

**THE CORRELATION BETWEEN THE LEVEL OF ANXIETY AND SLEEP
QUALITY IN NURSING STUDENTS ON WORKING THESIS AT ITSK RS dr.
SOEPRAOEN**

Brilliantfajr Muqorobin^{1*}, Juliati Koesrini², Ratna Roesardhyati³

¹⁻³Department of Nursing, Faculty of Health and Science, Institute of Technology, Science,
and Health, Dr. Soepraoen Hospital, Kesdam V/Brawijaya, Malang, Indonesia.

(*Correspondence: brilliantfajr.14@gmail.com)

ABSTRACT

Introduction: Anxiety occurs in people under heavy pressure, such as students working on their thesis. Stressors faced by students in completing their thesis include determining a title, difficulty obtaining references, limited research time, research samples, research instruments, and continuous revisions. In addition, external stressors include busy supervisors, limited funds, difficulty meeting with supervisors, long feedback times, and insufficient consultation. Anxiety causes students to experience sleep quality problems. Poor sleep quality among students is defined as difficulty falling asleep, frequent awakenings, and staying up late to complete their thesis. This study was conducted to determine the correlation between anxiety levels and sleep quality nursing students on working thesis at ITSK RS dr. Soepraoen. **Method:** This study was non-experimental with an analytical observational design and a cross-sectional approach, with a sample of 53 nursing students on working thesis at ITSK dr. Soepraoen using total sampling technique. Bivariate analysis was performed using the Spearman test. **Results:** The results showed a significant with correlation strength moderately strong and unidirectional the correlation between anxiety levels and sleep quality nursing students on working thesis at ITSK RS dr. Soepraoen, with a sig value of 0.007. **Conclusion:** This is because students encounter difficulties while writing their theses, which cause anxiety and a decline in sleep quality.

Keywords: level of anxiety, sleep quality, students.

***HUBUNGAN ANTARA TINGKAT KECEMASAN DAN KUALITAS TIDUR PADA
MAHASISWA KEPERAWATAN YANG SEDANG MENGERJAKAN SKRIPSI DI ITSK
RS DR. SOEPRAOEN***

ABSTRAK

Pendahuluan: Kecemasan sering terjadi pada individu yang berada dalam tekanan tinggi, termasuk mahasiswa yang sedang mengerjakan skripsi. Stresor yang dihadapi mahasiswa dalam menyelesaikan skripsi meliputi penentuan judul penelitian, kesulitan memperoleh referensi, keterbatasan waktu penelitian, kesulitan dalam menentukan sampel dan instrumen penelitian, serta proses revisi yang berkelanjutan. Selain itu, terdapat faktor stres eksternal seperti kesibukan dosen pembimbing, keterbatasan biaya, kesulitan bertemu dengan dosen pembimbing, lamanya waktu pemberian umpan balik, dan kurangnya kesempatan konsultasi. Kecemasan dapat menyebabkan mahasiswa mengalami gangguan kualitas tidur. Kualitas tidur yang buruk pada mahasiswa ditandai dengan kesulitan memulai tidur, sering terbangun

pada malam hari, serta kebiasaan begadang untuk menyelesaikan skripsi. Penelitian ini bertujuan untuk mengetahui hubungan antara tingkat kecemasan dan kualitas tidur pada mahasiswa keperawatan yang sedang mengerjakan skripsi di ITSK RS dr. Soepraoen. **Metode:** Penelitian ini merupakan penelitian non-eksperimental dengan desain observasional analitik dan pendekatan cross-sectional. Sampel penelitian berjumlah 53 mahasiswa keperawatan yang sedang mengerjakan skripsi di ITSK RS dr. Soepraoen, yang dipilih menggunakan teknik total sampling. Analisis bivariat dilakukan menggunakan uji Spearman. **Hasil:** Hasil penelitian menunjukkan adanya hubungan yang signifikan dengan kekuatan korelasi sedang dan arah hubungan positif antara tingkat kecemasan dan kualitas tidur pada mahasiswa keperawatan yang sedang mengerjakan skripsi di ITSK RS dr. Soepraoen, dengan nilai signifikansi sebesar 0,007. **Kesimpulan:** Kesulitan yang dihadapi mahasiswa selama proses penyusunan skripsi dapat memicu kecemasan yang berdampak pada penurunan kualitas tidur.

