

**PENGARUH KUALITAS TIDUR TERHADAP STRES AKADEMIK
DENGAN *MINFULNESS* SEBAGAI MODERATOR PADA
MAHASISWA TINGKAT AKHIR**

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DENGAN MINDFULNESS SEBAGAI MODERATOR PADA
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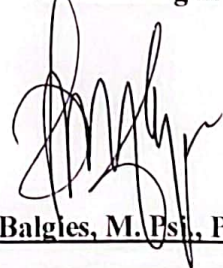
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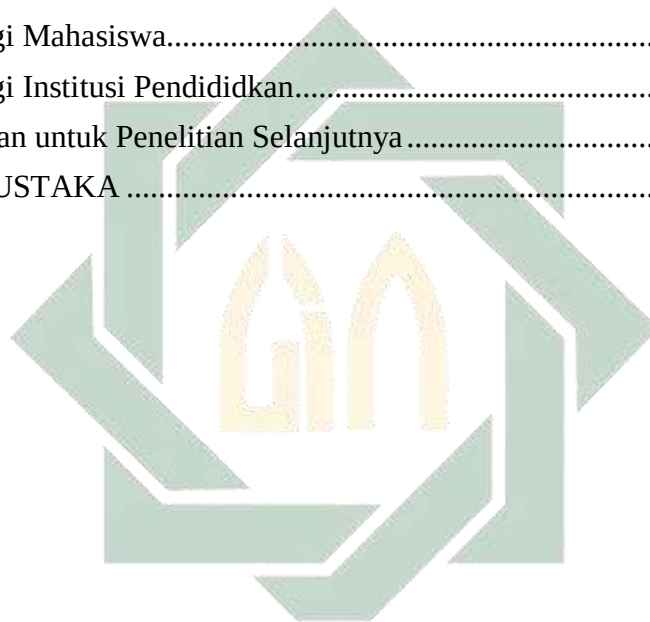
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INTISARI

Stres akademik merupakan permasalahan yang umum dialami mahasiswa tingkat akhir akibat tuntutan akademik yang tinggi, khususnya dalam penyelesaian tugas akhir. Salah satu faktor yang berkontribusi terhadap stres akademik adalah kualitas tidur yang buruk. Selain faktor fisiologis, faktor psikologis seperti *mindfulness* diduga dapat memengaruhi hubungan antara kualitas tidur dan stres akademik. Penelitian ini bertujuan untuk mengetahui pengaruh kualitas tidur terhadap stres akademik dengan *mindfulness* sebagai variabel moderator pada mahasiswa tingkat akhir. Penelitian ini menggunakan pendekatan kuantitatif dengan metode korelasional. Partisipan dalam penelitian ini berjumlah 349 mahasiswa tingkat akhir di Kota Surabaya yang berada pada rentang usia dewasa awal, terdiri dari mahasiswa laki-laki dan perempuan dari berbagai program studi. Teknik pengambilan sampel menggunakan probability sampling. Instrumen penelitian meliputi *Pittsburgh Sleep Quality Index* (PSQI) untuk mengukur kualitas tidur, *Perception of Academic Stress Scale* (PASS) untuk mengukur stres akademik, dan *Mindful Attention Awareness Scale* (MAAS) untuk mengukur *mindfulness*. Analisis data dilakukan menggunakan regresi linier sederhana dan *moderated regression analysis* (MRA). Hasil penelitian menunjukkan bahwa kualitas tidur berpengaruh signifikan terhadap stres akademik, dengan kontribusi sebesar 16,9%. Semakin buruk kualitas tidur mahasiswa, semakin tinggi tingkat stres akademik yang dialami. Selain itu, *mindfulness* terbukti berperan sebagai variabel moderator yang signifikan dan mampu memperlemah pengaruh kualitas tidur terhadap stres akademik, dengan kontribusi tambahan model sebesar 2,1%. Temuan ini menunjukkan bahwa *mindfulness* berfungsi sebagai faktor protektif dalam membantu mahasiswa mengelola stres akademik, khususnya ketika kualitas tidur berada dalam kondisi yang kurang optimal.

Kata kunci: kualitas tidur, stres akademik, *mindfulness*, mahasiswa tingkat akhir

ABSTRACT

Academic stress is a common problem experienced by final-year university students due to high academic demands, particularly during the completion of a final thesis. One of the contributing factors to academic stress is poor sleep quality. In addition to physiological factors, psychological factors such as mindfulness are assumed to influence the relationship between sleep quality and academic stress. This study aimed to examine the effect of sleep quality on academic stress with mindfulness as a moderating variable among final-year students. This study employed a quantitative correlational method. The participants consisted of 349 final-year university students in Surabaya, within the early adulthood age range, including both male and female students from various academic disciplines. The sampling technique used was probability sampling. Data were collected using the Pittsburgh Sleep Quality Index (PSQI), the Perception of Academic Stress Scale (PASS), and the Mindful Attention Awareness Scale (MAAS). Data analysis was conducted using simple linear regression and moderated regression analysis (MRA). The results showed that sleep quality had a significant effect on academic stress, contributing 16.9% to the variance in academic stress. Poorer sleep quality was associated with higher levels of academic stress. Furthermore, mindfulness was found to be a significant moderating variable that weakened the effect of sleep quality on academic stress, with an additional contribution of 2.1%. These findings indicate that mindfulness serves as a protective factor that helps students manage academic stress, particularly when sleep quality is suboptimal.

Keywords: *sleep quality, academic stress, mindfulness, final-year students*

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