

ABSTRAK

Satuan pengamanan merupakan pekerjaan yang dituntut untuk profesional dan kompeten dalam melaksanakan tugasnya sehingga memiliki tingkat stres kerja yang cukup tinggi. Stres saat kerja yang terjadi secara terus-menerus membuat terjadinya perubahan fisiologi siklus sirkadian sehingga menyebabkan gangguan kualitas tidur. Tujuan penelitian ini adalah untuk menganalisis hubungan tingkat stres kerja dengan kualitas tidur pada satuan pengamanan Universitas Islam Bandung. Penelitian ini menggunakan metode analitik observasional dengan desain *cross-sectional* menggunakan kuesioner survei diagnosis stres kerja berdasarkan Peraturan Menteri Ketenagakerjaan No.5 Tahun 2018 dan *The Pittsburgh Sleep Quality Index* (PSQI). Jumlah responden pada penelitian ini berjumlah 76 orang yang diambil dengan cara pengambilan *total sampling*. Pengambilan data dilakukan pada Juli-September 2019 di Universitas Islam Bandung. Didapatkan hasil sebanyak 49 responden (64,5%) mengalami stres kerja sedang, sebanyak 58 responden (76,3%) memiliki kualitas tidur kategori buruk. Hasil analisa *Fisher's exact test* menunjukkan adanya hubungan yang bermakna antara dua variabel sebesar 5,912 nilai P 0,043 (CI=0,05). Saat kondisi stres tubuh mengalami peningkatan hormon glukokortikoid yang memengaruhi siklus sirkadian dan jaras tidur sehingga stres menyebabkan buruknya kualitas tidur. Kesimpulan pada penelitian terdapat hubungan antara tingkat stres kerja dengan kualitas tidur.

Kata kunci: kualitas tidur, satuan pengamanan, stres kerja, Unisba

ABSTRACT

Security guard are needed to be professional and competent therefore they are vulnerable of work stress. Continuous stress at work had impact on physiological changes in the circadian cycle causing disruption of sleep quality. The purpose of this study was to analyze the relationship between work stress levels and sleep quality on security guard of Bandung Islamic University. This study was analytic observational research with cross-sectional design. The tools used to measured stress work was questionnaire based on Minister Regulation of Employment No.5 2018 and The Pittsburg Sleep Quality Index (PSQI) to measured sleep quality. Respondent in this study was 76 person collected with total sampling. Data was collected in July-September 2019 in Bandung Islamic University. The data analyzed with Fisher's exact test-square showed that 49 respondents (64.5%) had moderate work stress, 58 respondents (76.3%) had poor sleep quality, and there was significance relationship between two variables with Fisher's exact test 5.912 and P value 0.043 (CI=0.05). At stress condition, there is increasing of glucocorticoid hormone that can change circadian cycle and sleep pathway so stress cause poor sleep quality. The conclusion of this study is there was relationship between work stress and sleep quality.

Keywords: *security guard, sleep quality, stress work, Unisba*