | 5-6 | 3 |
| 3. Durasi tidur (lamanya waktu tidur) | | 4 | > 7 jam | 0 |
| | | | 6-7 jam | 1 |
| | | | 5-6 jam | 2 |
| | | | < 5 jam | 3 |
| | | | | |
| 4. Efisiensi tidur Rumus : $\frac{\text{Jumlah lama tidur}}{\text{Jumlah lama di tempat tidur}} \times 100$ | | 1,3 dan 4 | >85% | 0 |
| | | | 75%-84% | 1 |
| | | | 65%-74% | 2 |
| | | | <65% | 3 |
| | | | | |
| 5. Gangguan tidur | | 5b, 5c, 5d, 5e, 5f, 5g, | Tidak pernah | 0 |
| | | | 1x dalam | 1 |

| | | | | |
|----|-----------------------|--------------------------|---------------------|---|
| | | 5h, 5i, 5j | seminggu | |
| | | | 2x dalam seminggu | 2 |
| | | | ≥ 3 x seminggu | 3 |
| | | Skor total komponen 5 | 0 | 0 |
| | | | 1-9 | 1 |
| | | 6 | 10-18 | 2 |
| | | | 19-27 | 3 |
| | | | | |
| 6. | Penggunaan obat tidur | 7 | Tidak pernah | 0 |
| | | | 1x dalam seminggu | 1 |
| | | | 2x dalam seminggu | 2 |
| | | | ≥ 3 x seminggu | 3 |
| | | | | |
| 7. | Disfungsi siang hari | 8 | Tidak pernah | 0 |
| | | | 1x dalam seminggu | 1 |
| | | | 2x dalam seminggu | 2 |
| | | | ≥ 3 x seminggu | 3 |
| | | | | |
| | | Skor total komponen 7 | Tidak ada masalah | 0 |
| | | | Hanya masalah kecil | 1 |
| | | | Masalah sedang | 2 |
| | | | Masalah besar | 3 |
| | | | 0 | 0 |
| | | | 1-2 | 1 |
| | | | 3-4 | 2 |
| | | | 5-6 | 3 |

Skor Komponen 1

Skor Komponen 2

Skor Komponen 3

Skor Komponen 4

Skor Komponen 5

Skor Komponen 6

Skor Komponen 7 : _____ +

Skor Global PSQI (0-21)

Lampiran 6 Lembar Persetujuan Etik



KEMENTERIAN PENDIDIKAN, KEBUDAYAAN
RISET, DAN TEKNOLOGI
UNIVERSITAS HASANUDDIN
FAKULTAS KESEHATAN MASYARAKAT
Jln. Perintis Kemerdekaan Km. 10 Makassar 90245, Telp. (0411) 585658,
E-mail : fkm.unhas@gmail.com, website: <https://fkm.unhas.ac.id/>

REKOMENDASI PERSETUJUAN ETIK

Nomor : 5942/UN4.14.1/TP.01.02/2021

Tanggal : 15 Juli 2021

Dengan ini Menyatakan bahwa Protokol dan Dokumen yang Berhubungan dengan Protokol berikut ini telah mendapatkan Persetujuan Etik :

| | | | |
|-----------------------------------|--|---|---------------------------|
| No.Protokol | 29621091140 | No. Sponsor Protokol | |
| Peneliti Utama | Nur Wanda Hamida | Sponsor | Pribadi |
| Judul Peneliti | Gambaran Kualitas Tidur Mahasiswa Program Studi Ilmu Keperawatan Universitas Hasanuddin | | |
| No.Versi Protokol | 1 | Tanggal Versi | 7 Mei 2021 |
| No.Versi PSP | 1 | Tanggal Versi | 7 Mei 2021 |
| Tempat Penelitian | Program Studi Ilmu Keperawatan Universitas Hasanuddin | | |
| Judul Review | <input checked="" type="checkbox"/> Exempted <input type="checkbox"/> Expedited <input type="checkbox"/> Fullboard | Masa Berlaku 15 Juli 2021 Sampai 15 Juli 2022 | Frekuensi review lanjutan |
| Ketua Komisi Etik Penelitian | Nama : Prof.dr. Veni Hadju,M.Sc,Ph.D | Tanda tangan | Tanggal |
| Sekretaris komisi Etik Penelitian | Nama : Dr. Wahiduddin, SKM.,M.Kes | Tanda tangan | Tanggal |

Kewajiban Peneliti Utama :

1. Menyerahkan Amandemen Protokol untuk persetujuan sebelum di implementasikan
2. Menyerahkan Laporan SAE ke Komisi Etik dalam 24 Jam dan dilengkapi dalam 7 hari dan Lapor SUSAR dalam 72 Jam setelah Peneliti Utama menerima laporan
3. Menyerahkan Laporan Kemajuan (progress report) setiap 6 bulan untuk penelitian resiko tinggi dan setiap setahun untuk penelitian resiko rendah
4. Menyerahkan laporan akhir setelah Penelitian berakhir
5. Melaporkan penyimpangan dari protocol yang disetujui (protocol deviation/violation)
6. Mematuhi semua peraturan yang ditentukan

Lampiran 7 Surat Rekomendasi Dinas Penanaman Modal dan PTSP



PEMERINTAH PROVINSI SULAWESI SELATAN DINAS PENANAMAN MODAL DAN PELAYANAN TERPADU SATU PINTU BIDANG PENYELENGGARAAN PELAYANAN PERIZINAN

Nomor : 15596/S.01/PTSP/2021
Lampiran :
Perihal : Izin Penelitian

Kepada Yth.
Rektor Univ. Hasanuddin Makassar

di-
Tempat

Berdasarkan surat Dekan Fak. Keperawatan UNHAS Makassar Nomor : 2967//UN4.18.1/PT.01.04/2021 tanggal 31 Mei 2021 perihal tersebut diatas, mahasiswa/peneliti dibawah ini:

Nama : NUR WANDA HAMIDA
Nomor Pokok : C051171313
Program Studi : Ilmu Keperawatan
Pekerjaan/Lembaga : Mahasiswa(S1)
Alamat : Jl. P. Kemerdekaan Km. 10, Makassar

Bermaksud untuk melakukan penelitian di daerah/kantor saudara dalam rangka penyusunan Skripsi, dengan judul :

" GAMBARAN KUALITAS TIDUR MAHASISWA PROGRAM STUDI ILMU KEPERAWATAN UNIVERSITAS HASANUDDIN "

PELAYANAN TERPADU SATU PINTU
PTSP
Yang akan dilaksanakan dari : Tgl. 14 Juni s/d 14 Juli 2021

Sehubungan dengan hal tersebut diatas, pada prinsipnya kami *menyetujui* kegiatan dimaksud dengan ketentuan yang tertera di belakang surat izin penelitian.
Dokumen ini ditandatangani secara elektronik dan Surat ini dapat dibuktikan keasliannya dengan menggunakan **barcode**,
Demikian surat izin penelitian ini diberikan agar dipergunakan sebagaimana mestinya.

Diterbitkan di Makassar
Pada tanggal : 07 Juni 2021

A.n. GUBERNUR SULAWESI SELATAN
KEPALA DINAS PENANAMAN MODAL DAN PELAYANAN TERPADU
SATU PINTU PROVINSI SULAWESI SELATAN
Selaku Administrator Pelayanan Perizinan Terpadu

Dr. JAYADI NAS, S.Sos., M.Si
Pangkat : Pembina Tk.I
Nip : 19710501 199803 1 004

Tembusan Yth
1. Dekan Fak. Keperawatan UNHAS Makassar di Makassar;
2. Pertinggal.

SIMAP PTSP 07-06-2021



Jl. Bougenville No.5 Telp. (0411) 441077 Fax. (0411) 448936
Website : <http://simap.sulselprov.go.id> Email : ptsp@sulselprov.go.id
Makassar 90231



MASTER TABEL

Lampiran 8 Master Tabel Karakteristik Responden

| KODE | USIA/UMUR | JENIS KELAMIN | ANGKATAN | STATUS TEMPAT TINGGAL |
|------|-----------|---------------|----------|-----------------------|
| 1 | 19 | 2 | 2 | 2 |
| 2 | 19 | 2 | 2 | 2 |
| 3 | 20 | 2 | 2 | 1 |
| 4 | 20 | 2 | 2 | 1 |
| 5 | 19 | 2 | 2 | 1 |
| 6 | 19 | 2 | 2 | 1 |
| 7 | 21 | 2 | 1 | 1 |
| 8 | 21 | 2 | 1 | 1 |
| 9 | 20 | 2 | 1 | 1 |
| 10 | 20 | 2 | 1 | 2 |
| 11 | 20 | 2 | 1 | 2 |
| 12 | 21 | 2 | 1 | 1 |
| 13 | 20 | 2 | 1 | 1 |
| 14 | 20 | 2 | 1 | 1 |
| 15 | 21 | 2 | 1 | 2 |
| 16 | 21 | 2 | 1 | 1 |
| 17 | 21 | 2 | 1 | 2 |
| 18 | 21 | 2 | 1 | 2 |
| 19 | 20 | 2 | 1 | 1 |
| 20 | 21 | 2 | 1 | 1 |
| 21 | 20 | 2 | 1 | 2 |
| 22 | 20 | 2 | 1 | 2 |
| 23 | 21 | 2 | 1 | 1 |
| 24 | 20 | 2 | 1 | 1 |
| 25 | 21 | 2 | 1 | 1 |
| 26 | 20 | 2 | 1 | 1 |
| 27 | 19 | 2 | 2 | 2 |
| 28 | 19 | 2 | 2 | 2 |
| 29 | 20 | 2 | 2 | 2 |
| 30 | 20 | 2 | 2 | 2 |
| 31 | 21 | 2 | 2 | 2 |
| 32 | 19 | 2 | 2 | 2 |
| 33 | 20 | 2 | 1 | 1 |
| 34 | 20 | 2 | 1 | 2 |
| 35 | 19 | 2 | 2 | 2 |
| 36 | 20 | 2 | 2 | 2 |
| 37 | 19 | 2 | 3 | 2 |

