

**HUBUNGAN SCREEN TIME HIBURAN
DENGAN KUALITAS TIDUR PADA REMAJA
DI SMA NEGERI 1 CIAMIS**

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ABSTRAK

Latar belakang : Penggunaan perangkat digital untuk mengakses konten hiburan pada malam hari semakin meningkat di kalangan remaja, khususnya melalui platform video pendek seperti TikTok, Instagram *Reels*, dan YouTube *Shorts*. Tingginya *screen time* hiburan berpotensi mengganggu kualitas tidur remaja melalui mekanisme penekanan sekresi melatonin dan desinkronisasi ritme sirkadian. **Tujuan :** Mengetahui hubungan *screen time* hiburan dengan kualitas tidur pada remaja di SMA Negeri 1 Ciamis. **Metode :** Desain deskriptif korelatif dengan pendekatan *cross-sectional*. Sampel berjumlah 102 siswa kelas X dan XI yang dipilih menggunakan teknik *purposive random sampling*. Variabel independen adalah *screen time* hiburan dan variabel dependen adalah kualitas tidur. Instrumen yang digunakan adalah kuesioner *screen time* hiburan (15 item) dan *Pittsburgh Sleep Quality Index* (PSQI). Data analisis menggunakan uji korelasi *Spearman Rank*. **Hasil :** Mayoritas responden memiliki *screen time* hiburan kategori tinggi (85,3%) dan kualitas tidur kategori buruk (87,3%). Uji *Spearman Rank* menunjukkan $p < 0,001$ dengan $(\rho) = 0,531$, yang berarti terdapat hubungan signifikan dengan kekuatan sedang dan arah korelasi positif. **Saran :** Remaja disarankan membatasi *screen time* hiburan maksimal 2 jam per hari, terutama menjelang tidur. Sekolah dan keluarga diharapkan membantu remaja membangun kemampuan mengatur waktu penggunaan gadget secara mandiri, serta mengembangkan program edukasi *sleep hygiene*.

Kata Kunci : *Screen time* hiburan, kualitas tidur, remaja

Referensi : 43 (2021 - 2026)

**THE RELATIONSHIP BETWEEN ENTERTAINMENT SCREEN TIME
AND SLEEP QUALITY AMONG ADOLESCENTS
AT SMA NEGERI 1 CIAMIS**

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ABSTRACT

Background : The use of digital devices to access entertainment content at night is increasingly common among adolescents through short-video platforms such as TikTok, Instagram Reels, and YouTube Shorts. High entertainment screen time disrupts sleep quality through melatonin suppression and circadian rhythm desynchronization. **Goals** : To determine the relationship between entertainment screen time and sleep quality among adolescents at SMA Negeri 1 Ciamis. **Methods** : A descriptive correlative design with a cross-sectional approach was used. The sample consisted of 102 students from grades X and XI selected using purposive random sampling. The independent variable was entertainment screen time, and the dependent variable was sleep quality. Instruments used were a 15-item entertainment screen time questionnaire and the Pittsburgh Sleep Quality Index (PSQI). Data were analyzed using the Spearman Rank correlation test. **Results** : The majority of respondents had high entertainments screen time (85.3%) and poor sleep quality (87.3%). The Spearman Rank test showed $p < 0.001$ with $(rho) = 0.531$, indicating a significant, moderate and positive relationship. **Suggestion** : Adolescents are advised to limit entertainment screen time to a maximum of 2 hours daily, especially before bedtime. Schools and families should help adolescents build self-regulation skills in managing gadget use, and develop sleep hygiene education programs.

Keywords : Entertainment screen time, sleep quality, adolescents

Reference : 43 (2021 - 2026)