PREVALENCE OF SLEEP DISORDER AMONG GRADUATE STUDENTS IN KENDARI, SOUTH EAST SULAWESI

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ABSTRACT

Background: Sleep problems have a great impact on the student daily life, for example, the grade point average. Due to irregular daytime routines, chronotype changes, side jobs and exam periods, they need specialized treatments for improving sleep. This study aimed to describe the distribution of sleep disorder among graduate students in Kendari, South East Sulawesi.

Subjects and Method: This was a descriptive study conducted at School of Health Sciences Mandala Waluya Kendari, South East Sulawesi on May to July 2018. A total sample of 107 graduate students was selected for this study by simple random sampling. The dependent variable was sleep disorder. The data were obtained by questionnaire and described in percent.

Results: Majority of graduate students at School of Health Sciences Mandala Waluya Kendari, South East Sulawesi in 2018, were reported to have sleep disorder. As much as 52.5% in year class 2016 and 45.8% in year class 2017 were reported to have sleep disorder.

Conclusion: As much as 52.5% graduate students at School of Health Sciences Mandala Waluya Kendari, South East Sulawesi, in year class 2016 and 45.8% in year class 2017 are reported have sleep disorder.

Keywords: graduate students, sleep, sleep disorder.

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