

ABSTRAK

Latar Belakang: Remaja menunjukkan ketergantungan tinggi terhadap perangkat digital. Penggunaan layar berlebihan mengganggu pola tidur dan menurunkan sleep quality menjadi isu kesehatan mendesak. Di SMK Taruna Bangsa, fenomena screen time tinggi perlu dikaji spesifik. **Tujuan:** Mengetahui hubungan antara screen time dengan sleep quality pada remaja di SMK Taruna Bangsa. **Metode:** Deskriptif korelasional cross-sectional. Variabel independen adalah screen time (durasi dan pola penggunaan perangkat berlayar), sedangkan variabel dependen adalah sleep quality (kualitas tidur subjektif). Populasi 291 siswa, sampel 75 responden (rumus Slovin, error 10%). Sampling proportional random sampling. **Instrumen:** QueST untuk screen time dan Pittsburgh Sleep Quality Index (PSQI) untuk sleep quality. Analisis univariat dan uji korelasi person. **Hasil:** Screen time responden 52% kategori sedang dan 40% tinggi. Hampir seluruh responden (88,9%) menghabiskan >4 jam di depan layar malam hari. Sleep quality buruk: 76% responden (skor PSQI >5). Sleep latency >30 menit: 58,7% responden. Daytime dysfunction: 69,3% responden. Uji korelasi person menunjukkan nilai koefisien korelasi (r) = 0,523 dengan nilai $p = 0,000$ ($p < 0,05$), terdapat hubungan signifikan antara screen time dengan sleep quality dengan tingkat hubungan sedang hingga kuat. Arah korelasi positif menunjukkan semakin tinggi screen time, semakin buruk sleep quality. **Kesimpulan:** Terdapat hubungan signifikan antara screen time dengan sleep quality pada remaja di SMK Taruna Bangsa. **Saran:** Diperlukan intervensi komprehensif dari pihak sekolah, tenaga kesehatan, orang tua, dan remaja untuk mengurangi screen time dan memperbaiki sleep quality melalui edukasi sleep hygiene dan pembatasan penggunaan gadget pada malam hari.

Kata Kunci: Screen Time, Sleep Quality, Remaja, SMK Taruna Bangsa

THE RELATIONSHIP BETWEEN SCREEN TIME AND SLEEP QUALITY AMONG ADOLESCENTS AT TARUNA BANGSA VOCATIONAL SCHOOL

Ade Aziz¹, Dr. Tita Rohita², Yoga Ginanjar³

¹Student, Faculty of Health Sciences, Galuh University

²Lecturer Faculty of Health Sciences, Galuh University

³Lecturer Faculty of Health Sciences, Galuh University

Email: aaazizaz111@gmail.com

ABSTRACT

Background: Adolescents show high dependence on digital devices. Excessive screen use disrupts sleep patterns and reduces sleep quality, becoming an urgent health issue. **Objective:** To determine the relationship between screen time and sleep quality among adolescents at SMK Taruna Bangsa. **Methods:** Descriptive correlational cross-sectional design. The independent variable is screen time (duration and pattern of screen device use), while the dependent variable is sleep quality (subjective sleep quality). Population: 291 students; sample: 75 respondents (Slovin formula, 10% error). Proportional random sampling. Instruments: QueST for screen time and PSQI for sleep quality. Univariate analysis and person correlation test. **Results:** 52% respondents had moderate screen time and 40% high. 88.9% spent >4 hours in front of screens at night. 76% had poor sleep quality (PSQI score >5). 58.7% had sleep latency >30 minutes. 69.3% experienced daytime dysfunction. Person correlation test showed $r = 0.523$ with $p = 0.000$ ($p < 0.05$), indicating significant moderate-to-strong relationship. **Conclusion:** There is a significant relationship between screen time and sleep quality among adolescents at SMK Taruna Bangsa. **Suggestion:** Comprehensive intervention from schools, health workers, parents, and adolescents is needed to reduce screen time and improve sleep quality through sleep hygiene education.

Keywords: Screen Time, Sleep Quality, Adolescents, SMK Taruna Bangsa