

ABSTRAK

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HUBUNGAN ANTARA ADIKSI PONSEL PINTAR DENGAN KEJADIAN EXCESSIVE DAYTIME SLEEPINESS PADA MAHASISWA PRE KLINIK FK UPH

(XIV + 72 halaman: 3 bagan; 5 tabel; 7 lampiran)

Latar Belakang: Tingginya tingkat adiksi ponsel pintar di kalangan mahasiswa FK UPH dapat menimbulkan berbagai macam permasalahan baik secara fisik maupun psikologis. Salah satu efeknya adalah timbulnya *excessive daytime sleepiness* yang mana hal ini juga dapat menimbulkan masalah lain, salah satunya adalah meningkatkan medical error dan risiko kecelakaan. Selain itu, topik penelitian semacam ini masih belum banyak dikerjakan, serta masih terdapat perbedaan hasil mengenai topik ini di penelitian sebelumnya.

Tujuan Penelitian: Tujuan dari penelitian ini adalah untuk menilai apakah ada hubungan antara adiksi ponsel pintar dengan kejadian *excessive daytime sleepiness*.

Metode Penelitian: Penelitian ini akan menggunakan metode analitik dengan pendekatan potong lintang. Untuk mengukur tingkat adiksi ponsel pintar pada sampel, SAS - SV (*Smartphone Addiction Scale - Short Version*) akan digunakan, serta untuk mengukur tingkat *excessive daytime sleepiness*, kuesioner ESS (*Epworth Sleepiness Scale*) akan digunakan.

Hasil: Sebanyak 42 (53.2%) responden dengan jenis kelamin perempuan mengalami adiksi ponsel pintar. Sementara untuk responden laki-laki, sebanyak 22 (52.4%) responden mengalami adiksi ponsel pintar. Berdasarkan kedua data tersebut, didapatkan risiko adiksi gabungan sebanyak 64 (52.9%) responden. Selain itu, sebanyak 65 (53.7%) responden mengalami *excessive daytime sleepiness*. Setelah dilakukan uji *chi square*, ditemukan bahwa adiksi ponsel pintar memiliki hubungan signifikan dengan *excessive daytime sleepiness* ($p < 0.01$; 95% CI 3.168 – 15.713; OR 7.059).

Kesimpulan: Adiksi ponsel pintar memiliki hubungan yang signifikan dengan *excessive daytime sleepiness* yang mana seseorang yang mengalami adiksi ponsel pintar akan memiliki risiko 87.59% untuk mengalami *excessive daytime sleepiness* dibandingkan dengan yang tidak mengalami adiksi ponsel pintar.

Kata Kunci: Adiksi ponsel pintar, *excessive daytime sleepiness*, mahasiswa FK UPH

Referensi: 122 (1991-2022)

ABSTRACT

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ASSOCIATION BETWEEN SMARTPHONE ADDICTION AND EXCESSIVE DAYTIME SLEEPINESS AMONG PRECLINIC STUDENTS OF FACULTY OF MEDICINE UNIVERSITAS PELITA HARAPAN

(XIV + 72 pages: 3 charts; 5 table; 7 attachments)

Background: A high level of smartphone addiction among medical students of Universitas Pelita Harapan can cause various kinds of problems, both physically and psychologically. One of the effects is excessive daytime sleepiness, which can also cause other problems, one of which is increasing medical errors and the risk of accidents. In addition, this kind of research topic has not been done much, and there are still differences in the results on this topic in previous studies.

Objective: The purpose of the study was to assess the effect of smartphone addiction on excessive daytime sleepiness.

Method: The study will use analytical methods with a cross-sectional approach. To measure the level of smartphone addiction in the sample, SAS - SV (Smartphone Addiction Scale - Short Version) will be used, and to measure the level of excessive daytime sleepiness, the ESS (Epworth Sleepiness Scale) questionnaire will be used.

Result: A total of 42 (53.2%) female respondents experienced smartphone addiction. Meanwhile, for male respondents, as many as 22 (52.4%) respondents experienced smartphone addiction. Based on the two data, the combined risk of addiction was found for 64 (52.9%) respondents. In addition, as many as 65 (53.7%) respondents experienced excessive daytime sleepiness. After the chi square test, it was found that smartphone addiction had a significant relationship with excessive daytime sleepiness ($p < 0.01$; 95%CI 3.168 – 15,713; OR 7.059).

Conclusion: Smartphone addiction has a significant relationship with excessive daytime sleepiness where someone who is addicted to smart phones will have an 87.59% risk of experiencing excessive daytime sleepiness compared to those who do not experience smartphone addiction.

Keywords: Smartphone addiction, Excessive Daytime Sleepiness, FK UPH students.

References: 122 (1991–2022)