

Hubungan antara adiksi internet dengan gangguan tidur pada mahasiswa tahap akademik Fakultas Kedokteran Universitas Indonesia = The relationship between internet addiction and sleep disorders in pre-clinical students of Faculty of Medicine, Universitas Indonesia

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Abstrak

Latar belakang: Penggunaan internet meningkat terutama dengan adanya pandemik COVID-19 yang terjadi, hal ini berkontribusi terhadap kejadian adiksi internet. Usia remaja dan dewasa muda, seperti usia seorang mahasiswa, merupakan populasi paling rentan terhadap penggunaan internet dan adiksi internet. Adiksi internet sering juga dihubungkan dengan beberapa aspek psikologis, salah satunya yang akan dibahas pada penelitian ini, merupakan kualitas tidur.

Metode: Penelitian dilakukan dengan desain potong lintang dengan metode analitik observasional. Data penelitian didapat dengan menyebarkan kuesioner daring menggunakan Google Forms, berisi lembar informed consent, kuesioner data demografik, Pittsburgh Sleep Quality Index (PSQI), dan Kuesioner Diagnostik Adiksi Internet (KDAI). Kuesioner disebar melalui sosial media kepada populasi target. Kemudian data yang didapat dilakukan uji statistik menggunakan program SPSS, untuk menemukan hubungan antara masalah adiksi internet dan gangguan tidur.

Hasil: Dari 282 responden penelitian yang merupakan mahasiswa FKUI tahap akademik, ditemukan prevalensi adiksi internet yaitu 23,40% (n=66), dan prevalensi gangguan tidur yaitu 45,39% (n=128). Hubungan dari variabel adiksi internet dan gangguan tidur diuji menggunakan uji Kai-Kuadrat dan ditemukan hubungan signifikan (Nilai p 0,000 (<0,05)). Dari 66 populasi adiksi internet, 46 juga mengalami gangguan tidur. Selain itu, dilakukan juga uji korelasi antara faktor demografik dan pola penggunaan internet terhadap gangguan tidur, menggunakan uji Spearman. Hasil uji korelasi tidak ditemukan hubungan signifikan (Nilai p<0,05). Mahasiswa FKUI cenderung menggunakan internet untuk media sosial (63,48%) dibandingkan dengan pembelajaran (20,92%).

Kesimpulan: Ditemukan hubungan bermakna antara adiksi internet dan gangguan tidur pada mahasiswaBackground: Internet usage has increased during the ongoing COVID-19 pandemic, this has contributed to the incidence of internet addiction. Adolescents and young adults are the population most vulnerable population to internet use and internet addiction. Several psychological aspects are often related to internet addiction, one of which will be discussed in this study is sleep quality.

Methods: The study that was conducted is a observational analysis cross-sectional design. The data in this research was obtained by distributing an online questionnaire using Google Forms, containing an informed consent sheet, a demographic data questionnaire, the Pittsburgh Sleep Quality Index (PSQI), and the Kuesioner Diagnostik Adiksi Internet (KDAI). The questionnaire was distributed via social media to the target population. Then the data obtained were statistically tested using the SPSS program, to find the relationship between internet addiction problems and sleep disorders.

Results: In a total of 282 respondents from Pre-Clinical students of the Faculty of Medicine, University of Indonesia, it was found that the prevalence of internet addiction was 23.40% (n=66), and the prevalence of sleep disorders was 45.39% (n=128). The relationship between internet addiction and sleep disorders was

tested using the Chi-Square test and a significant relationship was found (p-value 0.000 (<0.05)). Of the 66 respondents with internet addiction, 46 also experience sleep disorders. In addition, a correlation test was also conducted between demographic factors and internet usage patterns on sleep disorders, using the Spearman test. Correlation test found no significant relationship (p-value >0.05). FKUI students use the internet for social media (63.48%) compared to learning (20.92%).

Conclusion: There is significant relationship between internet addiction and sleep disorders among university students.