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**HUBUNGAN INTENSITAS PENGGUNAAN *SMARTPHONE* DENGAN
KUALITAS TIDUR PADA REMAJA DI SMP NEGERI 1 SUSUKAN LEBAK
KABUPATEN CIREBON**

xiii + 48 Halaman + 8 Tabel + 2 Bagan + 18 Lampiran

ABSTRAK

Masyarakat Indonesia menghabiskan waktu rata-rata 6,05 jam sehari untuk bermain menggunakan *smartphone*. Data penggunaan *smartphone* sebanyak 87% (n=30) siswa di SMP Negeri 1 Susukan Lebak Kabupaten Cirebon yang menggunakan *smartphone* pada saat jam tidur selama 3-8 jam/hari. Tujuan penelitian yaitu mengetahui hubungan intensitas penggunaan *smartphone* dengan kualitas tidur pada remaja di SMP Negeri 1 Susukan Lebak Kabupaten Cirebon.

Jenis penelitian ini menggunakan korelasi dengan rancangan *crosssectional*. Populasi yaitu siswa kelas VII dan VIII yang memiliki *smartphone* sendiri sebanyak 490 orang. Sampel berjumlah 87 responden dengan teknik *stratified random sampling*. Instrumen menggunakan kuesioner intensitas penggunaan *smartphone* dan kuesioner *Adolescent Sleep-Wake Scale*. Uji analisis menggunakan *spearman rank*.

Hasil penelitian didapatkan intensitas penggunaan *smartphone* pada kategori sedang sebanyak 51.7% responden dan kualitas tidur kategori buruk sebanyak 51.7% responden. Hasil uji *spearman rank* didapatkan hubungan yang signifikan, kuat dan negatif antara intensitas penggunaan *smartphone* dengan kualitas tidur ($p\ value = 0,000$; $r = -0,657$; $\alpha 0,05$).

Semakin tinggi intensitas penggunaan *smartphone* maka semakin buruk kualitas tidur. Perawat komunitas dapat memberikan edukasi kepada orang tua dan remaja tentang kesehatan, termasuk pentingnya kualitas tidur dan cara mengelola penggunaan *smartphone*.

**Kata Kunci : Intensitas Penggunaan *Smartphone*, Kualitas tidur, Remaja
Daftar Pustaka : 48 (2018 – 2023)**

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***CORRELATION BETWEEN THE INTENSITY OF SMARTPHONE USING AND
SLEEP QUALITY IN ADOLESCENTS AT JUNIOR HIGH SCHOOL OF 1
SUSUKAN LEBAK CIREBON DISTRICT***

xiii + 48 Pages + 8 Tabela + 2 Charts + 18 Attachments

ABSTRACT

Indonesians people spend an average of 6.05 hours a day playing using smartphones. Data on smartphone use as many as 87% (n = 30) of students at junior high school of 1 Susukan Lebak, Cirebon Regency who use smartphones during sleeping hours for 3-8 hours / day. The purpose of the study was to determine the relationship between the intensity of smartphone use and sleep quality in adolescents at junior high school of 1 Susukan Lebak, Cirebon Regency.

This type of research uses correlation with cross-sectional design. The population is class VII and VIII students who have their own smartphones as many as 490 people. The sample amounted to 87 respondents with stratified random sampling technique. The instrument used a smartphone usage intensity questionnaire and an Adolescent Sleep-Wake Scale questionnaire. The analysis test used Spearman rank.

The results showed that the intensity of smartphone use in the moderate category was 51.7% of respondents and poor sleep quality was 51.7% of respondents. Spearman rank test results obtained a significant, strong and negative relationship between the intensity of smartphone use and sleep quality (p value = 0.000; r = -0.657; α 0.05).

The higher the intensity of smartphone use, the worse the quality of sleep. Community nurses can provide education to parents and adolescents about health, including the importance of sleep quality and how to manage smartphone use.

Keyword : Smartphone Use Intensity, Sleep Quality, Adolescents

Referencies : 48 (2018 – 2023)