

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI S1-ILMU KEPERAWATAN
FAKULTAS ILMU KESEHATAN

Skripsi, Juli 2025
Navila Nova Maulida

Hubungan *Screen Based Activity* Dengan Gangguan Tidur Pada Remaja Di
SMAN 02 Bondowoso
xvii + 60 Hal + 12 Bagan + Tabel + 17 Lampiran

Abstrak

Remaja merupakan kelompok usia yang rentan mengalami gangguan tidur akibat berbagai faktor, salah satunya penggunaan perangkat elektronik atau *screen-based activity*. Penelitian ini bertujuan untuk mengetahui hubungan antara *screen-based activity* dengan gangguan tidur pada remaja di SMAN 02 Bondowoso. Metode penelitian ini adalah kuantitatif dengan pendekatan *cross-sectional*. Populasi penelitian adalah siswa kelas X dan XI sebanyak 429 siswa, dengan sampel sebanyak 221 responden yang diambil menggunakan teknik *simple random sampling*. Instrumen penelitian menggunakan kuesioner ASAQ (*Adolescent Sedentary Activity Questionnaire*) untuk mengukur aktivitas berbasis layar dan SDSC (*Sleep Disturbance Scale for Children*) untuk mengukur gangguan tidur. Analisis data dilakukan menggunakan uji *spearman rho*. Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki tingkat *screen-based activity* dalam kategori tinggi dan mayoritas mengalami gangguan tidur. Uji statistik menunjukkan nilai $p = 0,001$ dengan nilai koefisien sebesar 0,911, ada hubungan yang sangat kuat dan signifikan antara *screen-based activity* dengan gangguan tidur pada remaja. Sehingga disimpulkan bahwa semakin tinggi durasi *screen based activity*, maka semakin besar kemungkinan remaja mengalami gangguan tidur. Diperlukan edukasi dan pembatasan penggunaan perangkat elektronik terutama menjelang waktu tidur untuk menjaga kualitas tidur remaja.

Kata Kunci: Remaja, *Screen Based Activity*, Gangguan Tidur
Daftar Pustaka: (2019-2025)

Abstract

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Navila Nova Maulida

*The Relationship Between Screen-Based Activities and Sleep Disorders in
Children at SMAN 02 Bondowoso*

xvii+ 60 Pages + 12 Charts + Tables + 17 Attachments

Abstract

Adolescents are an age group that is vulnerable to experiencing sleep disorders due to various factors, one of which is the use of electronic devices or screen-based activity. This study aims to determine the relationship between screen-based activity and sleep disorders in adolescents at SMAN 02 Bondowoso. This research method is quantitative with a cross-sectional approach. The study population was 429 students in grades X and XI, with a sample of 221 respondents taken using a simple random sampling technique. The research instrument used the ASAQ (Adolescent Sedentary Activity Questionnaire) questionnaire to measure screen-based activity and SDSC (Sleep Disturbance Scale for Children) to measure sleep disorders. Data analysis was carried out using the Spearman rho test. The results showed that most respondents had a high level of screen-based activity and the majority experienced sleep disorders. The statistical test showed a p value = 0.001 with a coefficient value of 0.911, there is a very strong and significant relationship between screen-based activity and sleep disorders in adolescents. Therefore, it is concluded that the higher the duration of screen-based activity, the greater the likelihood of adolescents experiencing sleep disorders. Education and restrictions on the use of electronic devices are needed, especially before bedtime, to maintain the quality of adolescent sleep.

Keyword: Teenagers, Screen Based Activity, Sleep Disorders

Reference (2019-2025)