ABSTRAK

RAWATY O F PANGGABEAN. Hubungan antara Kualitas Tidur dengan Memori Jangka Pendek Pada Anak Usia 5-6 Tahun di TK Pembina Garoga. Skripsi. Medan: Fakultas Ilmu Pendidikan. Universitas Negeri Medan. 2026.

Tidur merupakan kebutuhan biologis fundamental yang mendukung fungsi kognitif, terutama konsolidasi memori. Pada anak usia dini, kualitas tidur yang baik berperan penting dalam perkembangan otak dan kesiapan belajar. Penelitian ini bertujuan menguji hubungan antara kualitas tidur dengan memori jangka pendek pada anak usia 5-6 tahun di TK Pembina Garoga, Tapanuli Utara, Indonesia. Desain penelitian adalah kuantitatif korelasional. Sampel terdiri dari 24 anak yang diambil melalui teknik random sampling dari populasi 30 anak. Kualitas tidur diukur menggunakan instrumen adaptasi *Pittsburgh Sleep Quality Index* (PSQI) yang diisi orang tua, mencakup tujuh dimensi: letensi, durasi, kesinambungan, kualitas subjektif, kesegaran saat bangun, efisiensi, dan gangguan perilaku. Memori jangka pendek diukur melalui tes performa yang terdiri dari enam tugas: mengulang angka, mengulang kata, mengikuti instruksi tiga langkah, mengingat kembali objek visual (kartu gambar), menirukan kalimat, dan menceritakab kembali cerita. Data analisis menggunakan statistik deskriptif dan korelasi Pearson dengan Jamovi. Hasil menunjukkan 79,2% anak memiliki kualitas tidur sangat baik dan 20,8% baik, sementara 62,5% memiliki memori jangka pendek baik, 33,3% cukup, dan 4,2% sangat baik. Uji Korelasi Pearson menunjukkan hubungan positif yang signifikan anataraa kualitas tidur dan memori jangka pendek ($r = 0,470$, $p = 0,020$), dengan kekuatan sedang. Temuan ini mengonfirmasi bahwa semakin baik kualitas tidur anak, semakin tinggi kapasitas memori jangka pendeknya. Penelitian menyimpulkan bahwa tidur cukup dan berkualitas meningkatkan kemampuan anak menyimpan dan memanggil kembali informasi secara sementara, yang esensial untuk pembelajaran di kelas. Orang tua dan guru hendaknya memprioritaskan kebiasaan tidur sehat sebagai bagian dari strategi pengembangan kognitif anak usia dini.

Kata Kunci : Kualitas Tidur; Memori Jangka Pendek; Anak Usia Dini; Perkembangan Kognitif; Anak Prasekolah

ABSTRACT

RAWATY O F PANGGABEAN. The Relationship between Sleep Quality and Short-term Memory in Children Aged 5-6 Years at TK Pembina Garoga. Skripsi. Medan: Faculty of Education. State University of Medan. 2026.

Sleep is a fundamental biological need that supports cognitive function, particularly memory consolidation. In early childhood, good sleep quality plays a crucial role in brain development and readiness for learning. This study aims to examine the relationship between sleep quality and short-term memory in 5- to 6-year-old children at Pembina Garoga Kindergarten in North Tapanuli, Indonesia. The study design was quantitative and correlational. The sample consisted of 24 children selected via random sampling from a population of 30 children. Sleep quality was measured using the parent-completed adapted Pittsburgh Sleep Quality Index (PSQI), which covers seven dimensions: latency, duration, continuity, subjective quality, refreshment upon waking, efficiency, and behavioral disturbances. Short-term memory was measured through a performance test consisting of six tasks: repeating numbers, repeating words, following three-step instructions, recalling visual objects (picture cards), repeating sentences, and retelling a story. Data analysis utilized descriptive statistics and Pearson's correlation using Jamovi. Results indicated that 79.2% of children had very good sleep quality and 20.8% had good sleep quality, while 62.5% had good short-term memory, 33.3% had adequate short-term memory, and 4.2% had very good short-term memory. The Pearson correlation test revealed a significant positive relationship between sleep quality and short-term memory ($r = 0.470$, $p = 0.020$), with moderate strength. These findings confirm that the better a child's sleep quality, the higher their short-term memory capacity. The study concludes that sufficient and high-quality sleep enhances a child's ability to temporarily store and retrieve information, which is essential for classroom learning. Parents and teachers should prioritize healthy sleep habits as part of a strategy for early childhood cognitive development.

Keywords : Sleep Quality; Short-Term Memory; Early Childhood; Cognitive Development; Preschool

Character Building UNIVERSITY