

## **Relationship between Sleep Quality and Academic Burnout in Student Organizers of STIKes Karsa Husada Garut**

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### **Abstract**

Academic burnout can affect students' academic performance and emotional well-being, resulting in a decline in the quality of graduates. Quality sleep creates a feeling of freshness and well-being after waking up, while lack of sleep and poor quality can cause various physiological disorders, such as decreased immune status. Objective This study is to identify the relationship between sleep quality and academic burnout in student organizers of STIKes Karsa Husada Garut. This research method is descriptive correlation with a cross-sectional approach. the number of samples was 69 people and data analysis using the Fisher Exact Test. The results showed that there was a significant relationship between sleep quality and academic burnout in student organizers of STIKes Karsa Husada Garut with a p-value of 0.00 ( $P < 0.05$ ). the conclusion in this research is that there is a relationship between sleep quality and academic burnout in student organizers.

**Keywords:** Academic Burnout, Sleep Quality, Student Organizers

### **INTRODUCTION**

Lectures in higher education often require students to fulfill various academic demands in a short time. The high academic demands can lead to high levels of stress, which in turn can affect their sleep quality (Alotaibi et al., 2020). The prevalence of sleep quality disorders in the world varies from 15.3% - 39.2% and In Southeast Asia alone shows data with the result that students have poor sleep quality of 48.8% (Pham et al., 2021) in Indonesia shows that most of the sleep quality in adolescents is

less fulfilled, as many as 63% (Romayati et al., 2019).

Academic burnout can affect students' academic performance and emotional well-being, resulting in a decrease in the quality of graduates and In the context of higher education, students who experience academic burnout often feel tired, unmotivated, and feel that they are not achieving the expected results, which can lead to a reduced quality of life and will also have an impact on student health (Liu & Cao, 2022).

Academic burnout is a condition that occurs when a person feels depressed and is no longer able to manage the pressure experienced in academic situations (Luh et al., 2021). The dimensions of academic burnout consist of exhaustion, cynicism and inefficacy (Simarmata et al., 2022). Academic burnout in college students can cause several mental health problems, such as anxiety, depression, frustration, hostility, and fear (Luh et al., 2021). Students who experience academic burnout tend to have poor social interactions, which can affect their relationships with friends and family (Firdaus et al., 2021). The impact of academic burnout can also affect future work values (Dall'Ora et al., 2020). This is because academic burnout experienced from the education process can reduce students' academic performance in the education process, which then causes them to equip themselves less with basic health knowledge (Akmal & Kumalasari, 2022).

Students, are often faced with various academic demands which in turn can cause high levels of stress, especially for students who participate in student organizations, this is because students who participate in student organizations are required to carry out various tasks and responsibilities at the same time so that they are at risk of causing high levels of stress suffered by student organizers, which in turn can affect their sleep quality (Alotaibi et al., 2020).

Quality sleep creates a feeling of freshness and well-being after waking up, while poor quality sleep can cause various physiological disorders, such as decreased immune status, in addition to poor sleep quality can also cause abnormal blood pressure and routine activities every day to be disrupted and will have an impact on other aspects (Yuniati et al., 2022). Sleep quality can affect self-control and individuals, poor sleep quality can cause individuals to feel less happy, more depressed and feel very tired physically and mentally, factors that can affect sleep quality are in the form of non-medical factors including gender, puberty, sleep habits, environment and lifestyle (Purnamasari et al., 2021).

The purpose of this study was to identify the relationship between sleep quality and academic burnout in student organizers of STIKes Karsa Husada Garut.

## **RESEARCH METHOD**

The research design used is descriptive correlation with a cross-sectional approach. The sampling technique used in this study was purposive sampling, with the inclusion criteria of STIKes Karsa Husada Garut students who are actively attending lectures and participating in student organizations and are listed in the student organization decision letter. In addition, the exclusion criteria in this study are student organizers who do not want to

be respondents, students on leave from college and out during the study.

In this study, the sample size was 69 people from three categories of student organizations on this campus, namely BEM (Student Executive Board), Ormawa (Student Organization), and UKM (Student Activity Unit). The instruments in this study are the PSQI (Pittsburgh Sleep Quality Index) questionnaire to assess sleep quality and the MBI-SS (Maslach Burnout Inventory - Student Survey) questionnaire to assess academic burnout in respondents.

Pittsburgh Sleep Quality Index (PSQI) questionnaire is one of the instruments to measure sleep quality, PSQI measures seven sleep quality indicators such as: subjective sleep quality, sleep latency, sleep duration, sleep habit efficiency, sleep disturbances, use of sleeping pills, and disturbances or complaints when waking up (Haslina et al., 2021). The PSQI consists of 19 self-rated questions. The 19 items are grouped into seven components to determine a global PSQI score, each equally weighted on a 0-3 scale. Higher scores indicate poor sleep quality. In all cases, a score of "0" indicates no difficulty, while a score of "3" indicates severe difficulty. The PSQI questionnaire has been translated into Indonesian and subjected to validity testing with respondents (Rinjani et al., 2022).

