

**RELATIONSHIP SLEEP QUALITY WITH ACADEMIC ACHIEVEMENT
FOR MEDICAL EDUCATION STUDENT CLASS OF 2010 MEDICAL
FACULTY OF ANDALAS UNIVERSITY**

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ABSTRACT

Sleep is a basic need of every human being that can affect daily activities. The good quality of sleep is when there is no any disturbance in their sleep. However, the condition of sleep disorders commonly found among young adults, especially college students who can later cause a reduction in the concentration of learning and health problems. This can lead to failure to achieve optimal academic achievement because learning becomes impaired. The purpose of this study was to determine the sleep quality relationships with academic achievement for medical education student class of 2010 medical faculty of Andalas University. This research uses analytic methods with cross sectional design. Total of 177 respondents were selected by random sampling technique. Data retrieved sleep quality using the Pittsburgh Sleep Quality Index (PSQI) and the academic achievement of test scores 4.2 blocks. At the end of the study conducted chi square statistical test to determine the relationship between the two variables using the program Statistical Program for Social Science (SPSS). The results showed that as many as 51 students (65 %) have quality sleep and good academic achievement, 27 students (35 %) had a good sleep quality with poor academic achievement, 43 students (43%) had poor sleep quality with good academic achievement, and 56 students (57%) had poor sleep quality and poor academic achievement. Based on chi square test p value=0,004 ($p < 0,05$). The study concluded there is a relationship between sleep quality with academic achievement for medical education student class of 2010 medical faculty of Andalas University.

Keywords : sleep quality, academic achievement, medical students, PSQI