

HUBUNGAN TINGKAT KECEMASAN DENGAN KUALITAS TIDUR PADA ORANGTUA ANAK USIA SD DALAM MENJALANI PEMBELAJARAN DARING DI MASA PANDEMI COVID-19

ABSTRAK

Latar Belakang : Orangtua memiliki peran besar untuk menyediakan fasilitas dan mendampingi belajar anaknya selama pembelajaran daring di masa pandemi Covid-19. Orangtua yang tidak mampu memenuhi pelaksanaan pembelajaran daring anaknya dapat menyebabkan kecemasan. Gejala kecemasan yang dapat muncul salah satunya adalah gangguan kualitas tidur. Gangguan kualitas tidur pada orang yang mengalami kecemasan penting diperhatikan karena tidur merupakan kebutuhan dasar setiap individu.

Tujuan : Penelitian ini bertujuan untuk mengetahui hubungan tingkat kecemasan dengan kualitas tidur pada orangtua anak usia SD dalam menjalani pembelajaran daring di masa pandemi Covid-19

Metode : Penelitian ini merupakan penelitian observasional analitik dengan pendekatan *cross sectional*. Responden penelitian berjumlah 58 orang, berasal dari orangtua anak usia SD yang sedang melaksanakan pembelajaran daring di SD N 2 Sokaraja Tengah. Pengambilan sampel dilakukan dengan metode *consecutive sampling*. Alat pengumpulan data berupa kuisisioner data demografis, *Lie Minnesota Multiphasic Personality* (L-MMPI), *Pittsburgh Sleep Quality Index* (PSQI) dan *Depression Anxiety Stress Scale 21* (DASS-21). Analisis bivariat menggunakan uji *Chi-Square* dengan alternatif berupa uji *Fisher*.

Hasil : Hasil analisis data menggunakan uji *Chi-Square* menunjukkan *P-Value* 0,012 ($P < 0,05$).

Kesimpulan : Terdapat hubungan tingkat kecemasan dengan kualitas tidur pada orangtua anak usia SD dalam menjalani pembelajaran daring di masa pandemi Covid-19.

Kata Kunci : Daring, kecemasan, kualitas tidur

**THE RELATIONSHIP OF ANXIETY LEVEL WITH SLEEP QUALITY IN
PARENTS OF ELEMENTARY-AGE CHILDREN IN PERFORMING
ONLINE LEARNING DURING THE COVID-19 PANDEMIC**

ABSTRACT

Background: Every parents have a significant role in providing facilities and accompanying their children's during online learning. Parents who are not able to fulfill the implementation of their children's online learning can cause anxiety. One of the symptoms of anxiety that can appear is sleep disturbances. Sleep disturbances are crucial to notice in people who experience anxiety because sleep is a basic need for every individual.

Aim: This study aims to determine the relationship between anxiety levels and sleep quality in parents who have elementary-aged children in performing online learning methods during the Covid-19 pandemic.

Methods: This research was an analytic observational study with a cross-sectional approach. The respondents of this study were 58 people who came from parents of elementary school-age children who were carrying out online learning at SD N 2 Sokaraja Tengah. The sampling process was done using the consecutive sampling method. The data collection tools included demographic data questionnaires, Lie Minnesota Multiphasic Personality (L-MMPI), Pittsburgh Sleep Quality Index (PSQI), and Depression Anxiety Stress Scale 21 (DASS-21). The Chi-Square test was used for the bivariate analysis with Fisher's exact test as the alternative.

Result : The results of data analysis used the Chi-Square test showed a P-Value of 0,012 ($P < 0,05$).

Conclusion: There is a relationship between anxiety levels and sleep quality for parents who have elementary-aged children in the face of online learning during the Covid-19 pandemic.

Keywords: Online, anxiety, sleep quality