

DAFTAR ISI

KARYA TULIS ILMIAH	Error! Bookmark not defined.
KARYA TULIS ILMIAH	Error! Bookmark not defined.
LEMBAR PERNYATAAN	Error! Bookmark not defined.
LEMBAR PERSETUJUAN	Error! Bookmark not defined.
LEMBAR PENGESAHAN	Error! Bookmark not defined.
ABSTRAK	Error! Bookmark not defined.
ABSTRAK	Error! Bookmark not defined.
KATA PENGANTAR.....	Error! Bookmark not defined.
DAFTAR ISI.....	1
DAFTAR TABEL	Error! Bookmark not defined.
DAFTAR GAMBAR.....	Error! Bookmark not defined.
DAFTAR LAMPIRAN	Error! Bookmark not defined.
BAB 1	Error! Bookmark not defined.
PENDAHULUAN.....	Error! Bookmark not defined.
1.1.....	Latar Belakang
Error! Bookmark not defined.	
1.2.....	Rumusan Masalah
Error! Bookmark not defined.	
1.3.....	Tujuan penelitian
Error! Bookmark not defined.	
1.4.....	Manfaat Penelitian
Error! Bookmark not defined.	
1.4.1	Bagi Responden
Error! Bookmark not defined.	
1.4.2	Bagi Instansi
Error! Bookmark not defined.	
BAB 2	Error! Bookmark not defined.
Landasan Teori	Error! Bookmark not defined.
2.1.....	Konsep Kualitas Tidur
Error! Bookmark not defined.	
2.1.1	Pengertian Tidur
Error! Bookmark not defined.	

2.1.2.....	Tahap – Tahap Siklus Tidur
	Error! Bookmark not defined.
2.1.3.....	Kualitas Tidur
	Error! Bookmark not defined.
2.1.4.....	Faktor yang Mempengaruhi Kualitas Tidur
	Error! Bookmark not defined.
2.1.5.....	Gangguan pola tidur
	Error! Bookmark not defined.
2.1.6.....	Dampak kualitas tidur
	Error! Bookmark not defined.
2.2.....	Konsep Mahasiswa
	Error! Bookmark not defined.
2.2.1.....	Pengertian Mahasiswa
	Error! Bookmark not defined.
2.2.2.....	Tugas Mahasiswa
	Error! Bookmark not defined.
2.3.....	Kerangka Konsep
	Error! Bookmark not defined.

BAB 3**Error! Bookmark not defined.**

METODE PENELITIAN**Error! Bookmark not defined.**

3.2.....	Desain Penelitian
	Error! Bookmark not defined.
3.3.....	Populasi, sampel dan teknik sampling
	Error! Bookmark not defined.
3.4.....	Identifikasi variable penelitian
	Error! Bookmark not defined.
3.5.....	Definisi Oprasional
	Error! Bookmark not defined.
3.6.....	Proses Pengumpulan Data
	Error! Bookmark not defined.
3.7.....	Teknik dan alat pengukuran data
	Error! Bookmark not defined.
3.8.....	Proses pengolahan data
	Error! Bookmark not defined.
3.9.....	Analisa Data
	Error! Bookmark not defined.

3.10.....	Etika penelitian
Error! Bookmark not defined.	
3.11.....	Tempat dan Waktu Penelitian
Error! Bookmark not defined.	
3.12.....	Jadwal Kegiatan Penelitian
Error! Bookmark not defined.	
BAB 4	Error! Bookmark not defined.
HASIL PENELITIAN	Error! Bookmark not defined.
1.1.....	Gambaran umum tempat penelitian
Error! Bookmark not defined.	
4.4.....	Data Umum
Error! Bookmark not defined.	
4.4.1	Karakteristi Mahasiswa berdasarkan usia
Error! Bookmark not defined.	
4.4.2	Karakteristik Mahasiswa berdasarkan jenis kelamin
Error! Bookmark not defined.	
4.5.....	Data Khusus
Error! Bookmark not defined.	
4.5.1	Kualitas tidur pada mahasiswa
Error! Bookmark not defined.	
BAB 5	Error! Bookmark not defined.
PEMBAHASAN	Error! Bookmark not defined.
BAB 6	Error! Bookmark not defined.
SIMPUL DAN SARAN.....	Error! Bookmark not defined.
6.1.....	Simpulan
Error! Bookmark not defined.	
6.2.....	Saran
Error! Bookmark not defined.	
6.2.1	Bagi Peneliti
Error! Bookmark not defined.	
6.2.2	Bagi Mahasiswa
Error! Bookmark not defined.	
6.2.3.....	Bagi Instansi
Error! Bookmark not defined.	
DAFTAR PUSTAKA	Error! Bookmark not defined.