| KODE | USIA/UMUR | JENIS KELAMIN | ANGKATAN | STATUS TEMPAT TINGGAL |
|------|-----------|---------------|----------|-----------------------|
| 38 | 20 | 2 | 3 | 1 |
| 39 | 19 | 2 | 3 | 2 |
| 40 | 19 | 2 | 3 | 2 |
| 41 | 19 | 2 | 3 | 1 |
| 42 | 18 | 2 | 3 | 2 |
| 43 | 20 | 2 | 3 | 1 |
| 44 | 18 | 2 | 3 | 2 |
| 45 | 19 | 2 | 3 | 2 |
| 46 | 19 | 2 | 3 | 2 |
| 47 | 19 | 2 | 3 | 2 |
| 48 | 18 | 2 | 3 | 1 |
| 49 | 18 | 2 | 3 | 1 |
| 50 | 20 | 2 | 3 | 1 |
| 51 | 19 | 2 | 3 | 2 |
| 52 | 18 | 2 | 3 | 2 |
| 53 | 19 | 2 | 3 | 2 |
| 54 | 19 | 2 | 3 | 1 |
| 55 | 18 | 2 | 3 | 2 |
| 56 | 20 | 2 | 3 | 2 |
| 57 | 19 | 2 | 3 | 2 |
| 58 | 19 | 2 | 3 | 2 |
| 59 | 20 | 1 | 3 | 2 |
| 60 | 19 | 2 | 3 | 2 |
| 61 | 19 | 2 | 3 | 1 |
| 62 | 19 | 2 | 3 | 2 |
| 63 | 19 | 2 | 3 | 2 |
| 64 | 19 | 2 | 3 | 2 |
| 65 | 18 | 2 | 3 | 1 |
| 66 | 19 | 2 | 2 | 2 |
| 67 | 20 | 2 | 2 | 2 |
| 68 | 20 | 2 | 2 | 1 |
| 69 | 18 | 2 | 3 | 1 |
| 70 | 19 | 2 | 2 | 2 |
| 71 | 19 | 2 | 3 | 2 |
| 72 | 18 | 1 | 3 | 2 |
| 73 | 18 | 2 | 3 | 2 |
| 74 | 22 | 1 | 1 | 1 |
| 75 | 20 | 1 | 2 | 2 |
| 76 | 19 | 2 | 3 | 1 |
| 77 | 20 | 2 | 2 | 2 |
| 78 | 19 | 2 | 2 | 1 |
| 79 | 20 | 2 | 2 | 2 |
| 80 | 19 | 1 | 2 | 2 |

| KODE | USIA/UMUR | JENIS KELAMIN | ANGKATAN | STATUS TEMPAT TINGGAL |
|------|-----------|---------------|----------|-----------------------|
| 81 | 19 | 2 | 2 | 1 |
| 82 | 20 | 2 | 2 | 2 |
| 83 | 19 | 2 | 2 | 2 |
| 84 | 19 | 1 | 2 | 2 |
| 85 | 20 | 2 | 2 | 1 |
| 86 | 20 | 2 | 2 | 2 |
| 87 | 22 | 2 | 1 | 1 |
| 88 | 19 | 2 | 3 | 2 |
| 89 | 19 | 2 | 3 | 2 |
| 90 | 19 | 2 | 1 | 1 |
| 91 | 19 | 2 | 3 | 1 |
| 92 | 20 | 1 | 3 | 2 |
| 93 | 18 | 2 | 3 | 2 |
| 94 | 21 | 2 | 2 | 2 |
| 95 | 19 | 2 | 3 | 2 |
| 96 | 20 | 2 | 1 | 1 |
| 97 | 19 | 2 | 2 | 2 |
| 98 | 19 | 2 | 2 | 2 |
| 99 | 20 | 2 | 2 | 2 |
| 100 | 19 | 2 | 3 | 2 |
| 101 | 20 | 2 | 2 | 2 |
| 102 | 21 | 2 | 1 | 2 |
| 103 | 22 | 2 | 1 | 2 |
| 104 | 20 | 2 | 2 | 1 |
| 105 | 20 | 2 | 2 | 1 |
| 106 | 20 | 2 | 2 | 2 |
| 107 | 20 | 2 | 2 | 1 |
| 108 | 20 | 2 | 3 | 1 |
| 109 | 18 | 2 | 3 | 2 |
| 110 | 20 | 2 | 1 | 2 |
| 111 | 19 | 2 | 3 | 2 |
| 112 | 19 | 2 | 3 | 2 |
| 113 | 20 | 2 | 2 | 2 |
| 114 | 20 | 2 | 2 | 2 |
| 115 | 20 | 1 | 2 | 2 |
| 116 | 20 | 1 | 2 | 2 |
| 117 | 21 | 2 | 1 | 2 |
| 118 | 20 | 2 | 2 | 2 |
| 119 | 20 | 2 | 2 | 1 |
| 120 | 20 | 2 | 2 | 2 |
| 121 | 20 | 2 | 1 | 1 |
| 122 | 22 | 1 | 1 | 1 |
| 123 | 20 | 2 | 2 | 2 |

| KODE | USIA/UMUR | JENIS KELAMIN | ANGKATAN | STATUS TEMPAT TINGGAL |
|------|-----------|---------------|----------|-----------------------|
| 124 | 22 | 1 | 1 | 1 |
| 125 | 20 | 2 | 2 | 2 |
| 126 | 20 | 2 | 2 | 2 |
| 127 | 19 | 2 | 3 | 2 |
| 128 | 19 | 1 | 3 | 2 |
| 129 | 21 | 2 | 1 | 2 |
| 130 | 18 | 2 | 3 | 2 |
| 131 | 19 | 2 | 3 | 2 |
| 132 | 20 | 2 | 2 | 1 |
| 133 | 20 | 2 | 2 | 2 |
| 134 | 20 | 2 | 2 | 2 |
| 135 | 21 | 2 | 1 | 2 |
| 136 | 20 | 2 | 2 | 2 |
| 137 | 19 | 2 | 3 | 2 |
| 138 | 20 | 2 | 2 | 2 |
| 139 | 20 | 2 | 2 | 1 |
| 140 | 21 | 2 | 1 | 2 |
| 141 | 21 | 2 | 1 | 2 |
| 142 | 21 | 2 | 1 | 2 |
| 143 | 21 | 2 | 1 | 2 |
| 144 | 21 | 2 | 1 | 2 |
| 145 | 21 | 2 | 1 | 1 |
| 146 | 19 | 1 | 2 | 1 |
| 147 | 21 | 2 | 1 | 2 |
| 148 | 20 | 2 | 1 | 1 |
| 149 | 21 | 2 | 1 | 2 |
| 150 | 21 | 1 | 1 | 1 |
| 151 | 21 | 1 | 1 | 1 |
| 152 | 21 | 2 | 1 | 2 |
| 153 | 21 | 2 | 1 | 2 |
| 154 | 21 | 2 | 1 | 2 |
| 155 | 21 | 2 | 1 | 2 |
| 156 | 21 | 2 | 1 | 2 |
| 157 | 21 | 2 | 1 | 2 |
| 158 | 21 | 2 | 1 | 2 |
| 159 | 21 | 2 | 1 | 1 |
| 160 | 21 | 2 | 1 | 1 |
| 161 | 21 | 2 | 1 | 2 |
| 162 | 21 | 2 | 1 | 2 |
| 163 | 20 | 2 | 1 | 2 |
| 164 | 21 | 2 | 1 | 2 |
| 165 | 19 | 2 | 2 | 1 |
| 166 | 21 | 2 | 1 | 2 |

| KODE | USIA/UMUR | JENIS KELAMIN | ANGKATAN | STATUS TEMPAT TINGGAL |
|------|-----------|---------------|----------|-----------------------|
| 167 | 21 | 2 | 1 | 2 |
| 168 | 21 | 2 | 1 | 1 |
| 169 | 21 | 2 | 1 | 2 |
| 170 | 21 | 2 | 1 | 2 |
| 171 | 21 | 2 | 1 | 2 |
| 172 | 21 | 2 | 1 | 1 |
| 173 | 21 | 2 | 1 | 1 |
| 174 | 21 | 2 | 2 | 2 |
| 175 | 20 | 2 | 2 | 2 |
| 176 | 21 | 2 | 1 | 2 |
| 177 | 21 | 2 | 1 | 2 |
| 178 | 21 | 2 | 1 | 2 |
| 179 | 21 | 2 | 1 | 2 |

Keterangan:

Usia :

- 18
- 19
- 20
- 21
- 22

Jenis Kelamin :

- 1 : Laki-laki
- 2 : Perempuan

Angkatan :

- 1 : 2018
- 2 : 2019
- 3 : 2020

Status Tempat Tinggal :

