

RELATIONSHIP BETWEEN SLEEP PATTERNS AND EMOTIONAL INTELLIGENCE OF TEENAGERS IN HEAL VOCATIONAL SCHOOL NAFSIAH STABAT 2020

Nurhikmah Panjaitan, Yusra

Midwifery; STIKes Putra Abadi Langkat

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ABSTRACT

Sleep is one of the physiological needs for humans, which is helpful for the body's recovery process, affecting students' emotional intelligence. Individuals who have good emotional intelligence will be able and easy to relate to other people because they can empathize, motivate themselves, and manage the emotions of others. This study aimed to determine the relationship between sleep patterns and the emotional intelligence of adolescents at SMK Nafsiah. This research method uses a descriptive correlation method with a cross-sectional approach. Data collection was carried out by distributing questionnaires. The sample in this study amounted to 33 respondents. The sampling technique used is random sampling— data analysis using the chi square test. The results showed 12 respondents (26.67%) with good sleep patterns, 24 respondents (53.33%) with good sleep patterns, and 9 respondents (20%) with poor sleep patterns. Based on emotional intelligence, 34 respondents (75.55%) had good emotional development, and 11 respondents (24.45%) had poor emotional development. This research concludes that there is a relationship between sleep patterns and emotional intelligence of SMK Kesehatan Nafsiah Stabat students, with a p-value of 0.000 at $df = 2$, where $\text{sig} < \alpha$ ($0.000 < 0.05$). It is hoped that Nafsiah Health Vocational School students will realize that sleep is a basic/physiological human need. If it is adequately fulfilled, it will have good emotional intelligence

E-mail:

nurhikmahpanjaitan@gmail.com

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1. Introduction

Adolescence is a stage of transitional development with distinctive characteristics. Adolescents are a challenge for a country and are viewed from the medical, psychological, and consequences aspects. The success of the Republic of Indonesia. The adolescent age group is the forerunner of the nation's successor in the future. The success of the Nation and the Republic of Indonesia is in their hands (Yustin Roy in Paren, R, 2019).

Changes in physical, psychological, and social development that are not appropriate lead to mental and emotional problems in adolescents. If not followed up properly, this problem can hurt the story of the teenager in the future (Dhamayanti, Faisal, & Maghfirah, 2019).

Disturbances in character maturation can trigger mental and emotional disorders that lead to high-risk behavior. Based on basic health research in Damayanti M (2015). as many as 8% of Indonesian adolescents experience emotional mentality. According to WHO, some adolescents experience emotional disorders, 7 percent of the Indonesian population aged 15 to 24 years experience mental emotionality.

One factor that plays a role in mental-emotional development in adolescents is sleep

patterns. Sleep patterns, especially the duration and quality of sleep, play an essential role in maintaining emotional health. Epidemiological studies in Ethiopia showed 49 percent of adolescents experience poor sleep quality. Sleep disorders such as sleep deprivation can stimulate emotional difficulties, increase subjective states of stress and anxiety, and increase sympathetic reactions to unpleasant stimuli. Adolescent sleep patterns differ from other age stages due to hormonal changes and circadian rhythms that affect sleep quality. Teenagers get sleepy in the middle of the night while getting up early to go to school. Meanwhile, research on the relationship between sleep quality and emotional mentality, especially in adolescents in Indonesia, has not been widely carried out

2. Method

According to the existing theory that sleep patterns have an important role in a person's life. Suppose the sleep pattern is not fulfilled properly. In that case, a person's physiological functions, such as growth and development, will be disrupted in terms of physical abilities, intelligence, social, emotional, and language levels. (Samson, 2015).

Based on the observations of researchers at the Nafsiah Stabat Health Vocational School, it was found that from 67 female students there were 7 (10%) of whom experienced a lack of sleep patterns starting at 12 pm and waking up at 5 or 6 am. The number of hours of sleep is only 5 hours or 6 hours, while the sleep needs of teenagers are 7 - 8.5 hours (Susanto V and Fitriani Y, 2017).

This sleep delay is due to often playing cellphones, games, and sometimes doing school assignments. Student children complain of body aches, drowsiness, feeling unwell, inadequate, sometimes sad, not focused, and often angry.

