

ABSTRACT

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**RELATIONSHIP OF FATIGUE LEVELS WITH SLEEP QUALITY
IN COLLEGE STUDENTS IN DOING THE THESIS
IN STIKES 'AISYIYAH SURAKARTA**

ABSTRACT

Background: A person's sleep quality is said to be good if he does not show various signs of sleep deprivation and does not experience sleep problems. Factors affecting sleep quality are illness, fatigue, psychological stress, medication, nutrition, environment and motivation. Thesis causes energy to adjust to drain, as a result the quality of sleep will be disrupted. **Objective:** To determine the relationship between the level of fatigue and sleep quality in students in working on the thesis at STIKES 'Aisyiyah Surakarta. **Method:** This type of research is correlational with cross sectional approach. The research sample was the final year students of D4 Physiotherapy and Bachelor of Nursing in STIKES 'Aisyiyah Surakarta and in getting a sample of 58 respondents with the Cluster Sampling sampling technique. The research instrument used FAS (Fattigue Assessment Scale) and PSQI (Pitsburgh Sleep Quality Index) questionnaires. Data were analyzed using univariate analysis and bivariate analysis with Chi Square test. **Results:** 1) The level of fatigue in students who do thesis is mostly low category; and 2) Quality of sleep for students who work on thesis are mostly bad categories. **Conclusion:** There is no correlation between the level of fatigue and sleep quality in students in working on the thesis at STIKES 'Aisyiyah Surakarta

Keywords: Fatigue, Sleep Quality, Students, Thesis