- 1 : Sendiri/kost
- 2 : Keluarga

Lampiran 9 Master Tabel Kuisioner Kualitas Tidur

| K T 1 | K T 2 | K T 3 | K T 4 | KT 5a | KT 5b | KT 5c | KT 5d | KT 5e | K T5 f | KT 5g | KT 5h | K T5 i | K T5 j | K T6 | K T7 | K T8 | K T9 |
|-------------|-------------|-------------|-------------|----------|----------|----------|----------|----------|--------------|----------|----------|--------------|--------------|---------|---------|---------|---------|
| 2 | 2 | 2 | 2 | 3 | 3 | 2 | 0 | 2 | 3 | 1 | 2 | 3 | 3 | 3 | 3 | 3 | 3 |
| 2 | 3 | 2 | 3 | 3 | 2 | 1 | 2 | 1 | 1 | 1 | 0 | 2 | 3 | 2 | 2 | 1 | 3 |
| 1 | 0 | 1 | 2 | 0 | 1 | 0 | 1 | 0 | 2 | 2 | 1 | 0 | 0 | 0 | 3 | 1 | 2 |
| 2 | 2 | 2 | 2 | 3 | 2 | 0 | 0 | 2 | 0 | 3 | 2 | 3 | 2 | 0 | 3 | 1 | 2 |
| 1 | 2 | 1 | 2 | 3 | 2 | 1 | 0 | 1 | 3 | 1 | 2 | 3 | 1 | 0 | 2 | 0 | 0 |
| 2 | 0 | 1 | 3 | 2 | 1 | 1 | 0 | 0 | 1 | 0 | 1 | 1 | 0 | 0 | 2 | 2 | 2 |
| 1 | 1 | 2 | 2 | 3 | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 1 | 1 | 1 | 1 |
| 1 | 1 | 1 | 1 | 2 | 2 | 1 | 0 | 0 | 1 | 2 | 1 | 0 | 2 | 0 | 0 | 1 | 1 |
| 1 | 1 | 2 | 0 | 2 | 2 | 2 | 0 | 0 | 0 | 2 | 2 | 0 | 0 | 0 | 2 | 1 | 1 |
| 1 | 1 | 1 | 2 | 3 | 2 | 2 | 0 | 0 | 0 | 1 | 2 | 0 | 0 | 0 | 3 | 2 | 3 |
| 1 | 3 | 1 | 2 | 2 | 3 | 1 | 3 | 3 | 1 | 3 | 2 | 2 | 3 | 0 | 2 | 2 | 2 |
| 1 | 0 | 2 | 1 | 0 | 2 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 1 | 2 | 1 |
| 2 | 1 | 2 | 1 | 2 | 2 | 1 | 1 | 0 | 3 | 3 | 0 | 3 | 1 | 0 | 3 | 2 | 2 |
| 1 | 0 | 1 | 2 | 2 | 1 | 0 | 1 | 1 | 1 | 2 | 1 | 0 | 0 | 0 | 1 | 1 | 1 |
| 2 | 3 | 1 | 3 | 0 | 3 | 0 | 1 | 0 | 1 | 2 | 1 | 2 | 3 | 0 | 1 | 2 | 3 |
| 1 | 0 | 2 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 0 | 2 | 0 |
| 2 | 0 | 1 | 2 | 1 | 3 | 0 | 0 | 0 | 3 | 2 | 2 | 3 | 3 | 0 | 3 | 2 | 2 |
| 2 | 2 | 2 | 2 | 3 | 1 | 3 | 0 | 0 | 0 | 2 | 1 | 0 | 1 | 0 | 2 | 2 | 1 |
| 1 | 0 | 1 | 1 | 1 | 1 | 2 | 0 | 3 | 1 | 2 | 0 | 2 | 2 | 0 | 2 | 1 | 2 |
| 1 | 0 | 1 | 2 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 2 | 0 | 0 | 1 |
| 2 | 2 | 2 | 1 | 3 | 2 | 0 | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 2 | 2 | 1 |
| 2 | 1 | 1 | 2 | 3 | 2 | 1 | 2 | 1 | 0 | 1 | 2 | 2 | 3 | 2 | 1 | 3 | 3 |
| 2 | 1 | 1 | 2 | 0 | 0 | 0 | 0 | 0 | 2 | 2 | 0 | 0 | 2 | 0 | 1 | 1 | 2 |
| 2 | 0 | 1 | 2 | 0 | 1 | 0 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 3 | 1 | 1 |
| 2 | 1 | 2 | 2 | 2 | 0 | 2 | 0 | 0 | 0 | 3 | 1 | 0 | 3 | 0 | 3 | 3 | 2 |
| 2 | 1 | 1 | 3 | 3 | 2 | 0 | 0 | 0 | 1 | 3 | 2 | 0 | 2 | 0 | 3 | 1 | 1 |
| 1 | 0 | 1 | 2 | 1 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| 1 | 1 | 1 | 2 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 2 | 1 | 1 |
| 1 | 0 | 2 | 0 | 2 | 0 | 0 | 0 | 0 | 3 | 0 | 0 | 0 | 0 | 1 | 0 | 3 | 2 |
| 2 | 0 | 2 | 2 | 2 | 3 | 1 | 0 | 0 | 0 | 3 | 0 | 0 | 3 | 0 | 3 | 1 | 3 |
| 2 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 0 | 3 | 2 | 0 | 0 | 2 | 0 | 0 | 1 | 1 |
| 2 | 1 | 2 | 1 | 2 | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 2 | 2 | 1 |
| 2 | 1 | 2 | 2 | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 1 | 2 | 1 | 0 | 1 | 1 |
| 2 | 1 | 1 | 2 | 3 | 2 | 2 | 0 | 0 | 2 | 2 | 0 | 0 | 2 | 0 | 2 | 0 | 2 |
| 2 | 0 | 2 | 1 | 2 | 2 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 2 | 0 | 2 | 1 | 1 |
| 1 | 0 | 1 | 1 | 2 | 3 | 0 | 0 | 0 | 2 | 2 | 1 | 0 | 0 | 0 | 2 | 1 | 1 |
| 1 | 0 | 1 | 2 | 2 | 2 | 1 | 0 | 0 | 3 | 0 | 0 | 0 | 2 | 0 | 0 | 0 | 1 |
| 1 | 0 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 1 |
| 1 | 1 | 1 | 2 | 1 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 1 |
| 2 | 0 | 1 | 2 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 0 | 1 | 2 |
| 2 | 0 | 2 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 1 |
| 1 | 0 | 1 | 3 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 0 | 0 | 2 | 0 | 1 |
| 1 | 1 | 1 | 0 | 1 | 1 | 2 | 0 | 1 | 3 | 2 | 0 | 1 | 1 | 1 | 1 | 2 | 1 |
| 1 | 0 | 1 | 0 | 2 | 1 | 2 | 0 | 0 | 1 | 1 | 1 | 2 | 2 | 0 | 0 | 1 | 1 |

| K T 1 | K T 2 | K T 3 | K T 4 | KT 5a | KT 5b | KT 5c | KT 5d | KT 5e | K T5 f | KT 5g | KT 5h | K T5 i | K T5 j | K T 6 | K T 7 | K T 8 | K T 9 |
|-------------|-------------|-------------|-------------|----------|----------|----------|----------|----------|--------------|----------|----------|--------------|--------------|-------------|-------------|-------------|-------------|
| 1 | 1 | 2 | 2 | 1 | 0 | 0 | 0 | 1 | 2 | 2 | 2 | 1 | 0 | 0 | 1 | 1 | 2 |
| 1 | 1 | 1 | 1 | 0 | 2 | 2 | 0 | 0 | 0 | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 1 |
| 1 | 0 | 1 | 2 | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 1 |
| 2 | 2 | 2 | 0 | 3 | 0 | 2 | 0 | 0 | 2 | 3 | 1 | 0 | 2 | 0 | 3 | 3 | 3 |
| 1 | 1 | 2 | 0 | 2 | 0 | 0 | 0 | 0 | 1 | 2 | 0 | 0 | 0 | 0 | 3 | 1 | 2 |
| 1 | 1 | 1 | 1 | 0 | 2 | 2 | 0 | 0 | 1 | 0 | 0 | 0 | 3 | 0 | 0 | 2 | 2 |
| 1 | 2 | 1 | 1 | 3 | 3 | 3 | 0 | 1 | 2 | 2 | 1 | 2 | 2 | 0 | 1 | 1 | 1 |
| 1 | 0 | 1 | 1 | 0 | 2 | 2 | 0 | 2 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 |
| 1 | 1 | 1 | 2 | 0 | 2 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 |
| 1 | 0 | 1 | 2 | 2 | 2 | 2 | 0 | 3 | 2 | 3 | 0 | 0 | 2 | 0 | 2 | 2 | 2 |
| 1 | 0 | 1 | 1 | 0 | 3 | 3 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 |
| 1 | 1 | 1 | 1 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 |
| 1 | 2 | 1 | 2 | 0 | 2 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 1 |
| 1 | 0 | 1 | 1 | 0 | 1 | 0 | 0 | 0 | 3 | 0 | 0 | 0 | 2 | 0 | 0 | 0 | 1 |
| 2 | 3 | 2 | 2 | 3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 2 | 2 | 3 | 3 |
| 1 | 0 | 1 | 1 | 0 | 2 | 0 | 0 | 0 | 2 | 2 | 2 | 0 | 2 | 0 | 0 | 2 | 1 |
| 1 | 0 | 1 | 2 | 1 | 2 | 2 | 1 | 2 | 2 | 1 | 0 | 2 | 2 | 0 | 2 | 2 | 3 |
| 1 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 1 | 1 |
| 1 | 1 | 2 | 2 | 2 | 2 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 3 |
| 1 | 0 | 1 | 1 | 0 | 2 | 1 | 0 | 0 | 3 | 2 | 2 | 2 | 1 | 0 | 3 | 2 | 1 |
| 1 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 1 |
| 1 | 1 | 2 | 2 | 2 | 2 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 3 |
| 1 | 0 | 1 | 1 | 0 | 2 | 1 | 0 | 0 | 3 | 2 | 2 | 2 | 1 | 0 | 3 | 2 | 1 |
| 1 | 0 | 2 | 3 | 0 | 1 | 2 | 0 | 0 | 1 | 3 | 0 | 2 | 3 | 0 | 3 | 2 | 2 |
| 1 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 |
| 1 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 1 | 1 | 0 | 1 | 1 | 1 |
| 1 | 1 | 1 | 0 | 1 | 2 | 1 | 3 | 0 | 2 | 1 | 0 | 1 | 2 | 3 | 2 | 3 | 1 |
| 1 | 1 | 1 | 0 | 2 | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 0 | 2 | 0 | 0 | 2 | 1 |
| 1 | 3 | 1 | 2 | 0 | 2 | 3 | 0 | 2 | 0 | 3 | 0 | 0 | 2 | 0 | 0 | 1 | 2 |
| 1 | 0 | 2 | 1 | 2 | 1 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 1 | 0 | 0 | 1 | 1 |
| 2 | 2 | 2 | 1 | 2 | 3 | 3 | 0 | 1 | 1 | 2 | 1 | 1 | 0 | 0 | 2 | 1 | 1 |
| 1 | 1 | 1 | 2 | 3 | 3 | 0 | 0 | 0 | 1 | 0 | 1 | 0 | 3 | 0 | 3 | 1 | 2 |
| 2 | 0 | 2 | 2 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 2 | 1 | 2 |
| 2 | 2 | 2 | 0 | 1 | 0 | 1 | 0 | 3 | 2 | 0 | 0 | 0 | 1 | 0 | 2 | 1 | 1 |
| 2 | 0 | 2 | 3 | 2 | 3 | 3 | 2 | 2 | 2 | 1 | 0 | 2 | 3 | 3 | 2 | 2 | 2 |
| 2 | 1 | 1 | 3 | 1 | 2 | 2 | 0 | 0 | 2 | 1 | 0 | 2 | 2 | 0 | 2 | 1 | 2 |
| 2 | 3 | 2 | 3 | 3 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 3 | 1 | 1 | 2 |
| 2 | 0 | 1 | 3 | 1 | 2 | 2 | 0 | 2 | 3 | 0 | 0 | 2 | 2 | 0 | 2 | 1 | 2 |
| 1 | 3 | 1 | 2 | 2 | 2 | 2 | 0 | 2 | 0 | 3 | 0 | 2 | 3 | 0 | 2 | 2 | 2 |
| 1 | 0 | 1 | 1 | 1 | 2 | 2 | 3 | 0 | 0 | 0 | 3 | 0 | 1 | 0 | 0 | 1 | 2 |
| 1 | 1 | 1 | 2 | 3 | 2 | 0 | 0 | 0 | 2 | 1 | 0 | 0 | 2 | 0 | 2 | 1 | 2 |
| 2 | 2 | 1 | 2 | 2 | 3 | 2 | 0 | 1 | 3 | 1 | 0 | 2 | 2 | 0 | 2 | 1 | 2 |
| 1 | 1 | 1 | 2 | 2 | 2 | 2 | 0 | 2 | 2 | 2 | 1 | 2 | 3 | 0 | 2 | 2 | 3 |
| 2 | 3 | 2 | 3 | 3 | 3 | 0 | 0 | 0 | 3 | 3 | 0 | 1 | 0 | 0 | 2 | 2 | 3 |
| 2 | 2 | 1 | 2 | 3 | 2 | 2 | 0 | 0 | 2 | 0 | 0 | 2 | 3 | 0 | 2 | 2 | 2 |
| 2 | 0 | 2 | 0 | 0 | 1 | 2 | 0 | 0 | 2 | 0 | 1 | 0 | 0 | 0 | 2 | 1 | 2 |
| 2 | 2 | 2 | 0 | 3 | 3 | 0 | 0 | 0 | 0 | 0 | 1 | 2 | 2 | 0 | 0 | 0 | 2 |
| 2 | 3 | 2 | 2 | 3 | 0 | 0 | 0 | 0 | 0 | 2 | 2 | 2 | 0 | 0 | 0 | 1 | 2 |

