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Judul : Hubungan Kualitas Tidur dengan Konsentrasi Belajar Anak di SDN Cijaralang 2 Kecamatan Cimanggu Kabupaten Pandeglang

ABSTRAK

Latar belakang: Tidur merupakan kebutuhan dasar manusia. Kualitas tidur buruk berdampak terhadap kemampuan dalam beraktifitas, diantaranya mempengaruhi penurunan konsentrasi. Penurunan konsentrasi belajar merupakan masalah bagi kalangan pelajar, yang menunjukkan keadaan mengantuk saat belajar, kurang antusias atau kurang perhatian. Hal dialami siswa SDN Cijaralang 2 Kecamatan Cimanggu Kabupaten Pandeglang didapatkan 70% siswa mengatakan mengalami kesulitan konsentrasi saat belajar dan 60% siswa mengatakan mengalami penurunan kualitas tidur. Tujuan penelitian ini ialah untuk mengetahui hubungan kualitas tidur dengan konsentrasi belajar anak di SDN Cijaralang 2 Kecamatan Cimanggu Kabupaten Pandeglang.

Metode: Penelitian analitik kuantitatif dengan rancangan *cross sectional* dilakukan dalam bulan Juli 2025. Sampel penelitian siswa kelas 3-6 berjumlah 75 responden dengan teknik *total sampling*. Data primer menggunakan kuesioner dianalisis menggunakan uji *chi square*.

Hasil: penelitian siswa kelas 3-6 terbanyak dengan usia 11 tahun dan jenis kelamin laki-laki. Kualitas tidur anak terbanyak dalam kategori kurang dan konsentrasi belajar anak terbanyak dalam kategori cukup baik.

Saran: orang tua diharapkan dapat menciptakan lingkungan rumah yang mendukung kebiasaan tidur yang sehat dengan membiasakan anak tidur dan bangun pada waktu yang sama setiap hari, membatasi penggunaan gawai atau aktivitas lain yang dapat mengganggu waktu tidur anak, serta menciptakan suasana kamar yang nyaman dan tenang.

Kata Kunci : Kualitas Tidur, Konsentrasi Belajar Anak SD

Daftar Pustaka : 51 buah (2020-2025)

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Title : The Relationship Between Sleep Quality and Children's Learning Concentration at Cijaralang 2 Elementary School, Cimanggu District, Pandeglang Regency

ABSTRACT

Background: Sleep is a basic human need. Poor sleep quality impacts the ability to carry out activities, including decreasing concentration. Decreased concentration in learning is a problem for students, which shows drowsiness while studying, lack of enthusiasm or lack of attention. This was experienced by students of SDN Cijaralang 2, Cimanggu District, Pandeglang Regency, where 70% of students said they had difficulty concentrating while studying and 60% of students said they experienced decreased sleep quality. The purpose of this study was to determine the relationship between sleep quality and children's learning concentration at SDN Cijaralang 2, Cimanggu District, Pandeglang Regency.

Method: Quantitative analytical research with a cross-sectional design was conducted in July 2025. The research sample of 3-6 grade students amounted to 75 respondents with a total sampling technique. Primary data using questionnaires were analyzed using the chi-square test.

Conclusion: There is a relationship between sleep quality and children's learning concentration at SDN Cijaralang 2, Cimanggu District, Pandeglang Regency. Suggestion: Parents are expected to create a home environment that supports healthy sleep habits by getting their children used to going to bed and waking up at the same time every day, limiting the use of gadgets or other activities that can disrupt children's sleep, and creating a comfortable and calm bedroom atmosphere.

Keywords : Sleep Quality, Elementary School Children's Learning Concentration

Bibliography : 51 (2020-2025)