

ABSTRACT

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<i>RELATIONSHIP OF HANGING OUT ACTIVITIES WITH SLEEP NEEDS OF NURSING STUDENTS IN STIKES 'AISYIYAH SURAKARTA</i>	
<i>ABSTRACT</i>	
<p><i>Background:</i> The prevalence of hanging out in young adults is currently increasing, especially in student at STIKes 'Aisyiyah Surakarta this can make changes in sleep patterns in students resulting in reduced sleep. <i>Objective:</i> To analyze the relationship between hanging out activities and sleep needs of students at STIKES 'Aisyiyah Surakarta. <i>Methods:</i> An observational analytic study with a cross-sectional study design. Sampling using kuota sampling technique with 91 respondents, the subjects of this study were students of STIKES 'Aisyiyah Surakarta, the research instrument used a questionnaire. Bivariate analysis using the Chi Square test with significance level (0.05). <i>Results:</i> The results of univariate analysis of student hangout activities most respondents rarely hung out as many as 44 respondents (51.2%), the majority of students' sleep needs were met as many as 48 respondents (55.8%). The results of bivariate analysis showed exact sig values. (2-sided) (0,000) <0.05. <i>Conclusion:</i> There is a relationship between hanging out and sleep needs of students at STIKES 'Aisyiyah Surakarta.</p>	
<i>Keywords: Hang Out Activities, Sleep Needs</i>	