ABSTRAK

Aurelya Ranti "STUDI LITERATUR PENGARUH KUALITAS TIDUR TERHADAP PERFORMA ATLET".
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Skripsi: Fakultas Ilmu Keolahragaan UNIMED 2025

Kualitas tidur sering kali dianggap salah satu faktor yang berpotensi memengaruhi performa atlet. Namun, sejauh mana pengaruh kualitas tidur terhadap performa atlet masih memerlukan kajian lebih dalam. Penelitian ini bertujuan untuk mengetahui pengaruh kualitas tidur terhadap performa atlet. Metode penelitian menggunakan metode penelitian kualitatif melalui studi literatur dengan mencari berbagai sumber literatur yang relevan dengan pengaruh kualitas tidur terhadap performa atlet. Data sumber literatur penelitian ini dikumpulkan melalui website atau sumber ilmiah yang terpercaya yaitu *Google Scholar*, *PubMed* dan *Portal Garuda*. Dari 3749 jurnal yang ditemukan hanya 21 jurnal yang memenuhi kriteria inklusi. Hasil analisis dari 21 jurnal penelitian tersebut didapatkan sebanyak 80,95% atau sebanyak 17 jurnal penelitian menyatakan bahwa kualitas tidur berpengaruh terhadap performa atlet. Kualitas tidur yang baik berkaitan dengan peningkatan performa atlet dalam berbagai aspek, seperti kapasitas *VO□max*, daya tahan anaerobik, pemulihan otot, ketepatan pengambilan keputusan, konsentrasi, dan suasana hati. Beberapa jurnal juga menyoroti bahwa kurang tidur dapat meningkatkan risiko cedera, gangguan mood, penurunan fungsi kognitif, serta memengaruhi kebugaran jasmani. Meskipun mayoritas studi menunjukkan adanya hubungan yang signifikan antara kualitas tidur dan performa, terdapat juga beberapa temuan yang tidak menunjukkan pengaruh langsung, sehingga masih diperlukan penelitian lebih lanjut dengan pendekatan yang lebih spesifik dan multivariat. Kajian ini diharapkan dapat memberikan dasar teoritis bagi pengembangan strategi peningkatan performa atlet melalui manajemen tidur yang optimal.

Kata Kunci: Kualitas Tidur, Performa Atlet, Tidur

ABSTRACT

Aurelya Ranti ***"LITERATURE STUDY ON THE EFFECT OF SLEEP QUALITY ON ATHLETE PERFORMANCE"***
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Thesis: Faculty of Sport Science **UNIMED 2025**

Sleep quality is often considered one of the factors that may influence athlete performance. However, the extent to which sleep quality affects athlete performance still requires further investigation. This study aims to determine the effect of sleep quality on athletes' performance. The research employed a qualitative approach through a literature review by collecting various relevant sources discussing the relationship between sleep quality and athlete performance. The literature sources were obtained from reliable scientific platforms such as Google Scholar, PubMed, and Portal Garuda. Out of 3,749 journal articles found, only 21 met the inclusion criteria. The analysis of these 21 studies revealed that 80.95% or 17 studies, concluded that sleep quality has an impact on athlete performance. Good sleep quality is associated with improved athlete performance in various aspects, including VO□max capacity, anaerobic endurance, muscle recovery, decision-making accuracy, concentration, and mood. Several studies also highlighted that sleep deprivation can increase the risk of injury, mood disturbances, cognitive decline, and reduced physical fitness. Although the majority of studies indicate a significant relationship between sleep quality and performance, some findings did not show a direct effect, suggesting the need for further research using more specific and multivariate approaches. This review is expected to provide a theoretical foundation for developing strategies to enhance athlete performance through optimal sleep management.

Keywords: *Sleep Quality, Athlete Performance, Sleep*

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