Kata kunci: kualitas tidur, mahasiswa, tingkat kecemasan.

ARTICLE INFORMATION

Article History
Received: November 27, 2025
Accepted: December 28, 2025
Available online: June, 2026

Correspondence
Name: Brilliantfajr Muqorobin
Affiliation: Department of Nursing, Faculty of Health and Science,
Institute of Technology Science and Health RS dr Soepraoen
Keddam V/Brawijaya, Malang, Indonesia
Address: Jl. Sudanco Supriadi 22, Malang, Indonesia
Email: brilliantfajr.14@gmail.com

INTRODUCTION

When students are in their final semester, they have the task of completing their thesis. When writing their thesis, they often experience various negative emotions that create feelings of frustration, worry, tension, loss of motivation, and even anxiety (Novie Indah Wulanndari et al., 2024). According to a survey by the American College Health Association, the prevalence of anxiety among students reaches 25.9%, and 31.9% of students experience stress.

Anxiety occurs in people under heavy pressure, such as students working on their thesis. Stressors faced in completing thesis include determining the title, difficulty obtaining references, limited

research time, research samples, research instruments, and continuous revisions. In addition, external stressors faced by students include busy supervisors, limited funds, difficulty meeting with supervisors, long delays in receiving feedback from supervisors, and insufficient consultation with lecturers (Syafika Tia Audina et al., 2020). According to the WHO (2021), there was an increase in the prevalence of anxiety in 2021, from 53.2 million cases to 76.2 million cases. A total of 24.4 million cases occurred in men and 51.8 million cases occurred in women (Gustina et al., 2023).

Due to the anxiety caused by final assignments, students often experience various problems such as a decline in sleep quality. Poor sleep quality is influenced by

many factors, such as anxiety and stress, illness, poor diet, lack of exercise, nicotine, alcohol, caffeine, temperature changes, noise, environmental changes, and side effects from medications (Purwaningsih & Zulala, 2023). Poor sleep quality is defined as problems such as difficulty falling asleep, frequent waking up, and staying up late to complete tasks, while every individual need quality sleep to maintain health and daily activities. Poor sleep quality can lead to psychological and physiological disorders (Clariska et al., 2020). According to WHO data (2021), approximately 18% of the world's population has experienced sleep disorders (Nugraha et al., 2023).

Studies show that poor sleep quality can cause metabolic and endocrine disorders. In line with this, Potter & Perry (2010) state that if an individual experiences a decline in sleep quality, the health impacts can include fine motor disorders, cardiac arrhythmia, blurred vision, impaired reasoning, disorientation, confusion, hypersensitivity, withdrawal, emotionality, excessive sleepiness, loss of motivation, hypersensitivity to pain, agitation, decreased visual alertness, decreased hearing, and slow response time (Sanger & Sepang, 2021).

Based on the results of preliminary studies and problem descriptions, the researcher is interested in determining the

correlation between anxiety levels and sleep quality in nursing students on working thesis at the Institute of Technology, Science, and Health (ITSK RS dr. Soepraoen).

METHODS

The type of research conducted was non-experimental research with an analytical observational design using a cross-sectional approach and total sampling technique. The inclusion criteria were undergraduate nursing students who were completing their thesis at ITSK RS dr. Soepraoen, while the exclusion criteria were undergraduate nursing students at ITSK RS dr. Soepraoen who were not working thesis. There were 53 respondents in this study, with anxiety levels classified from normal to severe anxiety using the Zung Self-Rating Anxiety Scale (SAS) developed by W.W.K. Zung in 1971, while the sleep quality measurement instrument in this study was classified as poor and good sleep quality using the Pittsburgh Sleep Quality Index (PSQI) created by Daniel J. Buysse in 1988. Data collection was conducted through the Google Form digital media. Bivariate data analysis was performed using the SPSS Spearman test.

RESULTS

This study was conducted at the Faculty of Nursing, ITSK RS dr.

