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Submission author: Nur Ahmad Ripangga
Assignment title: JURNAL
Submission title: HUBUNGAN KUALITAS TIDUR DENGAN KONSENTRASI BELAJAR...
File name: JURNAL_REVISI_1.docx
File size: 239.1K
Page count: 13
Word count: 4,682
Character count: 28,426
Submission date: 28-Feb-2023 07:09AM (UTC+0700)
Submission ID: 2024750216



Makil Dekan Bidang Akademik

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NIP.19631222 199002 1 001

psikoborneo
Jurnal Ilmiah Psikologi
Volume x No x | Februari 2023: ...
DOI: 10.30872/psikoborneo

p-ISSN: 2472-2666
e-ISSN: 2472-2674

HUBUNGAN KUALITAS TIDUR DENGAN KONSENTRASI BELAJAR DI MASA PERALIHAN SEKOLAH DARING MENJADI TATAP MUKA PADA SISWA SMA

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Article Info **ABSTRACT**

Article history:
Received Februari 21, 2022
Revised Februari 27, 2022
Accepted Februari 28, 2022

Keywords:
sleep quality, learning concentration

This study aimed to determine the correlation sleep quality with learning concentration in the transition from online school to face to face for students at SMAN 14 Samarinda City. This study uses a quantitative approach. The sample of this research was 83 students of SMAN 14 Kota Samarinda who were selected using purposive sampling technique. The instrument used to gather the data is a psychological scale, which stands out from other types of data collection instruments like questionnaires due to its unique features, checklists, inventories, and others including a scale of sleep quality with study concentration. Kendall's tau test b was used to examine the collected data. According to the study's findings, there is a strong and positive correlation between sleep quality and learning concentration during the transition from online to face-to-face schooling in students of SMAN 14 Kota Samarinda with an r count of 0.85, and p (sig) of 0.008. This means that the higher the quality of sleep, the higher the concentration of learning. Conversely, the lower the quality of sleep, the lower the concentration of learning.

ABSTRAK **Kata kunci**

Tujuan penelitian ini untuk mengetahui hubungan antara kualitas tidur dengan konsentrasi belajar di masa peralihan sekolah daring menjadi tatap muka pada siswa SMA. Pendekatan yang digunakan kuantitatif. Sampel pada penelitian ini berjumlah 83 siswa yang berada di SMAN 14 Kota Samarinda, dipilih dengan menggunakan teknik purposive sampling. Teknik pengumpulan data berupa skala psikologi meliputi skala kualitas tidur dengan skala konsentrasi belajar. Analisis data menggunakan uji kendall's tau b. Dengan r hitung 0,85 dan p (sig) 0,008, temuan penelitian mengungkapkan hubungan yang mengurungkan dan signifikan antara kualitas tidur dan konsentrasi belajar siswa SMAN 14 Kota Samarinda ketika mereka beralih dari pembelajaran online ke tatap muka. Semakin tinggi kualitas tidur maka semakin tinggi pula konsentrasi belajar. Sebaliknya semakin rendah kualitas tidur maka semakin rendah pula konsentrasi belajar.