

**THE RELATIONSHIP BETWEEN ANXIETY LEVELS AND SLEEP
QUALITY IN FINAL YEAR HEALTH STUDENTS AT 'AISYIYAH
UNIVERSITY OF SURAKARTA**

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ABSTRACT

Background: Final year students are students who are in the final semester of study and are completing their final project. During the process of preparing the final project, students tend to be prone to anxiety, which affects the quality of their sleep. The impact of disturbed sleep quality can result in students being awake at night and feeling sleepy during the day. Insufficient sleep needs can cause physiological and psychological balance disorders in students. **Objective:** Knowing the relationship between anxiety levels and sleep quality of final year health students at 'Aisyiyah University Surakarta. **Method:** This study uses correlation analytics with a cross sectional approach. Sampling using purposive sampling. The sample size was 76 respondents. The instrument used in anxiety is TMAS and in sleep quality is PSQI using the Chi Square test. **Results:** the results showed that 74 (97.4%) respondents experienced anxiety, and 63 (82.9%) respondents experienced moderate sleep quality. The Chi Square test results showed that the p-value (0.000) < α (0.05) so that H_0 was rejected and H_a was accepted. **Conclusion:** there is a relationship between anxiety levels and sleep quality of final year health students at 'Aisyiyah University Surakarta.

Keywords: Students, Final Assignment, Anxiety, Sleep Quality