Soepraoen, Bachelor of Nursing Program, on December 23, 2024. Based on the level of anxiety, most respondents did not experience anxiety, namely 31 respondents (58.5%), almost half had mild anxiety, namely 20 respondents (37.7%), a small portion had moderate anxiety, namely 2 respondents (3.8%), and none had severe anxiety (Table 1).

Table 1. Frequency Distribution of Anxiety Levels

Anxiety Level	F	%
Normal	31	58,5
Mild anxiety	20	37,7
Moderate Anxiety	2	3,8
Severe Anxiety	0	0
Total	53	100

Table 2. Frequency Distribution of Sleep Quality

Sleep Quality	F	%
Good Sleep Quality	12	22,7
Poor Sleep Quality	41	77,3
Total	53	100

The study found that of the 53 respondents, more than half (41 students, or 77.3%) had poor sleep quality, while only a small portion (12 students, or 22.7%) had good sleep quality (Table 2).

Based on the Table 3, it can be interpreted that the results of this study

Table 3. Correlation Between Anxiety Level and Sleep Quality

Anxiety Level	Sleep Quality				Total		p-value
	Good		Poor		F	%	
	F	%	F	%			
Normal	11	35,5	20	64,5	31	100	0,007
Mild anxiety	1	5	19	95	20	100	
Moderate anxiety	0	0	2	100	2	100	
Severe Anxiety	0	0	0	0	0	100	

DISCUSSION

show a correlation between anxiety levels and sleep quality in nursing students on working thesis at ITSK RS dr. Soepraoen. This statement is supported by statistical testing using SPSS with the Spearman test, a sig value of 0.007, an alpha of 0.05, and a correlation coefficient of 0.363. The conclusion of this study is that with a sig value (0.007) < α (0.05), there is a significant correlation between the two variables. The correlation coefficient (0.363) indicates that the two variables have a moderate correlation, and the positive correlation coefficient (0.363) indicates that the correlation between the two variables is unidirectional, meaning that if respondents have a high level of anxiety, their sleep quality also deteriorates. This means that H1 is accepted, namely that there is a correlation between anxiety levels and sleep quality in nursing students on working thesis at ITSK RS dr. Soepraoen.

The results of this study indicate that there is a correlation between anxiety

levels and sleep quality in nursing students on working thesis at ITS RS dr. Soepraoen, reflecting that abnormal anxiety levels among students cause a decline in sleep quality. This statement is supported by statistical testing using SPSS with Spearman's correlation test, which yielded a sig value of 0.007 with an alpha of 0.05 and a correlation coefficient of 0.363. The conclusion of this study is that with a sig value $(0.007) < \alpha (0.05)$, it can be interpreted that there is a significant correlation between the two variables, with a correlation coefficient (0.363) indicating that the two variables have a fairly strong correlation and with a positive correlation coefficient (0.363), the relationship between the two variables is unidirectional. meaning that respondents with high anxiety levels also have poor sleep quality. This indicates that H1 is accepted, namely that there is a correlation between anxiety levels and sleep quality in nursing students on working thesis at ITS RS dr. Soepraoen.

The results of this study are in line with the results of the study from (Ki et al., 2023) with the results of the Spearman's rank statistical test showing a p-value of 0.000, so that the p-value is < 0.05 , which explains the correlation between anxiety levels and sleep quality in writing a thesis for final year students of the nursing undergraduate program at Kusuma Husada University Surakarta. Anxiety among

students is caused by stressors such as final assignments, which can affect their sleep quality. Stressors that arise during thesis writing cause individuals to stay awake at night. This condition is caused by the body being stimulated to perform mechanisms such as sensory threats to the hypothalamus through the cerebral cortex to the limbic system and the reticular activating system (RAS), making it difficult to initiate sleep (Ki et al., 2023).

Poor sleep quality among students writing their final papers is often caused by poor time management, lack of motivation, and difficulties such as lack of feedback from lecturers and lack of consultation time with supervisors, which causes anxiety in students. This anxiety causes disturbances in the sleep process, resulting in a decline in sleep quality.