| K T 1 | K T 2 | K T 3 | K T 4 | KT 5a | KT 5b | KT 5c | KT 5d | KT 5e | K T5 f | KT 5g | KT 5h | K T5 i | K T5 j | K T6 | K T7 | K T8 | K T9 |
|-------------|-------------|-------------|-------------|----------|----------|----------|----------|----------|--------------|----------|----------|--------------|--------------|---------|---------|---------|---------|
| 2 | 2 | 1 | 2 | 3 | 1 | 2 | 0 | 0 | 2 | 0 | 0 | 1 | 1 | 0 | 2 | 1 | 2 |
| 2 | 0 | 1 | 2 | 2 | 2 | 2 | 0 | 0 | 2 | 0 | 0 | 2 | 0 | 0 | 2 | 1 | 2 |
| 2 | 2 | 1 | 3 | 3 | 1 | 2 | 0 | 0 | 2 | 0 | 0 | 2 | 3 | 0 | 2 | 1 | 2 |
| 2 | 2 | 1 | 3 | 3 | 2 | 1 | 2 | 2 | 2 | 0 | 0 | 2 | 1 | 0 | 3 | 3 | 3 |
| 2 | 1 | 1 | 2 | 1 | 2 | 2 | 0 | 0 | 3 | 0 | 1 | 2 | 0 | 0 | 2 | 2 | 2 |
| 2 | 1 | 1 | 3 | 1 | 1 | 1 | 0 | 0 | 2 | 0 | 0 | 2 | 2 | 0 | 2 | 1 | 2 |
| 2 | 1 | 2 | 2 | 2 | 2 | 2 | 0 | 0 | 1 | 0 | 0 | 0 | 2 | 0 | 2 | 2 | 2 |
| 2 | 1 | 1 | 3 | 2 | 2 | 2 | 0 | 0 | 0 | 2 | 1 | 0 | 2 | 1 | 2 | 2 | 2 |
| 2 | 1 | 1 | 3 | 2 | 2 | 2 | 1 | 0 | 2 | 0 | 0 | 1 | 3 | 1 | 2 | 2 | 2 |
| 2 | 1 | 1 | 3 | 2 | 2 | 2 | 0 | 2 | 2 | 0 | 2 | 1 | 2 | 0 | 2 | 1 | 2 |
| 2 | 1 | 1 | 3 | 3 | 3 | 2 | 0 | 2 | 2 | 3 | 3 | 2 | 2 | 1 | 3 | 2 | 2 |
| 2 | 1 | 2 | 1 | 3 | 1 | 2 | 0 | 3 | 1 | 2 | 1 | 2 | 3 | 0 | 2 | 1 | 3 |
| 2 | 1 | 1 | 2 | 2 | 1 | 1 | 1 | 1 | 0 | 2 | 0 | 2 | 0 | 0 | 2 | 2 | 2 |
| 2 | 1 | 1 | 3 | 1 | 1 | 2 | 0 | 1 | 0 | 2 | 1 | 1 | 2 | 0 | 2 | 2 | 2 |
| 2 | 2 | 1 | 3 | 2 | 2 | 2 | 2 | 1 | 0 | 2 | 0 | 0 | 3 | 0 | 2 | 2 | 2 |
| 2 | 2 | 1 | 3 | 2 | 2 | 2 | 0 | 1 | 1 | 2 | 0 | 0 | 2 | 0 | 2 | 2 | 2 |
| 2 | 2 | 2 | 2 | 2 | 2 | 2 | 0 | 0 | 2 | 0 | 0 | 0 | 2 | 0 | 3 | 2 | 2 |
| 2 | 2 | 1 | 2 | 1 | 2 | 2 | 0 | 0 | 2 | 1 | 0 | 2 | 0 | 0 | 2 | 2 | 2 |
| 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 0 | 2 | 0 | 0 | 1 | 3 | 0 | 2 | 1 | 2 |
| 2 | 2 | 1 | 3 | 2 | 2 | 2 | 1 | 1 | 1 | 2 | 0 | 1 | 0 | 0 | 2 | 1 | 2 |
| 2 | 1 | 1 | 3 | 2 | 2 | 2 | 1 | 1 | 3 | 0 | 0 | 0 | 2 | 0 | 2 | 1 | 2 |
| 1 | 1 | 2 | 1 | 1 | 2 | 1 | 1 | 1 | 2 | 1 | 1 | 0 | 2 | 1 | 2 | 1 | 2 |
| 2 | 1 | 1 | 2 | 1 | 2 | 2 | 0 | 1 | 0 | 2 | 0 | 1 | 0 | 0 | 2 | 1 | 2 |
| 2 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 0 | 2 | 0 | 2 | 2 | 0 | 2 | 2 | 2 |
| 2 | 1 | 1 | 3 | 2 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 2 | 2 | 2 |
| 2 | 1 | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 0 | 2 | 0 | 0 | 1 | 0 | 0 | 2 | 2 |
| 2 | 2 | 1 | 2 | 2 | 2 | 2 | 1 | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 2 | 2 | 2 |
| 2 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 0 | 0 | 0 | 0 | 2 | 1 | 2 |
| 1 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 0 | 0 | 1 | 0 | 0 | 2 | 1 |
| 2 | 2 | 1 | 3 | 2 | 2 | 2 | 1 | 1 | 2 | 0 | 0 | 2 | 2 | 0 | 2 | 2 | 2 |
| 2 | 2 | 1 | 2 | 2 | 2 | 2 | 0 | 0 | 0 | 2 | 0 | 1 | 2 | 0 | 2 | 2 | 2 |
| 2 | 1 | 2 | 1 | 1 | 3 | 1 | 3 | 3 | 1 | 3 | 2 | 2 | 2 | 0 | 2 | 1 | 3 |
| 2 | 2 | 1 | 3 | 2 | 2 | 2 | 0 | 0 | 2 | 2 | 0 | 2 | 2 | 0 | 2 | 2 | 2 |
| 2 | 2 | 1 | 3 | 2 | 2 | 2 | 1 | 1 | 0 | 2 | 0 | 0 | 3 | 0 | 2 | 1 | 3 |
| 2 | 2 | 1 | 3 | 2 | 2 | 2 | 1 | 1 | 1 | 2 | 0 | 2 | 2 | 0 | 2 | 2 | 2 |
| 2 | 1 | 1 | 3 | 3 | 2 | 2 | 1 | 1 | 3 | 0 | 1 | 1 | 2 | 0 | 2 | 2 | 2 |
| 2 | 1 | 1 | 2 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 2 | 1 | 1 | 2 | 0 | 2 | 2 |
| 2 | 2 | 1 | 3 | 3 | 2 | 2 | 1 | 1 | 1 | 2 | 0 | 1 | 3 | 0 | 2 | 2 | 2 |
| 2 | 2 | 1 | 3 | 3 | 2 | 2 | 1 | 1 | 1 | 1 | 2 | 1 | 1 | 2 | 0 | 2 | 2 |
| 2 | 2 | 2 | 1 | 3 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 1 | 2 | 1 | 2 | 0 | 2 |
| 2 | 2 | 1 | 3 | 3 | 3 | 1 | 1 | 1 | 2 | 1 | 1 | 1 | 0 | 0 | 0 | 2 | 1 |
| 2 | 1 | 2 | 1 | 1 | 3 | 3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 |
| 1 | 2 | 1 | 3 | 3 | 0 | 0 | 2 | 0 | 2 | 0 | 1 | 2 | 3 | 0 | 0 | 2 | 2 |
| 2 | 2 | 1 | 3 | 3 | 2 | 2 | 1 | 1 | 2 | 3 | 0 | 2 | 0 | 0 | 2 | 2 | 2 |
| 2 | 1 | 1 | 2 | 2 | 2 | 1 | 0 | 1 | 0 | 2 | 1 | 1 | 0 | 0 | 2 | 2 | 2 |
| 2 | 2 | 1 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 2 | 0 | 2 | 2 | 2 |
| 2 | 2 | 1 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 2 | 0 | 2 |

