

HUBUNGAN INTENSITAS PENGGUNAAN MEDIA SOSIAL DENGAN KEJADIAN INSOMNIA PADA MAHASISWA FAKULTAS KEDOKTERAN UNIVERSITAS KHAIRUN TAHUN 2023

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ABSTRAK

Latar Belakang: Cahaya biru yang terpancarkan ketika mengakses media sosial secara terus menerus akan mengganggu hormon melatonin sehingga dapat menyebabkan insomnia. Insomnia merupakan persepsi subjektif terhadap rasa sulit memulai, mempertahankan, serta menurunnya kualitas tidur. Berdasarkan uraian tersebut peneliti tertarik melakukan penelitian terkait hubungan intensitas penggunaan media sosial dan insomnia..

Tujuan: Mengetahui hubungan intensitas penggunaan media sosial dengan kejadian insomnia.

Metode: Jenis penelitian ini adalah penelitian kuantitatif menggunakan rancangan observasional analitik. Sampel pada penelitian ini diambil dengan teknik *consecutive sampling*. Instrumen data berupa kuesioner intensitas penggunaan media sosial dan PSQI.

Hasil: Karakteristik responden yang tidak mengalami insomnia 6 responden (3.6%), insomnia ringan 13 responden (7.8%), insomnia sedang 108 responden (65.1%), dan insomnia berat 39 responden (23.5%). Karakteristik intensitas penggunaan media sosial tinggi 85 responden (51.2%) dan intensitas rendah 83 responden (48.8%). Karakteristik responden laki-laki sebanyak 36 responden (21.7%), dan perempuan 130 responden (78.3%). Berdasarkan analisis bivariat diperoleh *p-value* sebesar 0.033 ($p < 0,05$).

Kesimpulan: Ada perbedaan bermakna secara statistik antara penggunaan media sosial dan insomnia dengan penggunaan yang lebih tinggi berpotensi menyebabkan insomnia yang lebih parah dengan *p-value* sebesar 0,033

Kata Kunci: Intensitas Media Sosial, Insomnia, Gen Z

THE RELATIONSHIP BETWEEN THE INTENSITY OF SOCIAL MEDIA USE WITH THE INCIDENCE OF INSOMNIA IN STUDENTS KHAIRUN UNIVERSITY MEDICAL FACULTY YEAR 2023

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ABSTRACT

Introduction: Constantly using social media can disrupt the melatonin hormone due to the blue light it emits. This can result in sleeplessness. A subjective assessment of difficulty initiating, maintaining, and lowering the quality of sleep is called insomnia. This description piques the curiosity of academics who wish to investigate the connection between social media use intensity and sleeplessness.

Aim: To determine the relationship between the intensity of social media use and the incidence of insomnia.

Methods: This type of research is quantitative research using analytical observational designs. The samples in this study were taken using consecutive sampling techniques. The data instrument is a social media intensity questionnaire and PSQI.

Results: Characteristics of respondents who did not experience insomnia 6 respondents (3.6%), mild insomnia 13 respondents (7.8%), moderate insomnia 108 respondents (65.1%), and severe insomnia 39 respondents (23.5%). The characteristics of the intensity of social media use were high 85 respondents (51.2%) and low intensity 83 respondents (48.8%). The characteristics of male respondents were 36 respondents (21.7%), and 130 respondents (78.3%) were female. Based on bivariate analysis, the p -value is 0.033 ($p < 0.05$).

Conclusion: There is a statistically significant difference between social media use and insomnia with higher use potentially causing more severe insomnia with a p -value of 0.033.

Keywords: Social Media Intensity, Insomnia, Gen Z