

CHAPTER V CONCLUSIONS AND SUGGESTIONS

A. Conclusion

Based on the results of the research that has been done, it can be concluded several things as follows:

1. This study shows that the majority students at SMK Negeri in Purbalingga are 17 years old, with a median 17 and a mean 17.33. This study was also dominated by male students, namely 45 students (93.3%).
2. Based on demographic data, the results show that 48 students (100%) of SMK Negeri Jateng in Purbalingga use smartphones, with 36 students (75%) frequently accessing WhatsApp.
3. In this study, it can be concluded that most students have a moderate level of gadget addiction, namely 28 students (58.33%).
4. In this study, it can be concluded that all students at SMK Negeri in Purbalingga have poor sleep quality, as many as 48 students (100%).
5. There is a significant relationship between gadget addiction and sleep quality among adolescent students at SMK Negeri in Purbalingga, with a positive correlation and strong relationship strength in the range of 0.70 – 0.90.

B. Suggestion

1. For Adolescents

It is hoped that teenagers will be more able to control themselves in using gadgets, pay more attention to the importance of maintaining sleep quality by regulating the use of gadgets.

2. For the parents

Parents who have adolescents need to provide education to their children so that children can control themselves in using gadgets before going to bed so as not to affect the quality of children's sleep.

3. For future researchers

For subsequent researchers, it is hoped that they can involve more respondents so that the percentage of male and female respondents will

allow it to be more balanced, as well as data collection is carried out in several places and is also expected to be able to observe other factors that affect sleep quality such as diseases, drugs, the environment during sleep, motivation, problems in the environment, etc.

