

**PERBANDINGAN INDEKS RATA-RATA DENYUT JANTUNG PADA  
PENDERITA ADIKSI INTERNET SEBELUM DAN SESUDAH  
DIBERIKAN INTERVENSI *COGNITIVE TRANSCENDENCE  
STRATEGIES*: STUDI PENDAHULUAN**

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**ABSTRAK**

Pandemi *Coronavirus Disease* 2019 (COVID-19) meningkatkan potensi bertambahnya jumlah pengguna internet yang mengalami adiksi, terutama bagi kaum usia muda yang diketahui paling banyak menggunakan internet dan mengalami pengurangan waktu tidur. Keterkaitan antara adiksi internet dan insomnia menyebabkan disregulasi sistem saraf otonom, sehingga berpengaruh pada penilaian analisis *Heart Rate Variability* yang menjadi lebih buruk. Penelitian ini bertujuan untuk memberikan terapi *Cognitive Transcendence Strategies* (CTS) kepada pengidap adiksi internet disertai insomnia. Nantinya akan diamati perubahan rata-rata denyut jantung sebelum dan sesudah pemberian CTS. Metode penelitian yang digunakan adalah *Quasi Experimental* dengan desain *Nonequivalent Control Group Design*. Sampel penelitian terdiri dari 16 mahasiswa pre-klinik FK UPNVJ yang mengalami adiksi internet dan insomnia. Pemilihan sampel dilakukan menggunakan metode teknik *purposive sampling*. Hasil: Univariat menunjukkan perbandingan rata-rata denyut jantung normal dengan tidak normal adalah 50 : 50 dengan masing-masing terdiri dari 8 orang. Uji statistik parametrik *Paired Sample T-TEST* nilai Asymp. Sig. (2-tailed) kelompok perlakuan bernilai 0.123, lebih besar dari  $> 0.05$ . Berdasarkan hasil penelitian ini dapat disimpulkan bahwa tidak terdapat perbedaan yang nyata pada rata-rata denyut jantung penderita adiksi internet disertai insomnia sebelum dan sesudah terapi CTS. Namun, analisis data memperlihatkan penurunan perubahan rata-rata denyut jantung. Diharapkan bagi mahasiswa untuk melakukan pencegahan adiksi internet disertai insomnia dengan cara mengurangi jumlah penggunaan internet dalam keseharian.

**Kata kunci:** Adiksi Internet, *Cognitive Transcendence Strategies*, Insomnia, Rata-rata Denyut Jantung,

**COMPARISON OF AVERAGE HEART RATE INDEX AMONG PEOPLE WITH INTERNET ADDICTION BEFORE AND AFTER INTERVENTION OF COGNITIVE TRANSCENDENCE STRATEGIES: A PRELIMINARY STUDY**

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**ABSTRACT**

*The 2019 Coronavirus Disease Pandemic (COVID-19) increases the potential for an increase in the number of internet users who suffer from addiction, especially among young people who are known to use the internet most and experience reduced sleeping hours. The link between internet addiction and insomnia causes disregulation of the autonomic nervous system, thereby affecting the assessment of the heart rate variability analysis that becomes worse. The research aims to provide Cognitive Transcendence Strategies (CTS) therapy to people with Internet addiction accompanied by insomnia. Average changes in heart rate will then be observed before and after CTS administration. Method: In this study the sample of the research was a pre-clinical student of UPNVJ Medical Students who experienced internet addiction with insomnia of 16 people using purposive sampling techniques. Results: Univariate showed the average ratio of normal and abnormal heartbeat was 50:50 with each consisting of 8 people. Parametric statistical test Paired Sample T-TEST value Asymp. Sig. (2-tailed) treatment group value is 0.123, larger than  $> 0.05$ . Based on the results of this study, it can be concluded that there was no significant difference in the average heart rate of people with Internet addiction accompanied by insomnia before and after CTS therapy. However, data analysis showed a decrease changes on the average heart rate. Students need to do prevention of internet addiction accompanied by insomnia by reducing the amount of internet use in the day.*

**Keywords:** *Average heart rate, Cognitive transcendence strategies, Insomnia, Internet addiction*