HUBUNGAN ANTARA GANGGUAN SOSIAL MEDIA DAN KUALITAS TIDUR PADA MAHASISWA KEDOKTERAN

Malvin Dharma Wiratama

Abstrak

Sosial media semakin beragam jenisnya dengan jumlah pengguna mencapai angka ratusan juta. Penggunaan sosial media oleh remaja secara berlebihan berisiko menimbulkan gangguan sosial media. Penelitian ini bertujuan untuk mengetahui hubungan antara gangguan sosial media dan kualitas tidur pada mahasiswa Fakultas Kedokteran Universitas Pembangunan Nasional Veteran Jakarta (FKUPNVJ) Tahun 2021. Penelitian menggunakan desain potong lintang. Subjek penelitian ini adalah mahasiswa FKUPNVJ yang sedang mengerjakan skripsi dan memenuhi kriteria penelitian. Besar sampel 86 mahasiswa yang diambil menggunakan teknik *simple random sampling*. Variabel gangguan sosial media diukur menggunakan kuesioner *Social Media Disorder* (SMD), sedangkan variabel kualitas tidur diukur menggunakan kuesioner *Pittsburgh Sleep Quality Index* (PSQI). Hasil penelitian didapatkan 10,5% subjek dengan gangguan sosial media, 47,7% subjek dengan kualitas tidur buruk. Hasil uji Fisher didapatkan adanya hubungan antara gangguan sosial media dengan kualitas tidur (OR = 10,7 ; p = 0,012)

Kata Kunci: gangguan sosial media, kualitas tidur, mahasiswa kedokteran

THE RELATIONSHIP BETWEEN SOCIAL MEDIA DISORDER AND QUALITY OF SLEEP AMONG MEDICAL STUDENTS

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Abstract

Social media is increasingly diverse with the number of users reaching the number of hundreds of millions. Excessive use of social media by adolescents is at risk of causing social media disorder. This study aims to find out the relationship between social media disorders and sleep quality in students of the Faculty of Medicine, Universitas Pembangunan Nasional Veteran Jakarta year 2021. The research used a cross-sectional design. The subject of this study is FMUPNVJ students who are working on thesis and meet the research criteria. The sample size of 86 students were taken using simple random sampling techniques. Social media disorder variables were measured using the Social Media Disorder (SMD) questionnaire, while sleep quality variables were measured using the Pittsburgh Sleep Quality Index (PSQI) questionnaire. The study test results showed that 10.5% of subjects with social media disorders, 47.7% of subjects with poor sleep quality. The Fisher test showed there is a relationship between social media disorders and sleep quality (OR = 10.7 ; p = 0.012).

Keywords: social media disorder, sleep quality, medical students