

ABSTRAK

GAMBARAN MANAJEMEN WAKTU PADA MAHASISWA S1 KEPERAWATAN UNIVERSITAS JENDERAL SOEDIRMAN

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Latar Belakang: Manajemen waktu merupakan keterampilan penting yang memengaruhi keberhasilan akademik dan kesejahteraan mahasiswa, terutama mahasiswa keperawatan yang menghadapi beban studi kompleks, seperti pembelajaran teori, praktikum laboratorium, ujian, dan praktik klinik. Ketidakmampuan dalam mengelola waktu secara efektif dapat menyebabkan dampak negatif seperti prokrastinasi akademik, stres, dan penurunan motivasi belajar. Tujuan penelitian ini untuk mengidentifikasi gambaran manajemen waktu mahasiswa S1 Keperawatan di Unsoed.

Metodologi: Penelitian deskriptif kuantitatif dan korelasi analitik dengan pendekatan *cross sectional* yang melibatkan 268 mahasiswa S1 Keperawatan Unsoed dengan menggunakan stratified random sampling. Data diperoleh melalui pengisian kuesioner *Time Management Questionnaire* (TMQ) berbentuk *Google form* kemudian diolah menggunakan analisis univariat.

Hasil Penelitian: Responden penelitian ini berusia minimum 18 tahun dan maksimum 24 tahun, berjenis kelamin perempuan, dan responden terbanyak berasal dari angkatan 2023 dan 2024. Responden dengan tingkat manajemen waktu sedang sebanyak 177 mahasiswa (66%), tingkat rendah sebanyak 48 mahasiswa (17,9%), dan tingkat tinggi sebanyak 43 mahasiswa (16%). Berdasarkan karakteristik mahasiswa, mayoritas berada pada tingkat manajemen waktu tingkat sedang. Gambaran manajemen waktu mahasiswa berdasarkan perencanaan sebagian besar berada dalam kategori sedang (70,1%) dan berdasarkan sikap terhadap waktu sebagian besar berada dalam kategori sedang (71,3%).

Kesimpulan: Penelitian ini menunjukkan sebagian besar mahasiswa keperawatan memiliki kemampuan yang cukup baik dalam mengelola waktu mereka, meskipun masih terdapat ruang untuk peningkatan, terutama dalam hal konsistensi perencanaan dan penetapan prioritas kegiatan.

Kata kunci: Manajemen waktu, Mahasiswa keperawatan

ABSTRACT

Description Of Time Management In Undergraduate Nursing Students At Jenderal Soedirman University

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Background: Time management is an important skill that affects students' academic success and well-being, especially nursing students who face a complex study loads such as theoretical learning, laboratory practicum, examinations, and clinical practice. The inability to manage time effectively can lead to negative outcomes such as academic procrastination, stress, and decreased motivation to learn. The purpose of this study was to determine the description of time management among undergraduate nursing students at Unsoed.

Methodology: Quantitative descriptive research and analytic correlation with a cross-sectional approach involving 268 undergraduate nursing students at Unsoed using stratified random sampling. Data were obtained by completing the Time Management Questionnaire (TMQ) questionnaire in a Google form and then processed using univariate analysis.

Results: The respondents in this study had a minimum age of 18 years and a maximum age of 24 years, female, and most of the respondents were from the classes of 2023 and 2024. Respondents of this study had moderate level of time management in as many 177 students (66%), low-level of time management in as many as 48 students (17,9%), and high-level of time manageemnt in as many as 43 students (16%). Based on the characteristics of the respondents, moderate levels of time management. The description of students' time management based on planning is mostly in the moderate category (70.1%), and based on attitudes toward time, most are in the moderate category (71.3%).

Conclusions: This study shows that most nursing students have a fairly good ability to manage their time, although there is still room for improvement, especially in terms of consistency in planning and prioritizing activities.

Keywords: Time Management, Nursing Students