

HUBUNGAN AKTIVITAS FISIK DAN KECANDUAN *GADGET* TERHADAP KUALITAS TIDUR PADA MAHASISWA FISIOTERAPI UPN “VETERAN” Jakarta

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Abstrak

Latar belakang: Mahasiswa fisioterapi berada pada fase remaja akhir hingga dewasa muda yang rentan mengalami gangguan kualitas tidur akibat tuntutan akademik dan penggunaan teknologi. Aktivitas fisik berperan dalam menjaga ritme sirkadian dan mendukung kualitas tidur. Sebaliknya, penggunaan gadget berlebihan pada malam hari dapat mengganggu tidur melalui paparan cahaya biru dan stimulasi kognitif. **Tujuan:** Mengetahui hubungan antara aktivitas fisik dan kecanduan gadget terhadap kualitas tidur di kalangan mahasiswa fisioterapi UPN Veteran Jakarta. **Metode:** Penelitian menggunakan desain analitik observasional dengan pendekatan cross sectional. Sampel berjumlah 209 mahasiswa fisioterapi program sarjana dan diploma tiga Fakultas Ilmu Kesehatan UPN Veteran Jakarta pada bulan Desember 2025 - Januari 2026. Data dikumpulkan menggunakan IPAQ, SAS, dan PSQI. **Hasil:** Hasil ini diperoleh melalui uji korelasi Spearman Rank yang mengukur hubungan aktivitas fisik terhadap kualitas tidur serta kecanduan gadget terhadap kualitas tidur. Hasil menunjukkan tidak terdapat hubungan antara aktivitas fisik dan kualitas tidur dengan nilai p 0,518. Namun, terdapat hubungan signifikan antara kecanduan gadget dan kualitas tidur dengan nilai p 0,019. **Kesimpulan:** Penelitian ini menunjukkan tidak ada hubungan antara aktivitas fisik dan kualitas tidur, namun kecanduan gadget memiliki hubungan dengan kualitas tidur.

Kata kunci: Aktivitas Fisik, Kecanduan Gadget, Kualitas Tidur, Mahasiswa Fisioterapi.

THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND GADGET ADDICTION ON SLEEP QUALITY AMONG PHYSIOTHERAPY STUDENTS AT UPN “VETERAN” JAKARTA

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Abstract

Background: Physiotherapy students in late adolescence to early adulthood and are vulnerable to sleep quality disturbances due to academic demands and technology use. Physical activity plays a role in maintaining circadian rhythm and supporting sleep quality. In contrast, excessive gadget use at night can disrupt sleep through blue light exposure and cognitive stimulation. **Objective:** Discovering the connection between exercise, device addiction, and sleep quality in students physiotherapy at UPN Veteran Jakarta. **Methods:** A cross-sectional study approach was employed in the observational analytical research. From December 2025 to January 2026, there were 209 students enrolled in the diploma program and the undergraduate physiotherapy program at the UPN Veteran Jakarta Faculty of Health Sciences. The PSQI, SAS, and IPAQ were used to gather the data. **Results:** which were found using a Spearman Rank correlation test that evaluated the relationship between physical activity and sleep quality, as well as between gadget addiction and sleep quality, revealed no correlation between physical activity and sleep quality, with a p-value of 0.518. With a p value of 0.019, though, there is a strong link between gadget addiction and sleep quality. **Conclusion:** According to this study, there is no correlation between physical activity and sleep quality, although gadget addiction is related to sleep quality.

Keywords: Physical activity, gadget addiction, sleep quality, physiotherapy students.