

ABSTRACT

The Relationship Between Anxiety Levels and Sleep Quality Among Students at SMAN 1 Ubud

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Anxiety is a common psychological problem among adolescents and may affect sleep quality. Poor sleep quality in students can reduce learning concentration, academic performance, and overall physical and mental health. This study aimed to determine the relationship between anxiety levels and sleep quality among eleventh-grade students at SMAN 1 Ubud. This study employed a quantitative design with a descriptive correlational approach and a *cross-sectional* method. The population consisted of 383 eleventh-grade students, with 196 respondents selected using a *random sampling* technique. Data were collected using the Zung Self-Rating Anxiety Scale (ZSAS) to measure anxiety levels and the Pittsburgh Sleep Quality Index (PSQI) to assess sleep quality. Data analysis was performed using the Spearman Rank correlation test with a significance level of $\alpha = 0.05$. The results of the study indicate that the majority of students are at a normal level of anxiety and have good sleep quality. Statistical analysis indicated a significant relationship between anxiety levels and sleep quality ($p < 0.05$). In conclusion, higher anxiety levels are associated with poorer sleep quality among students. These findings are expected to support the development of community nursing interventions and school health programs aimed at improving adolescents' mental health and sleep quality.

Keywords: anxiety, sleep quality, adolescents, senior high school students