Keterangan:

- KT1-KT9 : Pertanyaan kuisioner PSQI
- KT1 : Jam tidur
 - 1 : \leq 12 malam
 - 2 : $>$ 12 malam
- KT2 : Durasi (menit) untuk mulai tidur
 - 0 : <15 menit
 - 1 : 16-30 menit
 - 2 : 31-60 menit
 - 3 : >60 menit
- KT3 : Jam bangun tidur
 - 1 : \leq 6 pagi
 - 2 : $>$ 6 pagi
- KT4 : Durasi tidur
 - 0 : >7 jam
 - 1 : 6-7 jam
 - 2 : 5-6 jam
 - 3 : <5 jam
- KT5a-KT5b, KT6, KT7 : Pertanyaan negatif
 - 0 : tidak pernah selama sebulan
 - 1 : 1x dalam seminggu
 - 2 : 2x dalam seminggu
 - 3 : ≥ 3 x dalam seminggu
- KT8 : pertanyaan Negatif
 - 0 : Tidak ada masalah
 - 1 : Hanya masalah kecil
 - 2 : Masalah sedang
 - 3 : Masalah besar
- KT9 : Kualitas Tidur subyektif
 - 0 : Sangat baik
 - 1 : Cukup baik
 - 2 : Cukup Buruk
 - 3 : Sangat buruk

Lampiran 10 Master Tabel Kualitas Tidur

| KTS | LT | DT | ET | GGT | POT | DSH | TOTAL | KATEGORI |
|-----|----|----|----|-----|-----|-----|-------|----------|
| 3 | 3 | 2 | 3 | 3 | 3 | 3 | 20 | Buruk |
| 3 | 3 | 3 | 3 | 2 | 2 | 2 | 18 | Buruk |
| 2 | 0 | 2 | 2 | 1 | 0 | 2 | 9 | Buruk |
| 2 | 3 | 2 | 3 | 2 | 0 | 2 | 14 | Buruk |
| 0 | 3 | 2 | 2 | 2 | 0 | 1 | 10 | Buruk |
| 2 | 1 | 3 | 3 | 1 | 0 | 2 | 12 | Buruk |
| 1 | 2 | 2 | 3 | 1 | 1 | 1 | 11 | Buruk |
| 1 | 2 | 1 | 2 | 2 | 0 | 1 | 9 | Buruk |
| 1 | 2 | 0 | 2 | 2 | 0 | 2 | 9 | Buruk |
| 3 | 2 | 2 | 1 | 2 | 0 | 3 | 13 | Buruk |
| 2 | 3 | 2 | 1 | 3 | 0 | 2 | 13 | Buruk |
| 1 | 0 | 1 | 0 | 1 | 0 | 2 | 5 | Baik |
| 2 | 2 | 1 | 1 | 2 | 0 | 3 | 11 | Buruk |
| 1 | 1 | 2 | 1 | 1 | 0 | 1 | 7 | Buruk |
| 3 | 2 | 3 | 3 | 2 | 0 | 2 | 15 | Buruk |
| 2 | 1 | 0 | 1 | 1 | 0 | 1 | 6 | Buruk |
| 2 | 1 | 2 | 2 | 2 | 0 | 3 | 12 | Buruk |
| 1 | 3 | 2 | 2 | 2 | 0 | 2 | 12 | Buruk |
| 2 | 1 | 1 | 1 | 2 | 0 | 2 | 9 | Buruk |
| 1 | 0 | 2 | 1 | 1 | 0 | 1 | 6 | Buruk |
| 1 | 3 | 1 | 2 | 1 | 0 | 2 | 10 | Buruk |
| 3 | 2 | 2 | 2 | 2 | 2 | 2 | 15 | Buruk |
| 2 | 1 | 2 | 2 | 1 | 0 | 1 | 9 | Buruk |
| 1 | 0 | 2 | 2 | 1 | 0 | 2 | 8 | Buruk |
| 2 | 2 | 2 | 1 | 2 | 0 | 3 | 12 | Buruk |
| 1 | 2 | 3 | 2 | 2 | 0 | 2 | 12 | Buruk |
| 0 | 1 | 2 | 2 | 1 | 0 | 0 | 6 | Buruk |
| 1 | 1 | 2 | 2 | 1 | 0 | 2 | 9 | Buruk |
| 1 | 1 | 0 | 0 | 1 | 0 | 3 | 6 | Buruk |
| 3 | 1 | 2 | 1 | 2 | 0 | 2 | 11 | Buruk |
| 1 | 2 | 2 | 2 | 2 | 0 | 1 | 10 | Buruk |
| 1 | 2 | 1 | 1 | 1 | 0 | 2 | 8 | Buruk |
| 1 | 1 | 2 | 1 | 1 | 1 | 1 | 8 | Buruk |
| 2 | 2 | 2 | 2 | 2 | 0 | 1 | 11 | Buruk |
| 1 | 1 | 1 | 1 | 2 | 0 | 2 | 8 | Buruk |
| 1 | 1 | 1 | 1 | 2 | 0 | 2 | 8 | Buruk |
| 1 | 1 | 2 | 1 | 2 | 0 | 0 | 7 | Buruk |
| 1 | 1 | 1 | 1 | 1 | 0 | 0 | 5 | Baik |
| 1 | 1 | 2 | 1 | 1 | 0 | 1 | 7 | Buruk |
| 2 | 0 | 2 | 2 | 1 | 0 | 1 | 8 | Buruk |
| 1 | 0 | 1 | 1 | 1 | 0 | 1 | 5 | Baik |
| 1 | 0 | 3 | 1 | 1 | 0 | 1 | 7 | Buruk |
| 1 | 1 | 0 | 1 | 2 | 1 | 2 | 8 | Buruk |

| KTS | LT | DT | ET | GGT | POT | DSH | TOTAL | KATEGORI |
|-----|----|----|----|-----|-----|-----|-------|----------|
| 1 | 1 | 0 | 1 | 2 | 0 | 1 | 6 | Buruk |
| 2 | 1 | 2 | 1 | 1 | 0 | 1 | 8 | Buruk |
| 1 | 1 | 1 | 1 | 1 | 0 | 0 | 5 | Baik |
| 1 | 0 | 2 | 1 | 1 | 0 | 0 | 5 | Baik |
| 3 | 3 | 0 | 1 | 2 | 0 | 3 | 12 | Buruk |
| 2 | 2 | 0 | 0 | 1 | 0 | 2 | 7 | Buruk |
| 2 | 1 | 1 | 1 | 1 | 0 | 1 | 7 | Buruk |
| 1 | 3 | 1 | 1 | 3 | 0 | 1 | 10 | Buruk |
| 1 | 0 | 1 | 1 | 2 | 0 | 1 | 6 | Buruk |
| 0 | 1 | 2 | 1 | 1 | 0 | 1 | 6 | Buruk |
| 2 | 1 | 2 | 1 | 2 | 0 | 2 | 10 | Buruk |
| 1 | 0 | 1 | 1 | 1 | 0 | 1 | 5 | Baik |
| 0 | 1 | 1 | 1 | 1 | 0 | 1 | 5 | Baik |
| 1 | 1 | 2 | 2 | 1 | 0 | 1 | 8 | Buruk |
| 1 | 0 | 1 | 1 | 1 | 0 | 0 | 4 | Baik |
| 3 | 3 | 2 | 2 | 1 | 2 | 3 | 16 | Buruk |
| 1 | 0 | 1 | 1 | 2 | 0 | 1 | 6 | Buruk |
| 3 | 1 | 2 | 1 | 2 | 0 | 2 | 11 | Buruk |
| 1 | 0 | 1 | 1 | 0 | 0 | 2 | 5 | Baik |
| 3 | 2 | 2 | 1 | 1 | 0 | 1 | 10 | Buruk |
| 1 | 0 | 1 | 1 | 2 | 0 | 3 | 8 | Buruk |
| 2 | 0 | 3 | 1 | 2 | 0 | 3 | 11 | Buruk |
| 1 | 0 | 0 | 1 | 0 | 0 | 1 | 3 | Baik |
| 1 | 1 | 1 | 1 | 1 | 0 | 1 | 6 | Buruk |
| 1 | 1 | 0 | 1 | 2 | 3 | 3 | 11 | Buruk |
| 1 | 2 | 0 | 1 | 1 | 0 | 1 | 6 | Buruk |
| 2 | 2 | 2 | 2 | 2 | 0 | 1 | 11 | Buruk |
| 1 | 1 | 1 | 0 | 1 | 0 | 1 | 5 | Baik |
| 1 | 2 | 1 | 2 | 2 | 0 | 2 | 10 | Buruk |
| 2 | 2 | 2 | 1 | 2 | 0 | 2 | 11 | Buruk |
| 2 | 0 | 2 | 1 | 1 | 0 | 2 | 8 | Buruk |
| 1 | 2 | 0 | 1 | 1 | 0 | 2 | 7 | Buruk |
| 2 | 1 | 3 | 1 | 3 | 3 | 2 | 15 | Buruk |
| 2 | 1 | 3 | 2 | 2 | 0 | 2 | 12 | Buruk |
| 2 | 3 | 3 | 3 | 2 | 3 | 1 | 47 | Buruk |
| 2 | 1 | 3 | 2 | 2 | 0 | 2 | 12 | Buruk |
| 2 | 3 | 2 | 3 | 2 | 0 | 2 | 14 | Buruk |
| 2 | 1 | 1 | 1 | 2 | 0 | 1 | 8 | Buruk |
| 2 | 2 | 2 | 2 | 2 | 0 | 2 | 12 | Buruk |
| 2 | 2 | 2 | 3 | 2 | 0 | 2 | 13 | Buruk |
| 3 | 2 | 2 | 2 | 2 | 0 | 2 | 13 | Buruk |
| 3 | 3 | 3 | 3 | 2 | 0 | 2 | 16 | Buruk |
| 2 | 3 | 2 | 2 | 2 | 0 | 2 | 13 | Buruk |
| 2 | 0 | 0 | 2 | 1 | 0 | 2 | 7 | Buruk |
| 2 | 3 | 0 | 1 | 2 | 0 | 0 | 8 | Buruk |
| 2 | 3 | 2 | 1 | 1 | 0 | 1 | 10 | Buruk |
| 2 | 1 | 2 | 1 | 2 | 0 | 2 | 10 | Buruk |

