

Hubungan antara kecanduan smartphone dan kualitas tidur siswa sekolah menengah kejuruan negeri di Serang = The correlation between smartphone addiction and quality of sleep of vocational high school students at Serang

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Abstrak

Penggunaan smartphone meningkat secara progresif pada usia remaja, sehingga berisiko menimbulkan kecanduan. Kecanduan smartphone menyebabkan individu kehilangan kemampuan mengontrol waktu penggunaan smartphone, sehingga menyita banyak waktu termasuk pada waktu sebelum tidur. Penelitian ini bertujuan untuk mengetahui hubungan antara kecanduan smartphone dengan kualitas tidur pada siswa Sekolah Menengah Kejuruan. Penelitian deskriptif korelasi dengan pendekatan cross sectional ini melibatkan 241 siswa SMKN di Serang yang dipilih dengan teknik stratified random sampling. Kecanduan smartphone diukur dengan kuesioner Smartphone Addiction Scale-Short Version dan kualitas tidur dengan kuisisioner Pittsburgh Sleep Quality Index. Rata-rata skor kecanduan smartphone yaitu 36,57 dan rata-rata skor kualitas tidur yaitu 6. Hasil uji Spearman menunjukkan bahwa terdapat hubungan antara kecanduan smartphone dengan kualitas tidur $p=0,0005$; $r=0,230$, semakin kecanduan smartphone, semakin buruk kualitas tidur. Penelitian ini diharapkan dapat meningkatkan peran perawat dalam upaya promotif dan preventif terhadap perubahan gaya hidup akibat kemajuan teknologi dengan kualitas tidur, baik bagi remaja, orangtua, maupun pihak sekolah.

The use of smartphones increases progressively in adolescence and thus risks addiction.

Smartphone addiction causes the individual to lose the ability to control the time of smartphone usage so that takes a lot of time including at bedtime. This study aimed to determine the correlation between smartphone addiction and sleep quality in vocational high school students. This descriptive correlation study with cross sectional approach involved 241 students of public vocational high school in Serang were selected by stratified random sampling technique. The data was collected using a Smartphone Addiction Scale Short Version questionnaire for teens addicted to smartphones and the Pittsburgh Sleep Quality Index for sleep quality. Mean score of the smartphone addiction is 36.57 and mean score of sleep quality is 6. Spearman test results show that there was a correlation between smartphone addiction and sleep quality $p 0.0005$ $r 0,230$. This study is expected to increase the role of nurses in promotive and preventive efforts to lifestyle changes due to technological advances with sleep quality for students, parents, and school management.