

ABSTRAK

Wardani, Monika Ariesta. 2026. Prevalensi Insomnia pada Siswa Kelas X SMK N 1 Yogyakarta. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma

Penelitian kuantitatif dengan desain *cross-sectional* ini bertujuan menentukan prevalensi insomnia serta menganalisis hubungan karakteristik demografis, klinis, dan psikologis pada siswa Kelas X SMK N 1 Yogyakarta. Sampel penelitian melibatkan 93 siswa yang dipilih menggunakan teknik *Proportional Stratified Random Sampling*. Pengumpulan berbagai data demografi (seperti usia dan jenis kelamin) serta data klinis dilakukan bersamaan dengan pengisian kuesioner DERS-18 untuk regulasi emosi dan ISCI untuk tingkat insomnia. Analisis data menggunakan uji bivariat *Chi-Square*. Hasil penelitian menunjukkan prevalensi insomnia sebesar 11,8% (11 dari 93 responden). Analisis bivariat mengungkapkan bahwa kesulitan regulasi emosi dan faktor usia memiliki korelasi yang signifikan dengan kerentanan insomnia siswa. Lonjakan insomnia terlihat sangat signifikan seiring memburuknya regulasi emosi, di mana 50% siswa dengan DERS tinggi menderita insomnia, dibandingkan hanya 5,9% pada kategori DERS rendah. Temuan ini mengindikasikan bahwa ketidakmampuan mengelola emosi serta faktor usia menjadi determinan penting terhadap risiko gangguan tidur di lingkungan sekolah kejuruan.

Kata Kunci: Insomnia, Karakteristik Demografi, Usia, Regulasi Emosi, Siswa SMK.

ABSTRACT

Wardani, Monika Ariesta. 2026. Insomnia Prevalence among 10th Grade Students of SMK N 1 Yogyakarta. *Thesis*. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University

This quantitative study with a cross-sectional design aims to determine the prevalence of insomnia and analyze the relationship between demographic, clinical, and psychological characteristics among 10th-grade students at SMK N 1 Yogyakarta. The sample consisted of 93 students selected via Proportional Stratified Random Sampling. Various demographic data (such as age and gender) and clinical data were collected alongside the DERS-18 questionnaire for emotion regulation and the ISCI for insomnia severity. Data analysis was performed using the bivariate Chi-Square test. The results showed an insomnia prevalence of 11.8% (11 out of 93 respondents). Bivariate analysis revealed that both emotion regulation difficulties and the age factor had a significant correlation with students' insomnia vulnerability. A highly significant spike in insomnia occurred as students' emotion regulation worsened, where 50% of students in the high DERS category suffered from insomnia, compared to only 5.9% in the low DERS category. These findings indicate that the inability to manage emotions and age factors are important determinants of sleep disorder risks in a vocational school environment.

Keywords: Insomnia, Demographic Characteristics, Age, Emotion Regulation, Vocational High School Students.