

DOES QUALITY OF SLEEP PLAY THE ROLE AS A MEDIATOR BETWEEN WELL-BEING AND ACADEMIC ACHIEVEMENT?

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ABSTRACT

The transition from high school to college "forced" new students to live a different life, till finally they are able to adapt to a lifestyle in a new environment with all its activities. New students who are not able to adapt will experience a variety of problems including the decline in well-being, which can then affect their academic performance, and can be exacerbated if the decline in well-being also affects the quality of their sleep. This ex post facto study aims to examine whether the quality of sleep acts as a mediator between well-being and academic achievement. Participants in this study amounted to 231 new students of Yogyakarta State University in the 2017 school-year, obtained by multistage random sampling from seven faculties of the university. Data were collected using scale and analyzed by multiple regression techniques. The results of the analysis showed that sleep quality does not significantly mediate the relationship between well-being and the academic achievement of new students. Nonetheless, this study found that negative affect which is a component of well-being significantly affected poor sleep quality. For this reason, increasing well-being of student through prevention of negative affect development is highly recommended.

Kata Kunci: *well-being, quality of sleep, academic achievement*