Efforts to reduce anxiety and improve sleep quality can be made by utilizing time appropriately, scheduling daily tasks for completing the final project (thesis), and reducing activities that are less important and less beneficial. so that the thesis writing process can be carried out optimally without disrupting sleep time, allowing students to work on their thesis calmly, complete it on time as scheduled, thereby reducing anxiety levels and improving sleep quality among students. Education about the importance of daily time scheduling for students in completing

their thesis, as well as the importance of maintaining sleep quality, can also be provided to reduce anxiety and sleep quality issues among students.

CONCLUSION

Based on the data obtained by the researcher, it was found that 20 students (37.7%) had mild anxiety and 41 students (77.3%) had poor sleep quality. The results of the study showed a significant and unidirectional correlation between anxiety levels and sleep quality. This may be because students who face problems in completing their final assignments will experience anxiety, which makes it difficult to control their emotions and causes them to have difficulty falling asleep. This can make it difficult for students to achieve optimal sleep quality.

Given the limited sample size in this study, it is hoped that future researchers will conduct studies with a larger number of respondents to enhance the validity of subsequent research findings.

REFERENCES

- Clariska, W., Yuliana, Y., & Kamariyah, K. (2020). Hubungan Tingkat Stres dengan Kualitas Tidur pada Mahasiswa Tingkat Akhir di Fakultas Kedokteran dan Ilmu Kesehatan Universitas Jambi. *Jurnal Ilmiah Ners Indonesia*, 1(2), 94–102. <https://doi.org/10.22437/jini.v1i2.13516>
- Gustina, N. Z., Badri, I. A., & Putri, Y. D. (2023). Relationship Between Peer Support With Anxiety Level of Student in Last Term in Batam. *Jurnal Riset Kesehatan Nasional*, 7(2), 150–155. <https://doi.org/10.37294/jrkn.v7i2.515>
- Ki, M. I., Yulianto, S., Murharyati, A., Program, M., Sarjana, S., Universitas, K., Husada, K., Program, D., Sarjana, S., Universitas, K., Husada, K., & Tidur, K. (2023). *Program Studi Keperawatan Program Sarjana Universitas Kusuma Husada Surakarta Hubungan Tingkat Kecemasan Dengan Kualitas Tidur*.
- Novie Indah Wulanndari, Saiful Gunardi, & Emi Yuliza. (2024). Hubungan Self-Talk dan Dukungan Sosial Terhadap Tingkat Kecemasan Menyusun Skripsi Pada Mahasiswa Keperawatan Semester Akhir Universitas Indonesia Maju Jakarta Tahun 2023. *Vitalitas Medis : Jurnal Kesehatan Dan Kedokteran*, 1(3), 01–12. <https://doi.org/10.62383/vimed.v1i3.129>
- Nugraha, F. A., Aisyiah, A., & Wowor, T. J. F. (2023). Analisis Faktor yang Berhubungan dengan Kualitas Tidur pada Remaja di SMPN 254 Jakarta. *Malahayati Nursing Journal*, 5(9), 3063–3076. <https://doi.org/10.33024/mnj.v5i9.9242>
- Purwaningsih, & Zulala, N. N. (2023). Hubungan Kualitas Tidur dengan Kejadian Anemia pada Mahasiswa S1 Kebidanan Universitas 'Aisyiyah Yogyakarta. *Prosiding Seminar Nasional Penelitian Dan Pengabdian Kepada Masyarakat*, 1, 287–294.
- Sanger, A. Y., & Sepang, M. (2021). Kecemasan Dan Kualitas Tidur Pada Mahasiswa Keperawatan Tingkat Akhir. *Nutrix Journal*, 5(2), 27.

<https://doi.org/10.37771/nj.vol5.iss2.576>

Syafika Tia Audina, Sari Narulita, & Sondang Manurung. (2020). Hubungan Tingkat Kecemasan Dengan Kualitas Tidur Mahasiswa

Reguler Tingkat Akhir Di Universitas Binawan Jakarta. *Binawan Student Journal*, 2(3), 341–346. <https://doi.org/10.54771/bsj.v2i3.178>