The tool to measure academic burnout in this study uses the Maslach Burnout

Inventory - Student Survey (MBI-SS) of 15 question items used to measure three dimensions of academic burnout namely exhaustion, cynicism, and inefficacy consisting of 9 favorable questions and 6 unfavorable questions. This research instrument uses a rating scale of 0 (never), 1 (rarely), 2 (rarely), 3 (sometimes), 4 (often), 5 (very often), and 6 (always) (Arlinkasari & Akmal, 2017).

## RESEARCH RESULT AND DISCUSSION

### RESULT

**Table 1. Frequency Distribution Sleep Quality**

Sleep Quality	Frequency	Percentage (%)
Very good	13	18.8
Good	23	33.3
Bad	32	46.4
Very Poor	1	1.5
Total	69	100

Based on table 1, it was found that almost half of the respondents had poor sleep quality, namely 32 respondents (46.4%).

**Table 2: Frequency Distribution of Academic Burnout**

Academic Burnout	Frekuensi	Persentase (%)
Very High	24	34.8
High	11	15.9
Medium	6	8.7
Low	21	30.4
Very Low	7	10.1
Total	69	100

Based on table 2, it was found that a small proportion had very high academic burnout, namely 24 respondents (34.8%).

**Table 3. Relationship between Sleep Quality and Academic Burnout in College Students**Organisator STIKes Karsa Husada Garut

Kualitas Tidur	Academic Burnout										p-Value		
	Very High	%	High	%	Medium	%	Low	%	Very Low	%		Total	%
Very good	0	0.0	0	0.0	0	0.0	1	100	0	0.0	1	100	0.00
Good	11	34.4	6	18.8	2	6.3	8	25.0	5	15.6	32	100	
Bad	13	56.5	5	21.7	1	4.3	2	8.7	2	8.7	23	100	
Very Poor	0	0.0	0	0.0	3	23.1	10	6.9	0	0.0	13	100	
Total	24	34.8	11	15.9	6	8.7	21	30.4	7	10.1	69	100	

## DISCUSSION

The results showed that almost half of the respondents experienced poor sleep quality, namely 32 respondents (46.4%). This study is in line with previous research stating that factors contributing to poor sleep quality include internal factors such as lifestyle, sleep hygiene, and underlying disease in individuals, as well as external factors such as environmental conditions and academic stress (Mashuri et al., 2022). The results also showed that most of the student respondents had poor sleep quality due to one of them using gadgets in students and fatigue due to many tasks (Haslina et al., 2021).

Student organizers of STIKes Karsa Husada Garut have poor sleep quality due to individual factors themselves, in this case due to quite dense activities and also academic stress including academic demands in the form of lecture assignments and busy academic activities, at night students have difficulty sleeping until late at night and have to wake up in the morning. Most of the students in the morning have to

wake up early to prepare for lectures and organizational activities so that the reduced sleep time allocated for learning causes a decrease in sleep quality which causes poor sleep quality (Alotaibi et al., 2020).

The results of this study indicate that a small proportion or almost half of the respondents, namely 24 respondents or 34.8%, experienced a very high level of academic burnout. This research is in line with previous research which states that student respondents have a very high risk of academic burnout and stress (Suwartika et al., 2014).

Burnout experienced by students can be caused by academic demands. Students are often faced with various academic tasks that can cause high levels of stress, especially for health students and those involved in student organizations. In addition, health students face higher academic demands, busy lecture schedules, assignments, not only in understanding theory, but also in practice such as providing nursing care according to operational standards and documenting the

results of practice, causing higher levels of burnout for health students, especially for those who are also involved in student organizations and have to carry out various tasks and responsibilities at once (Febriani et al., 2021).

The results of data analysis using the fisher exact test obtained a P value = 0.00 (<0.05), it can be concluded, there is a relationship between sleep quality and academic burnout in student organizers of STIKes Karsa Husada Garut. This study is in line with previous research which states that there is a relationship between sleep quality and burnout. (Febriani et al., 2021). This is in line with the results of previous studies which also show that there is a significant positive relationship between burnout and sleep quality (Maramis & Tawaang, 2021).

Quality sleep can create a feeling of freshness and well-being after waking up, while lack of sleep and poor quality can cause various physiological disorders, such as decreased immune status. In addition, poor sleep quality can also cause abnormal blood pressure and disrupt routine activities every day and will have an impact on other aspects (Mashuri et al., 2022).

## CONCLUSION

Based on the results of research and discussion, the conclusion in this study is that the quality of sleep in STIKes Karsa Husada Garut students who participate in

student organizations, almost half of the respondents have poor sleep quality and students who participate in student organizations, almost half of the respondents have very high Academic Burnout. Therefore, there is a significant relationship between sleep quality and academic burnout in student organizers of STIKes Karsa Husada Garut.

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