

**THE RELATIONSHIP BETWEEN STRESS LEVEL AND INSOMNIA OF  
GRADUATE NURSING STUDENTS 'AISYIYAH SURAKARTA  
UNIVERSITY**

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**ABSTRACT**

**Background:** Final semester students who are working on their final project have the potential to experience pressure and stress (Zurrahmi et al., 2021). According to (Evindri and Susilawati., 2022) The positive effect of stress can force a person to take action, from someone who experiences ongoing stress it can affect the quality of sleep or insomnia. **Objective:** To determine the relationship between stress levels and insomnia at the end of undergraduate nursing at 'Aisyiyah University, Surakarta. **Methods:** This study used a quantitative analytic study with a cross sectional approach. Sampling using purposive sampling. The number of samples is 52 respondents. The instruments used by PSS and ISI used the Spearman rank test. **Results:** The results showed that 34 (65.4%) respondents experienced moderate stress. Then 31 respondents experienced moderate insomnia. The results of this study using the Spearman rank test obtained a p value (stress level 0.035) and a p value (Insomnia 0.035) which showed a p value <0.05 meaning  $H_{a1}$  and  $H_{a2}$  were accepted. **Conclusion:** there is a relationship between stress levels and insomnia at the final level of undergraduate nursing students at Aisyiyah University, Surakarta.

**Keywords:** Level of Stress and Insomnia of Final Grade Students.