

Peran Problematic Internet Use sebagai Mediator dalam Hubungan antara Disregulasi Emosi dan Kualitas Tidur pada Mahasiswa = The Role of Problematic Internet Use as a Mediator in Relation Between Emotion Dysregulation and Sleep Quality in College Students

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Abstrak

Dalam waktu yang lama mahasiswa telah tercatat sebagai populasi dengan kualitas tidur yang buruk. Disregulasi emosi diketahui berkontribusi pada kualitas tidur yang buruk. Problematic internet use (PIU) muncul sebagai bentuk coping dari disregulasi emosi yang kemudian memperburuk kualitas tidur. Penelitian ini bertujuan untuk mengetahui peran PIU sebagai mediator antara disregulasi emosi dan kualitas tidur. Partisipan berjumlah 141 mahasiswa aktif (68,8% perempuan, M usia = 20,68, SD = 1,509) dan mengisi kuesioner online. Disregulasi emosi diukur menggunakan Difficulties in Emotion Regulation Scale - Short Form (DERS-SF), kualitas tidur diukur menggunakan Pittsburgh Sleep Quality Index (PSQI), dan PIU diukur menggunakan Generalized Problematic Internet Use Scale 2 (GPIUS2). Analisis mediasi menggunakan PROCESS Macro menunjukkan bahwa PIU memediasi hubungan antara disregulasi emosi dan kualitas tidur secara signifikan ($ab = 0,022$, $p < 0,05$) dan efek mediasi bersifat partial mediation. Hal ini menunjukkan, semakin tinggi tingkat disregulasi emosi maka akan meningkatkan perilaku PIU sehingga semakin memburuknya kualitas tidur mahasiswa.

.....In the long run, college students have been documented as a population with poor sleep quality. Emotional dysregulation is known to contribute to poor sleep quality. Problematic Internet Use (PIU) emerges as a form of coping with emotional dysregulation, subsequently worsening sleep quality. This study aims to investigate the role of PIU as a mediator between emotional dysregulation and sleep quality. A total of 141 active students (68.8% female, M age = 20.68, SD = 1.509) completed an online questionnaire. Emotional dysregulation was measured using the Difficulties in Emotion Regulation Scale - Short Form (DERS-SF), sleep quality was measured using the Pittsburgh Sleep Quality Index (PSQI), and PIU was measured using the Generalized Problematic Internet Use Scale 2 (GPIUS2). Mediation analysis using the PROCESS Macro indicated that PIU significantly mediated the relationship between emotional dysregulation and sleep quality ($ab = 0.022$, $p < 0.05$), and the mediating effect was partial. This suggests that higher levels of emotional dysregulation increase PIU behavior, consequently worsening the sleep quality of students.