

DAFTAR ISI

KARYA TULIS ILMIAH	Error! Bookmark not defined.
SURAT PERNYATAAN	Error! Bookmark not defined.
LEMBAR PERSETUJUAN	Error! Bookmark not defined.
LEMBAR PENGESAHAN	Error! Bookmark not defined.
ABSTRAK	Error! Bookmark not defined.
ABSTRACT	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 BAGAN	Error! Bookmark not defined.
DAFTAR LAMPIRAN	Error! Bookmark not defined.
BAB I.....	Error! Bookmark not defined.
PENDAHULUAN	Error! Bookmark not defined.
A. Latar Belakang	Error! Bookmark not defined.
B. Rumusan Masalah	Error! Bookmark not defined.
C. Tujuan Penelitian.....	Error! Bookmark not defined.
D. Manfaat Penelitian.....	Error! Bookmark not defined.
BAB II.....	Error! Bookmark not defined.
TINJAUAN PUSTAKA.....	Error! Bookmark not defined.
A. Otak	Error! Bookmark not defined.
1. Definisi Otak	Error! Bookmark not defined.
2. Fungsi Otak	Error! Bookmark not defined.
Gambar 2.1 Bagian Otak	Error! Bookmark not defined.
3. Kelelahan Otak	Error! Bookmark not defined.
4. Brain Fog.....	Error! Bookmark not defined.
B. Istirahat Tidur.....	Error! Bookmark not defined.
1. Definisi Istirahat dan Tidur	Error! Bookmark not defined.

2. Fungsi Tidur **Error! Bookmark not defined.**
 3. Jenis Tidur **Error! Bookmark not defined.**
 4. Kebutuhan Istirahat Tidur Berdasarkan Usia **Error! Bookmark not defined.**
 5. Faktor-Faktor Yang Mempengaruhi Tidur **Error! Bookmark not defined.**
 6. Gangguan Tidur **Error! Bookmark not defined.**
 7. Kualitas Tidur **Error! Bookmark not defined.**
- C. Kerangka Konseptual..... **Error! Bookmark not defined.**

Bagan 2.1 Kerangka Konseptual Kelelahan Otak Mahasiswa Tingkat 3 yang ... **Error! Bookmark not defined.**

Terbiasa Tidur Larut Malam di Prodi DIII Keperawatan Sutopo Surabaya **Error! Bookmark not defined.**

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

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

- A. Desain Penelitian **Error! Bookmark not defined.**
- B. Populasi, Sampel dan Teknik Sampling **Error! Bookmark not defined.**
- C. Identifikasi Variabel Penelitian **Error! Bookmark not defined.**
- D. Definisi Operasional **Error! Bookmark not defined.**

Tabel 3.1 Dampak kebiasaan tidur larut malam terhadap kelelahan otak..... **Error! Bookmark not defined.**

mahasiswa tingkat III Prodi DIII Keperawatan Sutopo Surabaya..... **Error! Bookmark not defined.**

- E. Prosedur Pengumpulan Data **Error! Bookmark not defined.**
- F. Teknik dan Alat Pengumpulan Data **Error! Bookmark not defined.**

Tabel 3.2 Kuesioner dampak kebiasaan tidur larut malam terhadap . **Error! Bookmark not defined.**

kelelahan otak mahasiswa tingkat III Prodi DIII..... **Error! Bookmark not defined.**

Keperawatan Sutopo Surabaya **Error! Bookmark not defined.**

- G. Pengolahan Data **Error! Bookmark not defined.**
- H. Analisa Data **Error! Bookmark not defined.**
- I. Etika Penelitian **Error! Bookmark not defined.**
- J. Tempat dan Waktu Penelitian **Error! Bookmark not defined.**
- K. Jadwal Kegiatan Penelitian **Error! Bookmark not defined.**

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

HASIL PENELITIAN.....	Error! Bookmark not defined.
A. Gambaran Umum Lokasi Penelitian.....	Error! Bookmark not defined.
Tabel 4.1 Jumlah mahasiswa Prodi DIII Keperawatan Sutopo Surabaya.....	Error! Bookmark not defined.
Bookmark not defined.	
B. Data Umum.....	Error! Bookmark not defined.
Tabel 4.2 Penelitian mahasiswa jenis kelamin pada mahasiswa Prodi DIII	Error! Bookmark not defined.
Bookmark not defined.	
Keperawatan Sutopo yang kebiasaan tidur larut malam.....	Error! Bookmark not defined.
defined.	
Tabel 4.3 Distribusi frekuensi umur pada mahasiswa Prodi DIII Keperawatan .	Error! Bookmark not defined.
Bookmark not defined.	
Sutopo yang kebiasaan tidur larut malam.....	Error! Bookmark not defined.
C. Data Khusus	Error! Bookmark not defined.
Tabel 4.4 Frekuensi dampak kebiasaan tidur larut malam terhadap kelelahan ...	Error! Bookmark not defined.
Bookmark not defined.	
otak dengan parameter pelemahan kegiatan	Error! Bookmark not defined.
Tabel 4.5 Frekuensi dampak kebiasaan tidur larut malam terhadap kelelahan ...	Error! Bookmark not defined.
Bookmark not defined.	
otak dengan parameter pelemahan motivasi	Error! Bookmark not defined.
Tabel 4.6 Frekuensi dampak kebiasaan tidur larut malam terhadap kelelahan ...	Error! Bookmark not defined.
Bookmark not defined.	
otak dengan parameter pelemahan fisik.....	Error! Bookmark not defined.
Tabel 4.7 Frekuensi dampak kebiasaan tidur larut malam terhadap kelelahan ...	Error! Bookmark not defined.
Bookmark not defined.	
otak Tahun 2021	Error! Bookmark not defined.
BAB V.....	Error! Bookmark not defined.
PEMBAHASAN	Error! Bookmark not defined.
BAB VI	Error! Bookmark not defined.
SIMPULAN DAN SARAN.....	Error! Bookmark not defined.
A. Kesimpulan	Error! Bookmark not defined.
B. Saran.....	Error! Bookmark not defined.
DAFTAR PUSTAKA	Error! Bookmark not defined.
Lampiran	Error! Bookmark not defined.

