

**PERBANDINGAN *SCREEN-TIME* BERDASARKAN
KUANTITAS DAN KUALITAS TIDUR MAHASISWA
FAKULTAS KEDOKTERAN UNIVERSITAS PEMBANGUNAN
NASIONAL VETERAN JAKARTA PADA PANDEMI *CORONA
VIRUS DISEASE-19***

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Abstrak

Hasil penelitian menunjukkan pada pandemi COVID-19 terjadi peningkatan *screen-time* yang dapat menyebabkan gangguan tidur. Fakultas Kedokteran Universitas Pembangunan Nasional Veteran Jakarta (FKUPNVJ) menerapkan metode pembelajaran daring untuk mencegah penularan COVID-19. Rata-rata *screen-time* yang dijadwalkan untuk mahasiswa FKUPNVJ semester tujuh adalah 6,4 jam/hari. Penelitian ini bertujuan untuk membandingkan *screen-time* berdasarkan kuantitas dan kualitas tidur pada mahasiswa FKUPNVJ. Penelitian menggunakan desain potong lintang dengan besar sampel 123 orang. Instrumen penelitian yang digunakan adalah kuesioner *Pittsburgh Sleep Quality Index* untuk mengukur kuantitas dan kualitas tidur dan *self-reported questionnaires* untuk mengetahui lama *screen-time*. Hasil penelitian menunjukkan sebagian besar (78,9%) subjek adalah perempuan, berusia 21 (20-22) tahun dengan rata-rata *screen-time* $10,48 \pm 2,87$ jam/hari, 61% memiliki kuantitas tidur pendek dan 56,9% dengan kualitas tidur buruk. Hasil uji statistik menunjukkan terdapat perbedaan *screen-time* berdasarkan kuantitas tidur ($p = 0,000$) dan kualitas tidur ($p = 0,000$). Subjek dengan *screen-time* tinggi memiliki kuantitas tidur yang pendek dan kualitas tidur yang buruk.

Kata Kunci: Kualitas Tidur, Kuantitas Tidur, Mahasiswa Kedokteran, Pandemi COVID-19, *Screen-Time*

THE COMPARISON OF SCREEN-TIME BASED ON SLEEP QUANTITY AND QUALITY AMONG MEDICAL STUDENTS OF UNIVERSITAS PEMBANGUNAN NASIONAL VETERAN JAKARTA DURING PANDEMIC OF CORONA VIRUS DISEASE-19

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Abstract

The study result showed that in the pandemic of COVID-19 there was an increase in screen-time that caused sleep disturbances. The Faculty of Medicine Universitas Pembangunan Nasional Veteran Jakarta (FMUPNVJ) implemented the online learning method to prevent transmission of COVID-19. The average of screen-time scheduled for the seventh semester FMUPNVJ was 6.4 hours/day. This study aimed to compare the screen-time based on sleep quantity and quality of FMUPNVJ students. The study used a cross-sectional design with a sample size of 123 subjects. The instruments of this study were the Pittsburgh Sleep Quality Index (PSQI) questionnaire to measure sleep quantity and quality, and a self-reported questionnaire to determine the duration of screen-time. The results showed that most (78.9%) of the subjects were female, aged 21 (20-22) years old with an average of screen-time 10.48 ± 2.87 hours/day, 61% of the subjects had short sleep quantity, and 56.9% of the subjects had poor sleep quality. The results of the statistical test showed that there were differences in screen-time based on sleep quantity ($p = 0.000$) and sleep quality ($p = 0.000$). Subjects with high screen-time had short sleep quantity and poor sleep quality.

Keywords: COVID-19 Pandemic, Medical Student, Screen-Time, Sleep Quality, Sleep Quantity