Based on this preliminary study, The researcher can see that the students have health problems or discomfort due to lack of sleep, resulting in destructive emotions. based on the description above, the researchers are interested in researching the relationship between sleep patterns and emotional development in adolescents at the Nafsiah Stabat Health Vocational School in 2020

3. Result and Discussion

Univariate Analysis

From the research conducted, it aims to find out the relationship between sleep patterns and the emotional development of adolescent children at the Nafsiah Stabat Health Vocational School, 2020, with a total of 45 respondents, and the research results are presented in the form of a table as follows:

Table 1. Frequency Distribution of Respondents by Age

No	Variable	Total (n)	Percentage (%)
1	Early teens (12 - 16 year)	27	60 %
2	Last teens (17 - 25 year)	18	40 %
	Total	45	100 %

In table 1 The researcher can see that from 45 respondents, the majority were in their early teens (12-16 years) as many as 27 respondents (60%) and the minority with late teens (17-25 years) as many as 18 respondents (40%).

Table 2. Frequency Distribution of Respondents Based on Adolescent Sleep Patterns in Nafsiah Stabat Health Vocational Schools in 2020.

No	Variable	Total (n)	Percentage (%)
1	Good	12	26,70 %
2	Enough	24	53,30 %
3	Less	9	20 %
	Total	45	100%

In table 2 The researcher can see that from 45 respondents, the majority of good sleep patterns were 24 respondents (53.30%), and the minority with poor sleep patterns were 9 respondents (20%).

Table 3. Frequency Distribution of Respondents Based on the Emotional Development of Adolescents at the Nafsiah Stabat Health Vocational School, 2020.

4.

No	Variable	Total (n)	Percentage (%)
1	Good	34	75,60 %
2	Bad	11	24,40 %
Total		45	100 %

Frequency Distribution of Respondents Based on the Emotional Development of Adolescents at the Nafsiah Stabat Health Vocational School, 2020.

In table 3 The researcher can see that from 45 respondents, the majority with good emotional development were 34 respondents (75.60%), and the minority with poor emotional development were 11 respondents (24.40%).

Bivariate Analysis

Table 4. The Relationship Between Sleep Patterns and Adolescent Emotional Development at the Nafsiah Stabat Health Vocational School in 2020

Sleep Pattern	Emotional Development				Total		<i>P</i> value	<i>df</i>
	Good		Not good		n	%		
	n	%	n	%				
Good	12	100 %	0	0	0	100 %	0,00	2
Enough	22	91,67%	2	8,33%	24	100 %		
Less	0	0	9	2,94%	9	100 %		
Total	34	75,55%	11	24,45%	45	100 %		

Based on table 4 the results of the analysis of the relationship between sleep patterns and the emotional development of adolescent children at the Napsiah Stabat Health Vocational School, data obtained that there were as many as 9 respondents (2.94%) of adolescents with poor sleep patterns experienced poor emotional development. The results of the statistical test obtained a *P* value of 0.00 and a *df* value of 2, so it can be concluded that there is a relationship between sleep patterns and emotional development in adolescents at the Napsiah Stabat Health Vocational School in 2020

5. Conclusion

Based on the results of research on the relationship between sleep patterns and the emotional development of adolescents at the Nafsiah Stabat Health Vocational School in 2020, the conclusions that can be drawn are:

The frequency of respondents based on sleep patterns is more significant than those in the sufficient group, namely as many as 24 respondents (53.30%) and the minority with poor sleep patterns as many as 9 respondents (20%). The frequency of respondents based on emotional development is more significant than respondents in the fantastic group, namely 34 respondents (75.60%), and more minor in the wrong group, namely 11 respondents (24.40%).

Adequate frequency distribution with poor emotional development, 2 respondents (8.33%) and less sleep patterns as many as 9 respondents with poor emotional development. The statistical

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test results showed that the significance level = 0.05, the statistical results obtained a p-value of 0.00, and the p-value < p (0.00 < 0.05) showed a relationship between sleep patterns and emotional development. The results indicated an association between sleep patterns and emotional development. Between sleep patterns and the emotional development of adolescents at the Nafsiah Stabat Health Vocational School in 2020, meaning that if the sleep pattern is good, the dynamic development of adolescents is also good.

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