| KTS | LT | DT | ET | GGT | POT | DSH | TOTAL | KATEGORI |
|-----|----|----|----|-----|-----|-----|-------|----------|
| 3 | 2 | 0 | 2 | 2 | 1 | 3 | 13 | Buruk |
| 1 | 2 | 1 | 1 | 1 | 0 | 1 | 7 | Buruk |
| 1 | 1 | 0 | 1 | 1 | 0 | 2 | 6 | Buruk |
| 2 | 3 | 1 | 2 | 3 | 1 | 0 | 12 | Buruk |
| 3 | 3 | 3 | 3 | 2 | 0 | 2 | 16 | Buruk |
| 3 | 1 | 1 | 0 | 2 | 2 | 3 | 12 | Buruk |
| 2 | 2 | 1 | 1 | 2 | 0 | 1 | 9 | Buruk |
| 2 | 1 | 0 | 0 | 2 | 0 | 2 | 7 | Buruk |
| 2 | 2 | 3 | 3 | 2 | 0 | 2 | 14 | Buruk |
| 2 | 1 | 2 | 2 | 2 | 0 | 2 | 11 | Buruk |
| 2 | 2 | 3 | 2 | 2 | 0 | 2 | 13 | Buruk |
| 3 | 3 | 3 | 3 | 2 | 0 | 2 | 16 | Buruk |
| 2 | 3 | 2 | 2 | 2 | 0 | 3 | 14 | Buruk |
| 1 | 1 | 1 | 0 | 1 | 0 | 0 | 4 | Baik |
| 1 | 1 | 1 | 0 | 1 | 0 | 0 | 4 | Baik |
| 2 | 2 | 2 | 2 | 2 | 0 | 2 | 12 | Buruk |
| 2 | 2 | 2 | 2 | 1 | 0 | 1 | 10 | Buruk |
| 1 | 1 | 2 | 1 | 2 | 0 | 1 | 8 | Buruk |
| 1 | 1 | 2 | 1 | 1 | 0 | 1 | 7 | Buruk |
| 2 | 2 | 2 | 2 | 2 | 0 | 2 | 12 | Buruk |
| 2 | 2 | 2 | 2 | 2 | 0 | 2 | 12 | Buruk |
| 2 | 2 | 2 | 2 | 2 | 0 | 2 | 12 | Buruk |
| 1 | 0 | 1 | 1 | 1 | 0 | 1 | 5 | Baik |
| 2 | 3 | 3 | 3 | 2 | 0 | 2 | 15 | Buruk |
| 2 | 2 | 2 | 2 | 2 | 0 | 2 | 12 | Buruk |
| 2 | 2 | 3 | 3 | 2 | 0 | 2 | 14 | Buruk |
| 2 | 3 | 2 | 3 | 2 | 0 | 2 | 14 | Buruk |
| 2 | 2 | 3 | 2 | 1 | 0 | 2 | 12 | Buruk |
| 2 | 2 | 2 | 2 | 2 | 0 | 2 | 12 | Buruk |
| 2 | 1 | 2 | 1 | 2 | 0 | 2 | 10 | Buruk |
| 1 | 1 | 1 | 1 | 2 | 0 | 1 | 7 | Buruk |
| 3 | 2 | 3 | 2 | 1 | 0 | 1 | 12 | Buruk |
| 1 | 0 | 2 | 1 | 1 | 0 | 0 | 5 | Baik |
| 2 | 2 | 2 | 2 | 2 | 0 | 2 | 12 | Buruk |
| 2 | 2 | 2 | 2 | 2 | 0 | 2 | 12 | Buruk |
| 2 | 3 | 3 | 3 | 2 | 0 | 2 | 15 | Buruk |
| 2 | 1 | 3 | 2 | 1 | 0 | 2 | 11 | Buruk |
| 2 | 1 | 3 | 2 | 2 | 0 | 2 | 12 | Buruk |
| 1 | 1 | 2 | 1 | 1 | 0 | 2 | 8 | Buruk |
| 3 | 3 | 3 | 3 | 2 | 0 | 3 | 17 | Buruk |
| 2 | 2 | 2 | 3 | 2 | 0 | 2 | 13 | Buruk |
| 2 | 2 | 3 | 3 | 1 | 0 | 2 | 13 | Buruk |
| 2 | 1 | 3 | 2 | 1 | 0 | 2 | 11 | Buruk |
| 2 | 3 | 2 | 3 | 2 | 0 | 2 | 14 | Buruk |
| 2 | 1 | 2 | 2 | 2 | 0 | 2 | 11 | Buruk |
| 2 | 3 | 3 | 3 | 2 | 0 | 2 | 15 | Buruk |

| KTS | LT | DT | ET | GGT | POT | DSH | TOTAL | KATEGORI |
|-----|----|----|----|-----|-----|-----|-------|----------|
| 3 | 3 | 3 | 3 | 2 | 0 | 3 | 17 | Buruk |
| 2 | 1 | 2 | 2 | 2 | 0 | 2 | 11 | Buruk |
| 2 | 1 | 3 | 3 | 1 | 0 | 2 | 12 | Buruk |
| 2 | 2 | 2 | 2 | 1 | 0 | 2 | 11 | Buruk |
| 2 | 2 | 3 | 3 | 2 | 1 | 2 | 15 | Buruk |
| 2 | 2 | 3 | 2 | 2 | 1 | 2 | 14 | Buruk |
| 2 | 2 | 3 | 2 | 2 | 0 | 2 | 13 | Buruk |
| 2 | 2 | 3 | 3 | 3 | 1 | 3 | 17 | Buruk |
| 3 | 2 | 1 | 1 | 2 | 0 | 2 | 11 | Buruk |
| 2 | 2 | 2 | 2 | 2 | 0 | 2 | 12 | Buruk |
| 2 | 1 | 3 | 2 | 2 | 0 | 2 | 12 | Buruk |
| 2 | 2 | 3 | 3 | 2 | 0 | 2 | 14 | Buruk |
| 2 | 2 | 3 | 3 | 2 | 0 | 2 | 14 | Buruk |
| 2 | 2 | 2 | 2 | 2 | 0 | 3 | 13 | Buruk |
| 2 | 2 | 2 | 3 | 2 | 0 | 2 | 13 | Buruk |
| 2 | 2 | 2 | 2 | 2 | 0 | 2 | 12 | Buruk |
| 2 | 2 | 3 | 3 | 2 | 0 | 2 | 14 | Buruk |
| 2 | 2 | 3 | 2 | 2 | 0 | 2 | 13 | Buruk |
| 2 | 1 | 1 | 1 | 2 | 1 | 2 | 10 | Buruk |
| 2 | 1 | 2 | 2 | 1 | 0 | 2 | 10 | Buruk |
| 2 | 2 | 2 | 2 | 2 | 0 | 2 | 12 | Buruk |
| 2 | 2 | 3 | 2 | 2 | 0 | 2 | 13 | Buruk |
| 2 | 2 | 2 | 2 | 2 | 0 | 2 | 12 | Buruk |
| 2 | 2 | 2 | 3 | 1 | 0 | 2 | 12 | Buruk |
| 2 | 2 | 2 | 2 | 2 | 0 | 2 | 12 | Buruk |
| 2 | 2 | 3 | 3 | 2 | 0 | 2 | 14 | Buruk |
| 2 | 2 | 2 | 2 | 2 | 0 | 2 | 12 | Buruk |
| 3 | 1 | 1 | 1 | 3 | 0 | 2 | 11 | Buruk |
| 2 | 2 | 3 | 3 | 2 | 0 | 2 | 14 | Buruk |
| 2 | 2 | 3 | 3 | 2 | 1 | 2 | 15 | Buruk |
| 2 | 2 | 3 | 3 | 2 | 0 | 2 | 14 | Buruk |
| 2 | 2 | 2 | 3 | 2 | 0 | 2 | 13 | Buruk |
| 2 | 3 | 3 | 3 | 2 | 0 | 2 | 15 | Buruk |
| 2 | 3 | 3 | 3 | 2 | 0 | 2 | 15 | Buruk |
| 2 | 3 | 1 | 2 | 2 | 0 | 2 | 12 | Buruk |
| 2 | 3 | 3 | 3 | 2 | 0 | 2 | 15 | Buruk |
| 2 | 1 | 1 | 1 | 1 | 0 | 1 | 7 | Buruk |
| 2 | 3 | 3 | 2 | 2 | 0 | 1 | 13 | Buruk |
| 2 | 3 | 3 | 3 | 2 | 0 | 2 | 15 | Buruk |
| 2 | 2 | 2 | 2 | 2 | 0 | 2 | 12 | Buruk |
| 2 | 2 | 2 | 2 | 2 | 0 | 2 | 12 | Buruk |
| 2 | 2 | 2 | 2 | 2 | 0 | 2 | 12 | Buruk |

Keterangan :

