

HUBUNGAN ANTARA DURASI PENGGUNAAN *SMARTPHONE* DENGAN KUALITAS TIDUR PADA SISWA KELAS VIII SMPN 1 SOKARAJA

ABSTRAK

Latar belakang: Penggunaan *smartphone* pada remaja terus mengalami peningkatan dan berpotensi memengaruhi kesehatan, termasuk kualitas tidur. Remaja awal, khususnya siswa kelas VIII, berada pada fase rentan mengalami gangguan tidur akibat perubahan ritme sirkadian dan meningkatnya aktivitas digital.

Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan antara durasi penggunaan *smartphone* dengan kualitas tidur pada siswa kelas VIII SMPN 1 Sokaraja.

Metode: Penelitian ini menggunakan metode observasional analitik dengan desain *cross-sectional*. Pemilihan sampel menggunakan teknik *total sampling*. Pengumpulan data durasi penggunaan *smartphone* menggunakan skala Guttman dan data kualitas tidur menggunakan *Pittsburgh Sleep Quality Index (PSQI)*. Analisis data dilakukan menggunakan uji *chi-Square*.

Hasil: Sebanyak 92,7% responden memiliki durasi penggunaan *smartphone* kategori tinggi hingga sangat tinggi, serta 62,2% responden mengalami kualitas tidur buruk. Hasil uji *chi-square* menunjukkan terdapat hubungan signifikan antara durasi penggunaan *smartphone* dengan kualitas tidur ($p = 0,041$) dan nilai korelasi $r = 0,214$.

Kesimpulan: Durasi penggunaan *smartphone* berhubungan dengan kualitas tidur pada siswa kelas VIII SMPN 1 Sokaraja.

Kata Kunci: Durasi penggunaan *smartphone*, kualitas tidur, remaja awal

THE RELATIONSHIP BETWEEN THE DURATION OF SMARTPHONE USE AND SLEEP QUALITY OF GRADE VIII STUDENTS OF SMPN 1 SOKARAJA

ABSTRACT

Background: Smartphone use among adolescents has continued to increase and may affect various aspects of health, including sleep quality. Early adolescents, particularly eighth-grade students, are in a vulnerable phase due to circadian rhythm changes and increased digital activities, which may lead to sleep disturbances.

Objective: This study aimed to determine the relationship between smartphone usage duration and sleep quality among eighth-grade students at SMPN 1 Sokaraja.

Methods: This study used an analytical observational method with a cross-sectional design. The sample was selected using a total sampling technique. Data on smartphone usage duration were collected using a Guttman scale questionnaire, and sleep quality data were measured using the Pittsburgh Sleep Quality Index (PSQI). Data were analyzed using the Chi-Square test.

Results: A total of 92.7% of respondents have high to very high smartphone usage duration, and 62.2% have poor sleep quality. The Chi-Square test shows a significant relationship between smartphone usage duration and sleep quality ($p = 0.041$), with a correlation coefficient of $r = 0.214$.

Conclusion: Smartphone usage duration is associated with sleep quality among eighth-grade students at SMPN 1 Sokaraja.

Keywords: Smartphone usage duration, sleep quality, early adolescents