

## **The Effect of Sleep Quality on Students Mental Health: A Literature Review**

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### **Abstract**

A global health problem experienced by someone when their body does not get enough hours of sleep is poor sleep quality. Many factors can cause sleep quality to decrease in students. This indicates that this problem requires an effort to improve sleep quality to reduce mental or physical health problems. The aim of this research was to determine the extent of the causal relationship between insufficient hours of sleep and poor mental health. This type of research is a literature review using the Preferred Reporting Items for Systematic Reviews and Meta-analyses (PRISMA) method. The articles to be analyzed have a publication year range from 2018 to 2023. The databases used to collect articles are Google Scholar and PubMed with the keywords "perception", "sleep quality", "mental health" and "students". Researchers found 750 articles which were then included to become 7 relevant articles. From these 7 articles, it can be seen that students do not fully know about the recommended quality of sleep and the importance of quality sleep to support daily activities. This research found that sleep quality is determined by physical activity. These results become a reference for the study and direction in conducting further research to intervene in sleep hours.

**Keywords:** *perception, sleep quality, mental health*