

ABSTRACT

Novi Valensia Daud, 2014. The Relationship between Level of Anxiety in Facing Examination and Disruption of Sleep Pattern on Students at Class XII of SMA Negeri 1 Telaga. Skripsi, Study Program of Nursing, Department of Nursing, Faculty of Health and Sport Sciences, Universitas Negeri Gorontalo. The principal supervisor was **Ns. Rini Fahriani Zees, S.Kep, M.Kep** and the co-supervisor was **dr. Vivien Novariana A. Kasim, M.Kes.**

Educational demand from family and self causes the students at class XII of SMA Negeri 1 Telaga experience anxiety; there are many perceptions appeared among students. Fail in examination becomes the main problem of students' anxiety. There are several students who experience disruption of sleep pattern. The research aimed at analyzing the relationship between level of anxiety and disruption of sleep pattern on students at class XII of SMA Negeri 1 Telaga.

The research was analytic observational research by having cross sectional design. The population were 220 students, while the number of samples were 142 respondents gained through simple random sampling. Then, the data that had been collected were analyzed by applying *Kolmogorov Smirnov* test.

The research result showed that there was not relationship between level of anxiety in facing examination and disruption of sleep pattern on students at class XII of SMA Negeri 1 Telaga showed by the the result of p value as 0,104 or $p > 0,05$.

It can be concluded that there was no relationship between level of anxiety in facing examination and disruption of sleep pattern. It suggested that there should be education and relaxation therapy to increase the quality of sleep of students, for example by decreasing the level of students' anxiety.

Keywords: Anxiety, Disruption of Sleep Pattern, Students

