

ABSTRAK

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HUBUNGAN ANTARA *SCREEN TIME* DENGAN KUALITAS TIDUR

MAHASISWA SELAMA KELAS DARING

(xvi + 55 halaman; 5 gambar; 7 tabel; 5 lampiran)

Latar Belakang: Pemberlakuan sistem pembelajaran jarak jauh mendukung kenaikan *screen time* mahasiswa untuk belajar maupun mengerjakan tugas. *Blue light* yang dipancarkan dari layar elektronik dapat mensupresi hormon melatonin yang berfungsi untuk mengatur irama sirkadian yang dapat menurunkan kualitas tidur seseorang. Penurunan kualitas tidur tersebut ditandai dengan durasi tidur yang kurang, sering terbangun di malam hari dan sulit untuk kembali tidur, sulitnya untuk memulai tidur, serta menyebabkan rasa kantuk yang berlebih di siang hari. Terdapat beberapa penelitian mengenai hubungan *screen time* terhadap kualitas tidur, namun hasil dari penelitian tersebut berbeda-beda dan juga masih sedikit yang melakukan penelitian yang dilakukan selama kelas daring berlangsung.

Tujuan Penelitian: Untuk mengetahui pengaruh *screen time* terhadap kualitas tidur mahasiswa selama kelas daring.

Metodologi penelitian: Penelitian ini menggunakan jenis penelitian analitik komparatif tidak berpasangan dengan pendekatan *Cross Sectional*. Sampel penelitian diambil dengan metode *non-random sampling (quota sampling)* dengan target responden 129 orang. Data dikumpulkan dengan menggunakan kuesioner dan kualitas tidur diukur menggunakan PSQI. Uji statistik yang digunakan adalah *chi-square* dan data dianalisa menggunakan IBM SPSS versi 23.0.

Hasil Penelitian: Ditemukan hasil yang p-value <0,001 dengan OR 8,313 (95% CI: 2,336-29,576).

Kesimpulan: Terdapat hubungan yang signifikan antara *screen time* dengan kualitas tidur mahasiswa.

Kata kunci: *screen time*, *screen based activity*, kualitas tidur.

Referensi: 51 (1970-2021)

ABSTRACT

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CORRELATION BETWEEN SCREEN TIME AND QUALITY OF SLEEP IN COLLEGE STUDENTS DURING ONLINE CLASS

(xvi+ 55 pages; 5 pictures; 7 table; 5 attachments)

Background: The application of online learning systems induce the increased use of electronic devices or screen time for online classes. Blue lights that emitted from the electronic screen can suppress melatonin hormone which the main function is to regulate the circadian rhythms that play a big role in controlling sleep. Suppression of melatonin can decrease a person's sleep quality which is characterized by less sleep duration, frequent waking at night and difficulty going back to sleep, latency of sleep onset, and excessive sleepiness during the day. There are several studies researching the correlation between screen time and sleep quality. However, the results of those studies are contradicting each other and there is still a few studies done during online classes.

Objective: This study aims to investigate the relationship between screen time and the quality of sleep of college students.

Hypothesis: There is a correlation between screen time and sleep quality.

Methodology: Cross-sectional study with analytic comparative non-pairing approach. The sample is collected using non-randomized sampling method (quota sampling) with a target respondent of 129 people. Data will be collected using online questionnaire and PSQI (Pittsburgh sleep quality index) to measure sleep quality. The statistical test used was chi-square and the data were analyzed using IBM SPSS version 23.0.

Result: P-value of the study is $<0,001$ with OR 8,313 (95% CI: 2,336-29,576).

Conclusion: There is a significant correlation between screen time and the quality of sleep of college students

Keywords: Screen time, screen based activity, sleep quality, quality of sleep

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