- KTS : Kualitas Tidur Subyektif
 - 0 : Sangat baik
 - 1 : Cukup baik
 - 2 : Cukup buruk
 - 3 : Sangat buruk
- LT : Latensi Tidur
 - 0 : Sangat baik
 - 1 : Cukup baik
 - 2 : Cukup buruk
 - 3 : Sangat buruk
- DT : Durasi Tidur
 - 0 : >7 jam
 - 1 : 6-7 jam
 - 2 : 5-6 jam
 - 3 : <5 jam
- ET : Efisiensi tidur
 - 0 : >85%
 - 1 : 75%-84%
 - 2 : 65%-74%
 - 3 : <65%
- GGT : Gangguan Tidur
 - 0 : tidak pernah selama sebulan
 - 1 : 1x dalam seminggu
 - 2 : 2x dalam seminggu
 - 3 : ≥3x dalam seminggu
- POT : Penggunaan Obat Tidur
 - 0 : tidak pernah selama sebulan
 - 1 : 1x dalam seminggu
 - 2 : 2x dalam seminggu
 - 3 : ≥3x dalam seminggu
- DSH : Disfungsi Siang Hari
 - 0 : Tidak ada masalah
 - 1 : Hanya masalah kecil
 - 2 : Masalah sedang
 - 3 : Masalah besar
- Total : Total Skor
 - ≤5 : Kualitas tidur baik

— >5 : Kualitas tidur buruk

Lampiran 11 Hasil Analisa Data SPSS

1. Data Karakteristik Responden Mahasiswa Program Studi Ilmu Keperawatan Universitas Hasanuddin (n=179)

Usia

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------|-----------|---------|---------------|--------------------|
| Valid | 18 | 13 | 7.3 | 7.3 | 7.3 |
| | 19 | 50 | 27.9 | 27.9 | 35.2 |
| | 20 | 60 | 33.5 | 33.5 | 68.7 |
| | 21 | 51 | 28.5 | 28.5 | 97.2 |
| | 22 | 5 | 2.8 | 2.8 | 100.0 |
| | Total | 179 | 100.0 | 100.0 | |

Jenis Kelamin

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-----------|-----------|---------|---------------|--------------------|
| Valid | Laki-laki | 15 | 8.4 | 8.4 | 8.4 |
| | Perempuan | 164 | 91.6 | 91.6 | 100.0 |
| | Total | 179 | 100.0 | 100.0 | |

Angkatan

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------|-----------|---------|---------------|--------------------|
| Valid | 2018 | 71 | 39.7 | 39.7 | 39.7 |
| | 2019 | 58 | 32.4 | 32.4 | 72.1 |
| | 2020 | 50 | 27.9 | 27.9 | 100.0 |
| | Total | 179 | 100.0 | 100.0 | |

Status Tempat Tinggal

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------------|-----------|---------|---------------|--------------------|
| Valid | Sendiri/kost | 59 | 33.0 | 33.0 | 33.0 |
| | Keluarga | 120 | 67.0 | 67.0 | 100.0 |
| | Total | 179 | 100.0 | 100.0 | |

2. Data Kualitas Tidur Mahasiswa Program Studi Ilmu Keperawatan Universitas Hasanuddin (n=179)

Kualitas Tidur

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|----------------------|-----------|---------|---------------|--------------------|
| Valid | Kualitas Tidur Baik | 14 | 7.8 | 7.8 | 7.8 |
| | Kualitas Tidur Buruk | 165 | 92.2 | 92.2 | 100.0 |
| | Total | 179 | 100.0 | 100.0 | |

3. Data Kualitas Tidur Mahasiswa Program Studi Ilmu Keperawatan Universitas Hasanuddin Berdasarkan Karakteristik Responden (n=179)

Usia * Kualitas Tidur Crosstabulation

| | Usia | | Kualitas Tidur | | Total | |
|-------|------|---------------|----------------|-------|--------|--|
| | | | Baik | Buruk | | |
| Usia | 18 | Count | 1 | 12 | 13 | |
| | | % within Usia | 7.7% | 92.3% | 100.0% | |
| | 19 | Count | 7 | 43 | 50 | |
| | | % within Usia | 14.0% | 86.0% | 100.0% | |
| | 20 | Count | 5 | 55 | 60 | |
| | | % within Usia | 8.3% | 91.7% | 100.0% | |
| | 21 | Count | 1 | 50 | 51 | |
| | | % within Usia | 2.0% | 98.0% | 100.0% | |
| | 22 | Count | 1 | 4 | 5 | |
| | | % within Usia | 20.0% | 80.0% | 100.0% | |
| Total | | Count | 15 | 164 | 179 | |
| | | % within Usia | 8.4% | 91.6% | 100.0% | |

Jenis Kelamin * Kualitas Tidur Crosstabulation

| | | | Kualitas Tidur | | Total |
|---------------|-----------|------------------------|----------------|-------|--------|
| | | | Baik | Buruk | |
| Jenis Kelamin | Laki-laki | Count | 1 | 14 | 15 |
| | | % within Jenis Kelamin | 6.7% | 93.3% | 100.0% |
| | Perempuan | Count | 14 | 150 | 164 |
| | | % within Jenis Kelamin | 8.5% | 91.5% | 100.0% |
| Total | | Count | 15 | 164 | 179 |
| | | % within Jenis Kelamin | 8.4% | 91.6% | 100.0% |

Angkatan * Kualitas Tidur Crosstabulation

| | | | Kualitas Tidur | | Total |
|----------|------|-------------------|----------------|-------|--------|
| | | | Baik | Buruk | |
| Angkatan | 2018 | Count | 2 | 69 | 71 |
| | | % within Angkatan | 2.8% | 97.2% | 100.0% |
| | 2019 | Count | 4 | 54 | 58 |
| | | % within Angkatan | 6.9% | 93.1% | 100.0% |
| | 2020 | Count | 9 | 41 | 50 |
| | | % within Angkatan | 18.0% | 82.0% | 100.0% |
| Total | | Count | 15 | 164 | 179 |
| | | % within Angkatan | 8.4% | 91.6% | 100.0% |

Status Tempat Tinggal * Kualitas Tidur Crosstabulation

| | | | Kualitas Tidur | | Total |
|-----------------------|--------------|--------------------------------|----------------|-------|--------|
| | | | Baik | Buruk | |
| Status Tempat Tinggal | Sendiri/kost | Count | 6 | 53 | 59 |
| | | % within Status Tempat Tinggal | 10.2% | 89.8% | 100.0% |
| | Keluarga | Count | 9 | 111 | 120 |
| | | % within Status Tempat Tinggal | 7.5% | 92.5% | 100.0% |
| Total | | Count | 15 | 164 | 179 |
| | | % within Status Tempat Tinggal | 8.4% | 91.6% | 100.0% |

4. Data Komponen-Komponen Kualitas Tidur Mahasiswa Program Studi Ilmu Keperawatan Universitas Hasanuddin (n=179)

Kualitas Tidur Subyektif

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------------|-----------|---------|---------------|--------------------|
| Valid | Sangat Baik | 4 | 2.2 | 2.2 | 2.2 |
| | Cukup Baik | 51 | 28.5 | 28.5 | 30.7 |
| | Cukup Buruk | 103 | 57.5 | 57.5 | 88.3 |
| | Sangat Buruk | 21 | 11.7 | 11.7 | 100.0 |
| | Total | 179 | 100.0 | 100.0 | |

Latensi Tidur

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------------|-----------|---------|---------------|--------------------|
| Valid | Sangat Baik | 20 | 11.2 | 11.2 | 11.2 |
| | Cukup Baik | 56 | 31.3 | 31.3 | 42.5 |
| | Cukup Buruk | 70 | 39.1 | 39.1 | 81.6 |
| | Sangat Buruk | 33 | 18.4 | 18.4 | 100.0 |
| | Total | 179 | 100.0 | 100.0 | |

Durasi Tidur

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|---------|-----------|---------|---------------|--------------------|
| Valid | >7 Jam | 16 | 8.9 | 8.9 | 8.9 |
| | 6-7 Jam | 37 | 20.7 | 20.7 | 29.6 |
| | 5-6 jam | 79 | 44.1 | 44.1 | 73.7 |
| | <5 Jam | 47 | 26.3 | 26.3 | 100.0 |
| | Total | 179 | 100.0 | 100.0 | |

Efisiensi Tidur

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|---------|-----------|---------|---------------|--------------------|
| Valid | >85% | 8 | 4.5 | 4.5 | 4.5 |
| | 75%-84% | 64 | 35.8 | 35.8 | 40.2 |
| | 65%-74% | 67 | 37.4 | 37.4 | 77.7 |
| | <65% | 39 | 21.8 | 21.8 | 99.4 |
| | 33 | 1 | .6 | .6 | 100.0 |
| | Total | 179 | 100.0 | 100.0 | |

Gangguan Tidur

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------------------------------|-----------|---------|---------------|--------------------|
| Valid | Tidak Mengalami Gangguan Tidur | 2 | 1.1 | 1.1 | 1.1 |
| | Gangguan Tidur Ringan | 58 | 32.4 | 32.4 | 33.5 |
| | Gangguan Tidur Sedang | 112 | 62.6 | 62.6 | 96.1 |
| | Gangguan Tidur Berat | 7 | 3.9 | 3.9 | 100.0 |
| | Total | 179 | 100.0 | 100.0 | |

Penggunaan Obat Tidur

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------------|-----------|---------|---------------|--------------------|
| Valid | Tidak pernah | 161 | 89.9 | 89.9 | 89.9 |
| | 1x seminggu | 10 | 5.6 | 5.6 | 95.5 |
| | 2x seminggu | 4 | 2.2 | 2.2 | 97.8 |
| | >3x seminggu | 4 | 2.2 | 2.2 | 100.0 |
| | Total | 179 | 100.0 | 100.0 | |

Disfungsi Siang Hari

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|---------------------|-----------|---------|---------------|--------------------|
| Valid | Tidak ada Masalah | 11 | 6.1 | 6.1 | 6.1 |
| | Hanya masalah kecil | 43 | 24.0 | 24.0 | 30.2 |
| | Masalah sedang | 107 | 59.8 | 59.8 | 89.9 |
| | Masalah Besar | 18 | 10.1 | 10.1 | 100.0 |
| | Total | 179 | 100.0 | 100.0 | |

5. Data item kuesioner kualitas tidur Pittsburgh Sleep Quality Index (PSQI)

Mahasiswa Program Studi Ilmu Keperawatan Universitas Hasanuddin
(n=179)

Descriptive Statistics

| | N | Minimum | Maximum | Mean | Std. Deviation |
|--------------------------|----|---------|---------|-------|----------------|
| Jam Tidur < jam 12 malam | 41 | 22:00 | 23:45 | 22:42 | 0:32 |
| Valid N (listwise) | 41 | | | | |

Descriptive Statistics

| | N | Minimum | Maximum | Mean | Std. Deviation |
|--------------------------|-----|---------|---------|------|----------------|
| Jam tidur ≥ jam 12 malam | 138 | 0:00 | 5:00 | 1:10 | 0:53 |
| Valid N (listwise) | 138 | | | | |

Berapa lama (dalam hitungan menit) untuk dapat mulai tertidur setiap malam?

