

ABSTRAK

Kirojan, Givando Raiders. 2014. *Pengaruh Perilaku Merokok Terhadap Kejadian Insomnia Pada Mahasiswa Program Studi Ilmu Keperawatan Angkatan 2010 Universitas Negeri Gorontalo*. Skripsi, Program Studi S1, Jurusan Keperawatan, Fakultas Ilmu – Ilmu Kesehatan dan Keolahragaan, Universitas Negeri Gorontalo. Pembimbing I Dr. Hj. Herlina Jusuf, Dra., M.Kes dan Pembimbing II Ns. Rhein Djunaid, S.Kep M.Kes.

Remaja yang sudah kecanduan merokok harus mengisap rokok terus – menerus dan menimbulkan berbagai akibat terhadap tubuh, salah satunya adalah insomnia. Penelitian ini bertujuan untuk mengetahui pengaruh perilaku merokok terhadap kejadian insomnia pada mahasiswa Program Studi Keperawatan angkatan 2010 Universitas Negeri Gorontalo.

Desain penelitian yang digunakan adalah obserasional dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah seluruh mahasiswa laki – laki pada Program Studi Ilmu Keperawatan angkatan 2010 Universitas Negeri Gorontalo yang berjumlah orang 57 orang. Jumlah sampel pada penelitian ini sebanyak 30 responden yang diperoleh dengan teknik *purposive sampling* dengan kriteria inklusi mahasiswa laki – laki perokok. Instrument penelitian menggunakan angket dengan teknik analisa data unvariat dan bivariat menggunakan *Fisher's Exact Test* dengan derajat kemaknaan $\alpha = 0,05$

Hasil penelitian menunjukkan bahwa perilaku merokok sangat buruk terdapat 18 (60%) insomnia dan 1 (3%) tidak insomnia sedangkan perilaku merokok buruk terdapat 3 (10%) insomnia dan 8 (27%) tidak insomnia dengan nilai *p value* $(0,000) < (0,05)$ disimpulkan bahwa ada pengaruh perilaku merokok terhadap kejadian insomnia pada mahasiswa Program Studi Ilmu Keperawatan angkatan 2010 Universitas Negeri Gorontalo. Sehingga diharapkan mahasiswa agar dapat mengurangi merokok sebab banyak dampak buruk yang dapat diakibatkan oleh rokok. Bukan hanya dapat menyebabkan penyakit tapi dapat mengganggu kelangsungan hidup seperti istirahat tidur.

Kata Kunci : Perilaku Merokok, Insomia, Mahasiswa

ABSTRACT

Kirojan, Givando Raiders. 2014. *The Effect of Smoking Habit towards the Insomnia on Students of Nursing Department Class of 2010 Universitas Negeri Gorontalo*. Skripsi. Nursing Department, Faculty of Health and Sport Sciences, Universitas Negeri Gorontalo. Principle supervisor was Dr. Hj. Herlina Jusud, Dra., M.Kes and co-supervisor was Ns. Rhein Djunaid, S.Kep., M.Kes.

Teenagers have addicted to smoking in which smoking has been the cause of several damages on human body. One of them is insomnia. This research was to investigate the effect of smoking habit towards the insomnia on students of nursing department class of 2010 Universitas Negeri Gorontalo.

The research design was observational and *cross sectional* approach. Research population were 57 male students of nursing department class of 2010 Universitas Negeri Gorontalo. The research samples were 30 male students. They were taken as research sample by using purposive sampling technique with inclusive criteria which was male smokers. Research instrument was questionnaire. The research data analysis was done through univariate and bivariate analysis by using *Fisher's Exact Test* with level of significance $\alpha = 0.05$.

Research result showed that the very bad smoking habit caused 18 students underwent insomnia (60%) while 1 student did not undergo insomnia (3%). The bad smoking habit caused 3 students with insomnia (10%) while 8 students did not undergo insomnia (27%) with *p value* (0,000) < α (0,05). It could be concluded that there was significant effect of smoking habit towards the insomnia on students of nursing department class of 2010 Universitas Negeri Gorontalo. Based on research result, it was suggested that students should decrease their smoking habit because there were many bad effects of smoking-not only caused illness but also destructed students' life such as insomnia.

Keywords: Smoking Habit, Insomnia, Students

