

ABSTRACT

Prety Sagita, 705090092. Quality of Life: The Influence of Sleep Deprivation and Morningness-Eveningness Orientation of the traditional market greengrocer at Central Jakarta (Yohanes Budiarto, S.Pd., M.Si.). Undergraduate Degree Program in Psychology Tarumanagara University. (i-xiii, 65 pages, P1-P3, L1-L42).

Quality of life is formed of four dimensions, namely physical health, psychological, social relationships, and environment. The purpose of this research is to know the moderation effect of morningness-eveningness orientation on the predicted of sleep deprivation toward quality of life in night greengrocer at main traditional market. This study involved 90 greengrocers in Jakarta Barat using purposive sampling technique. Data were analyzed using SPSS program. The result showed that morningness-eveningness orientation did not moderate the effect of sleep deprivation on quality of life. On the other hand sleep deprivation effected the quality of life of greengrocer. In addition, there are differences in morningness-eveningness orientation in terms of age and gender.

Keywords: quality of life, sleep deprivation, morningness-eveningness orientation