

Hubungan antara Kebiasaan Binge-Watching sebelum Tidur dengan Kualitas Tidur Mahasiswa S1 di Dua Kampus Swasta di Kota Depok = The Relationship Between Binge-Watching Habits Before Bedtime and Sleep Quality in Undergraduate Students at Two Private Universities in Depok City

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Abstrak

Meningkatnya konsumsi konten digital telah memicu munculnya tren binge- watching di kalangan mahasiswa sebagai upaya untuk mengurangi stres akibat beban akademik yang tinggi. Namun, kebiasaan ini berpotensi menimbulkan gangguan pada kualitas tidur mahasiswa. Penelitian ini bertujuan untuk mengetahui hubungan kebiasaan binge watching sebelum tidur terhadap kualitas tidur mahasiswa S1 di dua kampus swasta di Kota Depok. Sampel penelitian diambil dari mahasiswa S1 di dua perguruan tinggi swasta di Depok, yaitu Universitas Gunadarma dan Universitas Global Jakarta dan berjumlah 245 mahasiswa dengan teknik purposive sampling. Desain penelitian ini berupa deskriptif korelasional, pendekatan kuantitatif, dan rancangan cross-sectional. Penelitian ini menggunakan instrumen Binge-Watching Addiction Questionnaire (BWAQ) dan Pittsburgh Sleep Quality Indeks (PSQI). Hasil penelitian uji hubungan Chi-square likelihood ratio didapatkan rendahnya angka kebiasaan binge-watching pada mahasiswa, tetapi tingginya angka kualitas tidur buruk pada mahasiswa. Dengan demikian dapat disimpulkan bahwa tidak terdapat hubungan yang signifikan antara binge-watching dan kualitas tidur pada mahasiswa S1 di dua kampus swasta di Kota Depok. Berdasarkan hasil penelitian, peneliti merekomendasikan mahasiswa meningkatkan kewaspadaan terkait pemenuhan kebutuhan tidur.

.....The increasing consumption of digital content has triggered the emergence of binge-watching trends among university students as an attempt to reduce stress caused by a heavy academic workload. However, this habit has the potential to disrupt students sleep quality. This study aims to determine the relationship between pre-sleep binge-watching habits and sleep quality among undergraduate students at two private universities in Depok City. A sample of 245 undergraduate students from Universitas Gunadarma and Universitas Global Jakarta was taken using purposive sampling. This research employs a descriptive correlational design with a quantitative approach and a cross-sectional design. The study used the Binge-Watching Addiction Questionnaire (BWAQ) and the Pittsburgh Sleep Quality Index (PSQI) as instruments. The chi-square likelihood ratio test results showed a low prevalence of binge-watching habits among students, but a high prevalence of poor sleep quality among students. Thus, it can be concluded that there is no significant relationship between binge-watching and sleep quality among undergraduate students at the two private universities in Depok City. Based on the research findings, researchers recommend that students increase their awareness of the importance of meeting their sleep needs.