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------------|-----------|---------|---------------|--------------------|
| Valid | <15 menit | 48 | 26.8 | 26.8 | 26.8 |
| | 16-30 menit | 68 | 38.0 | 38.0 | 64.8 |
| | 31-60 menit | 50 | 27.9 | 27.9 | 92.7 |
| | >60 menit | 13 | 7.3 | 7.3 | 100.0 |
| | Total | 179 | 100.0 | 100.0 | |

Descriptive Statistics

| | N | Minimum | Maximum | Mean | Std. Deviation |
|-------------------------------|-----|---------|---------|------|----------------|
| Jam bangun tidur di pagi hari | 179 | 4:00 | 17:00 | 6:13 | 1:31 |
| Valid N (listwise) | 179 | | | | |

Berapa jam durasi tidur anda pada malam hari? (jumlah jam tidur per malam)

| | Frequency | Percent | Valid Percent | Cumulative Percent |
|--------------|-----------|---------|---------------|--------------------|
| Valid >7 jam | 16 | 8.9 | 8.9 | 8.9 |
| 6-7 jam | 37 | 20.7 | 20.7 | 29.6 |
| 5-6 jam | 79 | 44.1 | 44.1 | 73.7 |
| <5 jam | 47 | 26.3 | 26.3 | 100.0 |
| Total | 179 | 100.0 | 100.0 | |

Tidak bisa tidur pada malam hari dalam 30 menit

| | Frequency | Percent | Valid Percent | Cumulative Percent |
|--|-----------|---------|---------------|--------------------|
| Valid Tidak pernah selama sebulan terakhir | 33 | 18.4 | 18.4 | 18.4 |
| 1x dalam seminggu | 32 | 17.9 | 17.9 | 36.3 |
| 2x dalam seminggu | 73 | 40.8 | 40.8 | 77.1 |
| ≥3x seminggu | 41 | 22.9 | 22.9 | 100.0 |
| Total | 179 | 100.0 | 100.0 | |

Terbangun pada tengah malam atau dini hari

| | Frequency | Percent | Valid Percent | Cumulative Percent |
|--|-----------|---------|---------------|--------------------|
| Valid Tidak pernah selama sebulan terakhir | 34 | 19.0 | 19.0 | 19.0 |
| 1x dalam seminggu | 31 | 17.3 | 17.3 | 36.3 |
| 2x dalam seminggu | 92 | 51.4 | 51.4 | 87.7 |
| ≥3x seminggu | 22 | 12.3 | 12.3 | 100.0 |
| Total | 179 | 100.0 | 100.0 | |

Harus bangun karena ingin ke kamar mandi

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------------------------------------|-----------|---------|---------------|--------------------|
| Valid | Tidak pernah selama sebulan terakhir | 47 | 26.3 | 26.3 | 26.3 |
| | 1x dalam seminggu | 31 | 17.3 | 17.3 | 43.6 |
| | 2x dalam seminggu | 88 | 49.2 | 49.2 | 92.7 |
| | ≥3x seminggu | 13 | 7.3 | 7.3 | 100.0 |
| | Total | 179 | 100.0 | 100.0 | |

Tidak bisa bernapas secara nyaman

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------------------------------------|-----------|---------|---------------|--------------------|
| Valid | Tidak pernah selama sebulan terakhir | 130 | 72.6 | 72.6 | 72.6 |
| | 1x dalam seminggu | 29 | 16.2 | 16.2 | 88.8 |
| | 2x dalam seminggu | 13 | 7.3 | 7.3 | 96.1 |
| | ≥3x seminggu | 7 | 3.9 | 3.9 | 100.0 |
| | Total | 179 | 100.0 | 100.0 | |

Batuk atau mendengkur keras

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------------------------------------|-----------|---------|---------------|--------------------|
| Valid | Tidak pernah selama sebulan terakhir | 118 | 65.9 | 65.9 | 65.9 |
| | 1x dalam seminggu | 37 | 20.7 | 20.7 | 86.6 |
| | 2x dalam seminggu | 18 | 10.1 | 10.1 | 96.6 |
| | ≥3x seminggu | 6 | 3.4 | 3.4 | 100.0 |
| | Total | 179 | 100.0 | 100.0 | |

Merasa kedinginan

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------------------------------------|-----------|---------|---------------|--------------------|
| Valid | Tidak pernah selama sebulan terakhir | 58 | 32.4 | 32.4 | 32.4 |
| | 1x dalam seminggu | 46 | 25.7 | 25.7 | 58.1 |
| | 2x dalam seminggu | 50 | 27.9 | 27.9 | 86.0 |
| | ≥3x seminggu | 25 | 14.0 | 14.0 | 100.0 |
| | Total | 179 | 100.0 | 100.0 | |

Merasa kepanasan

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------------------------------------|-----------|---------|---------------|--------------------|
| Valid | Tidak pernah selama sebulan terakhir | 67 | 37.4 | 37.4 | 37.4 |
| | 1x dalam seminggu | 38 | 21.2 | 21.2 | 58.7 |
| | 2x dalam seminggu | 53 | 29.6 | 29.6 | 88.3 |
| | ≥3x seminggu | 21 | 11.7 | 11.7 | 100.0 |
| | Total | 179 | 100.0 | 100.0 | |

Bermimpi buruk

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------------------------------------|-----------|---------|---------------|--------------------|
| Valid | Tidak pernah selama sebulan terakhir | 108 | 60.3 | 60.3 | 60.3 |
| | 1x dalam seminggu | 48 | 26.8 | 26.8 | 87.2 |
| | 2x dalam seminggu | 19 | 10.6 | 10.6 | 97.8 |
| | ≥3x seminggu | 4 | 2.2 | 2.2 | 100.0 |
| | Total | 179 | 100.0 | 100.0 | |

Merasakan nyeri/sakit

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------------------------------------|-----------|---------|---------------|--------------------|
| Valid | Tidak pernah selama sebulan terakhir | 76 | 42.5 | 42.5 | 42.5 |
| | 1x dalam seminggu | 46 | 25.7 | 25.7 | 68.2 |
| | 2x dalam seminggu | 51 | 28.5 | 28.5 | 96.6 |
| | ≥3x seminggu | 6 | 3.4 | 3.4 | 100.0 |
| | Total | 179 | 100.0 | 100.0 | |

**Selama sebulan terakhir, seberapa sering anda minum obat (diresepkan atau “dijual bebas”)
untuk membantu anda tidur?**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------------------------------------|-----------|---------|---------------|--------------------|
| Valid | Tidak pernah selama sebulan terakhir | 161 | 89.9 | 89.9 | 89.9 |
| | 1x dalam seminggu | 10 | 5.6 | 5.6 | 95.5 |
| | 2x dalam seminggu | 4 | 2.2 | 2.2 | 97.8 |
| | ≥3x seminggu | 4 | 2.2 | 2.2 | 100.0 |
| | Total | 179 | 100.0 | 100.0 | |

**Selama sebulan terakhir seberapa sering anda merasa terjaga atau mengantuk ketika
melakukan aktifitas mengemudi, makan atau aktifitas sosial lainnya?**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------------------------------------|-----------|---------|---------------|--------------------|
| Valid | Tidak pernah selama sebulan terakhir | 35 | 19.6 | 19.6 | 19.6 |
| | 1x dalam seminggu | 23 | 12.8 | 12.8 | 32.4 |
| | 2x dalam seminggu | 96 | 53.6 | 53.6 | 86.0 |
| | ≥3x seminggu | 25 | 14.0 | 14.0 | 100.0 |
| | Total | 179 | 100.0 | 100.0 | |

Selama sebulan terakhir, adakah masalah yang cukup membuat tidak antusias atau bersemangat untuk menyelesaikan suatu pekerjaan/tugas?

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|---------------------|-----------|---------|---------------|--------------------|
| Valid | Tidak ada masalah | 17 | 9.5 | 9.5 | 9.5 |
| | Hanya masalah kecil | 88 | 49.2 | 49.2 | 58.7 |
| | Masalah sedang | 66 | 36.9 | 36.9 | 95.5 |
| | Masalah besar | 8 | 4.5 | 4.5 | 100.0 |
| | Total | 179 | 100.0 | 100.0 | |

Selama sebulan terakhir, bagaimana anda menilai kualitas tidur anda secara keseluruhan?

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------------|-----------|---------|---------------|--------------------|
| Valid | Sangat baik | 4 | 2.2 | 2.2 | 2.2 |
| | Cukup baik | 51 | 28.5 | 28.5 | 30.7 |
| | Cukup buruk | 103 | 57.5 | 57.5 | 88.3 |
| | Sangat buruk | 21 | 11.7 | 11.7 | 100.0 |
| | Total | 179 | 100.0 | 100.0 | |

6. Data analisis hasil skor kuesioner kualitas tidur Pittsburgh Sleep Quality Index (PSQI) Mahasiswa Program Studi Ilmu Keperawatan Universitas Hasanuddin (n=179)

Descriptive Statistics

| | N | Minimum | Maximum | Mean | Std. Deviation |
|---------------------|-----|---------|---------|-------|----------------|
| Skor kualitas tidur | 179 | 3 | 20 | 10.69 | 3.386 |
| Valid N (listwise) | 179 | | | | |