

HUBUNGAN AKTIVITAS FISIK DAN KUALITAS TIDUR DENGAN TINGKAT
DEPRESI PADA MAHASISWA UNIVERSITAS PENDIDIKAN INDONESIA

SKRIPSI

diajukan untuk memenuhi sebagian syarat memperoleh gelar Sarjana Olahraga

Program Studi Ilmu Keolahrgaan



oleh

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UNIVERSITAS PENDIDIKAN INDONESIA**

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**Hubungan Aktivitas Fisik dan Kualitas Tidur dengan Tingkat Depresi pada
Mahasiswa Universitas Pendidikan Indonesia**

Oleh
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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
Sarjana Olahraga pada Fakultas Pendidikan Olahraga dan Kesehatan

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ABSTRAK

HUBUNGAN AKTIVITAS FISIK DAN KUALITAS TIDUR DENGAN TINGKAT DEPRESI PADA MAHASISWA UNIVERSITAS PENDIDIKAN INDONESIA

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Depresi (*depression*) merupakan gangguan kesehatan mental. Terdapat beberapa aspek penting yang berpengaruh terhadap kesehatan mental, dua diantaranya adalah aktivitas fisik (*physical activity*) dan kualitas tidur (*sleep quality*). Tujuan penelitian ini adalah untuk menguji apakah terdapat hubungan antara aktivitas fisik dan kualitas tidur dengan tingkat depresi. Metode yang digunakan dalam penelitian ini yaitu studi korelasi dengan pendekatan kuantitatif. Sampel pada penelitian ini yaitu mahasiswa Universitas Pendidikan Indonesia dengan jumlah sampel sebanyak 360 mahasiswa. Pengambilan sampel pada penelitian ini menggunakan teknik *cluster random sampling*. Instrument yang digunakan adalah GPAQ (*Global Physical Activity Questionnaire*) untuk mengukur tingkat aktivitas fisik, PSQI (*The Pittsburgh Sleep Quality Index*) untuk mengukur kualitas tidur, dan CES-D (*The Center for Epidemiologic Studies Depression*) untuk mengukur tingkat depresi. Hasil penelitian dianalisis menggunakan korelasi bivariat (*bivariate correlation*) dengan *Spearman's rho* pada SPSS versi 25. Hasil analisis data menunjukkan terdapat hubungan yang signifikan aktivitas fisik dengan tingkat depresi dengan nilai $\text{sig.}0.021 < 0.05$, serta terdapat hubungan yang signifikan kualitas tidur dengan tingkat depresi dengan nilai $\text{sig.}0.000 < 0.05$. Maka kesimpulan dari hasil penelitian ini adalah terdapat hubungan yang signifikan antara aktivitas fisik dan kualitas tidur dengan tingkat depresi.

Kata Kunci : Depresi, aktivitas fisik, kualitas tidur, mahasiswa, GPAQ, PSQI, CES-D

ABSTRACT

RELATIONSHIP ON PHYSICAL ACTIVITY AND SLEEP QUALITY WITH THE LEVEL OF DEPRESSION IN STUDENTS OF UNIVERSITAS PENDIDIKAN INDONESIA

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Depression is a mental health disorder. There are several important aspects that affect mental health, two of which are physical activity and sleep quality. The purpose of this study was to examine whether there was a relationship between physical activity and sleep quality with depression levels. The method used in this research is correlation study with a quantitative approach. Sample in this research were students of Universitas Pendidikan Indonesia with a total sample of 360 students. Sampling in this study using *cluster random sampling* technique. The instrument used was GPAQ (*Global Physical Activity Questionnaire*) to measure the level of physical activity, PSQI (*The Pittsburgh Sleep Quality Index*) to measure sleep quality, and CES-D (*The Center for Epidemiologic Studies Depression*) to measure the level of depression. The results were analyzed using *bivariate correlation* with *Spearman's rho* on SPSS version 25. The results of data analysis showed that there was a significant relationship between physical activity and the level of depression with a value of $\text{sig}.0.021 < 0.05$. and there is a significant relationship between sleep quality and depression level with a value $\text{sig}.0.000 < 0.05$. So the conclusion from the results of this study is that there is a significant relationship between physical activity and sleep quality with the level of depression.

Keywords: Depression, physical activity, sleep quality, college students, GPAQ, PSQI, CES-D

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