

Kualitas Tidur, Perilaku Adiksi Ponsel Pintar, dan Performa Akademik Mahasiswa Generasi Z di Universitas Indonesia = Sleep Quality, Smartphone Addiction Behavior, and Academic Performance of Generation Z Students at the University Indonesia

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Abstrak

Tidur menjadi komponen penting dalam menjaga kesehatan fisik, psikologis, dan kognitif mahasiswa. Penggunaan ponsel pintar di kalangan mahasiswa gen z dapat memperburuk tidur dan berdampak pada performa akademik. Penelitian ini bertujuan untuk mengetahui hubungan antara kualitas tidur dan adiksi ponsel pintar dengan performa akademik mahasiswa generasi z di Universitas Indonesia. Penelitian menggunakan metode kuantitatif dengan desain cross-sectional pada mahasiswa. Instrumen yang digunakan berupa Pittsburgh Scale Questionnaire Index (PSQI), Smartphone Application-Based Addiction Scale (SABAS), IPK, dan Academic Performance Scale (APS). Sebanyak 301 mahasiswa yang berpartisipasi, analisis bivariat mengungkapkan bahwa terdapat hubungan bermakna antara: 1) Kualitas tidur dan IPK ($r = -0.200$; $p < 0.001$); 2) Kualitas tidur dan Academic Performance Scale ($r = 0.179$; $p = 0.002$); 3) Adiksi Ponsel Pintar dan IPK ($r = -0.134$; $p = 0.020$); serta 4) Adiksi Ponsel Pintar dan Academic Performance Scale ($r = 0.329$; $p < 0.001$). Temuan ini menegaskan bahwa kualitas tidur dan adiksi ponsel pintar berkontribusi terhadap performa akademik mahasiswa.

.....Sleep is a vital component in maintaining the physical, psychological, and cognitive well-being of university students. Among Generation Z students, excessive smartphone use may further disrupt sleep quality and negatively impact academic performance. This study aims to examine the relationship between sleep quality and smartphone addiction with the academic performance of Generation Z students at Universitas Indonesia. A quantitative approach with a cross-sectional design was employed, involving undergraduate students as participants. The instruments used included the Pittsburgh Sleep Quality Index (PSQI), the Smartphone Application-Based Addiction Scale (SABAS), Grade Point Average (GPA), and the Academic Performance Scale (APS). Among the 301 participating students, bivariate analysis revealed significant correlations between: (1) sleep quality and GPA ($r = -0.200$; $p < 0.001$); (2) sleep quality and APS scores ($r = 0.179$; $p = 0.002$); (3) smartphone addiction and GPA ($r = -0.134$; $p = 0.020$); and (4) smartphone addiction and APS scores ($r = 0.329$; $p < 0.001$). These findings highlight that both sleep quality and smartphone addiction are contributing factors to students' academic performance.