

**RELATIONSHIP OF STRESS LEVELS WITH INSOMNIA DISORDERS  
IN THE FINAL LEVEL OF NURSING STUDY PROGRAM  
AT STIKes MUHAMMADIYAH CIAMIS**

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**ABSTRACT**

*Background: Stress is a mental disorder faced by a person because of pressure can also be interpreted as something threatening, challenging, so as to indicate the presence of physical and psychic pressures. Purpose: To know the relationship between stress levels and insomnia disorders in students STIKes Muhammadiyah Ciamis. Research Method: This research was conducted using descriptive quantitative surveys with cross sectional approach. The total population in this study was all final-level students of S1 Nursing as many as 84 students with a sample of 45 students. Sampling method using sample propositional technique. Result: Based on research shows that out of 45 respondents, as many as 32 people did not experience stress / normal (71.1%), as many as 5 respondents experienced moderate stress (11.1%), as many as 3 respondents experienced severe stress (6.7%) and for insomnia as many as 39 people have mild insomnia disorder (86.7%), as many as 2 people have moderate insomnia disorder (4.4%) and as many as 4 people have severe insomnia disorder (8.9%). Statistical test results using Rank Spearman obtained a significance score of  $0.000 < 0.005$  which means there is a significant relationship between stress levels and insomnia disorders in final-level students at STIKes Muhammadiyah Ciamis. Conclusion: Final level of S-1 Nursing that does not experience stress as many as 32 people, moderate stress as much as 5 people, severe stress as much as 3 people. As for mild insomnia as many as 39 people, moderate insomnia 2 people, and severe insomnia as many as 4 people. There is a link between stress levels and insomnia disorders.*

*Keywords : Stress, Insomnia Disorder, Final Year Students.*

**HUBUNGAN TINGKAT STRES DENGAN GANGGUAN INSOMNIA  
PADA MAHASISWA TINGKAT AKHIR PRODI S-1 KEPERAWATAN DI  
STIKes MUHAMMADIYAH CIAMIS**

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**INTISARI**

Latar Belakang: Stres adalah suatu gangguan mental yang dihadapi seseorang karena adanya tekanan bisa juga diartikan sebagai sesuatu yang mengancam, menantang, sehingga menunjukkan adanya tekanan fisik dan psikis. Tujuan: Untuk mengetahui hubungan antara tingkat stres dengan gangguan insomnia pada mahasiswa STIKes Muhammadiyah Ciamis. Metode Penelitian: Penelitian ini dilakukan dengan menggunakan survei deskriptif kuantitatif dengan pendekatan *cross sectional*. Jumlah populasi dalam penelitian ini seluruh mahasiswa tingkat akhir S1 Keperawatan sebanyak 84 mahasiswa dengan sampel 45 orang mahasiswa. Metode pengambilan sampel menggunakan teknik *proposional sampel*. Hasil: Berdasarkan penelitian menunjukkan bahwa dari 45 orang responden, sebanyak 32 orang tidak mengalami stress/normal (71,1%), sebanyak 5 orang responden mengalami stress sedang (11,1%), sebanyak 3 orang responden mengalami stress berat (6,7%) dan untuk insomnia sebanyak 39 orang mengalami gangguan insomnia ringan (86,7%), sebanyak 2 orang mengalami gangguan insomnia sedang (4,4%) dan sebanyak 4 orang mengalami gangguan insomnia berat (8,9%). Hasil uji statistik menggunakan *Rank Spearman* diperoleh nilai signifikansi sebesar  $0,000 < 0,005$  yang berarti ada hubungan yang signifikan antara tingkat stres dengan gangguan insomnia pada mahasiswa tingkat akhir di STIKes Muhammadiyah Ciamis. Kesimpulan: Tingkat akhir S-1 Keperawatan yang tidak mengalami stres sebanyak 32 orang, stres sedang sebanyak 5 orang, stres berat sebanyak 3 orang. Sedangkan untuk insomnia ringan sebanyak 39 orang, insomnia sedang 2 orang, dan insomnia berat sebanyak 4 orang. Ada Hubungan antara tingkat stres dan gangguan insomnia.

Kata Kunci : Stres, Gangguan Insomnia, Mahasiswa Tingkat Akhir.