

**HUBUNGAN TINGKAT PENGGUNAAN *GADGET* DENGAN KUALITAS
TIDUR MAHASISWA PROGRAM STUDI KEDOKTERAN
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ABSTRAK

Penggunaan teknologi *gadget* meningkat pesat baik untuk penggunaan pribadi maupun profesional. Mahasiswa kedokteran menggunakan *gadget* untuk beberapa aktivitas meliputi *browsing*, belajar, akses instan *bedside teaching*, bermain *game*, mendengarkan musik, dan akses sosial media. Penggunaan *gadget* ini dikaitkan sebagai contoh aktivitas yang dapat menurunkan kualitas tidur pada individu dan berisiko mengalami gangguan tidur. Penelitian ini bertujuan untuk mengidentifikasi tingkat penggunaan *gadget* dan kualitas tidur, serta menganalisis hubungan tingkat penggunaan *gadget* dengan kualitas tidur pada mahasiswa Program Studi Kedokteran Universitas Pendidikan Ganesha. Populasi pada penelitian ini merupakan mahasiswa Program Studi Kedokteran Universitas Pendidikan Ganesha. Sampel ditentukan dengan metode *Total Sampling* dengan kriteria inklusi dan eksklusi. Berdasarkan kriteria didapatkan jumlah sampel yaitu 157 orang. Hasil data diperoleh melalui kuesioner *Smartphone Addiction* dan kuesioner *Pittsburgh Sleep Quality Index (PSQI)* yang diambil secara daring (dalam jaringan) melalui *Google Form*. Data penelitian yang telah diperoleh selanjutnya dianalisis dengan uji korelasi *Rank Spearman* melalui media SPSS 26. Dari penelitian ini didapatkan hasil bahwa sebanyak 89,2% (140 orang) responden mengalami tingkat penggunaan *gadget* sedang. Untuk kualitas tidur didapatkan bahwa 59,2% (93 orang) responden mengalami kualitas tidur buruk. Dari hasil uji korelasi didapatkan *Sig. (2-tailed) (p)* yaitu 0,035 yang berarti terdapat hubungan yang signifikan. Adapun nilai *Correlation Coefficient (r) = 0,169* yang menunjukkan bahwa kekuatan hubungan yang searah namun sangat rendah. Disimpulkan bahwa terdapat hubungan yang signifikan antara tingkat penggunaan *gadget* dan kualitas tidur pada mahasiswa Program Studi Kedokteran Undiksha.

Kata-kata kunci: *gadget*, kualitas tidur, mahasiswa kedokteran.

**THE RELATIONSHIP BETWEEN LEVELS OF GADGET USE WITH
THE SLEEP QUALITY IN STUDENTS OF THE DEPARTMENT OF
MEDICINE GANESHA UNIVERSITY OF EDUCATION**

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ABSTRACT

The use of gadget technology is rapidly increasing for both personal and professional use. Medical students use gadgets for several activities including browsing, studying, instant access to bedside teaching, playing games, listening to music, and accessing social media. The use of this gadget is associated as an example of an activity that can reduce sleep quality in individuals and is at risk of experiencing sleep disturbances. This study aims to identify the level of gadget use and sleep quality, as well as analyze the relationship between the level of gadget use and sleep quality among medical students at the Ganesha University of Education. The population in this study were students of the Department of Medicine, Ganesha University of Education. The sample was determined by the Total Sampling method with inclusion and exclusion criteria. Based on the criteria, the number of samples is 157 students. The results of the data were obtained through the Smartphone Addiction questionnaire and the Pittsburgh Sleep Quality Index (PSQI) questionnaire which were taken online via the Google Form. The research data that was obtained was then analyzed using the Spearman Rank correlation test through SPSS 26. From this study, it was found that as many as 89.2% (140 students) of respondents experienced a moderate level of gadget use. For sleep quality, it was found that 59.2% (93 students) of respondents experienced poor sleep quality. From the results of the correlation test, it was found that Sig. (2-tailed) (p) is 0.035 which means there is a significant relationship. The Correlation Coefficient (r) = 0.169 indicates that the strength of the relationship is unidirectional but very low. It was concluded that there was a significant relationship between the level of gadget use and the quality of sleep in students of the Department of Medicine, Ganesha University of Education.

Keywords: gadget, sleep quality, medical students.