

ABSTRACT

Students are people who study in universities, where the main task of students is to learn and become experts in their fields. Students also act as agents of change, as guardians of good values, and as the next generation of the nation. A person's lifestyle affects their lifestyle, which reflects how they adjust to their environment and face life's challenges. Based on research by Alnaami et al. (2019) the habit of staying up late to study, high caffeine consumption, and lack of physical activity correlate with sleep disturbances and poor sleep quality. Lack of sleep has a bad impact on the brain when we need the brain in thinking (Rafiudin, 2004). Based on the survey results, 70% of the respondents in the early stages of Industrial Engineering students have a sleep duration that is less than the recommended sleep duration by the National Sleep Foundation (NSF) where the recommended sleep duration is 7-9 hours while 70% of the respondents only have a sleep duration of 4-6 hours. Therefore, it is necessary to conduct research on the relationship of lifestyle to sleep quality of industrial engineering students. This study aims to determine whether lifestyle provides a relationship to sleep quality. This study uses quantitative methods to examine the relationship between lifestyle and student sleep quality as measured using the Pittsburgh Sleep Quality Index (PSQI), lifestyle questionnaire of Industrial Engineering at one of the private universities in West Java. Students have a poor lifestyle and sleep quality. Lifestyle variables have a significant relationship to sleep quality. The significance level is $0.001 < 0.05$ with a Spearman correlation of 0.219 which indicates a weak to moderate relationship between lifestyle and sleep quality.

Keywords: University Students, PSQI, Sleep Quality, Lifestyle