



**THE RELATIONSHIP BETWEEN LIFESTYLE AND THE  
INCIDENCE OF INSOMNIA IN NURSING STUDENTS AT  
GENERAL ACHMAD YANI UNIVERSITY YOGYAKARTA**

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**ABSTRACT**

**Background:** Insomnia is a common sleep disorder among university students and can negatively impact physical and psychological health, including decreased concentration and learning productivity. One of the factors associated with the incidence of insomnia is lifestyle. This is seen from the lifestyle such as physical activity, diet, smoking habits and sleep patterns in Unjaya Nursing students.

**Purpose:** Knowing the relationship between lifestyle and the incidence of insomnia in Unjaya Nursing students.

**Method:** This study used a quantitative research design with a correlational approach. The sample was 86 nursing students in semester 2, 4, and 6 using purposive sampling technique. Data collection tools in the form of a lifestyle questionnaire and the Jakarta Biological Psychiatry Study Group-Insomnia Rating Scale (KSPBJ-IRS) questionnaire. Data analysis was performed using Somers'd statistical test with a confidence interval level of 95%.

**Result:** The gender of the respondents was mostly female (75.6%), with the majority in semester VI (37.2%). The majority of students have an unhealthy lifestyle (69.8%) with mild insomnia (66.7%). The results of the correlation relationship obtained a p value of 0.000 with a correlation coefficient of 0.426 positive.

**Conclusion:** There is an association between lifestyle and the incidence of insomnia in nursing students at Unjaya.

Keywords: *Lifestyle, Insomnia, Students*