

HUBUNGAN INTENSITAS PENGGUNAAN MEDIA SOSIAL DENGAN TINGKAT INSOMNIA DAN STRES AKADEMIK PADA MAHASISWA KEPERAWATAN TINGKAT AKHIR DI UNIVERSITAS GALUH

Novi Fauzia Rahma¹, Reni Hertini², Dedeng Nurkholik Sidik Permana³

Fakultas Ilmu Kesehatan Universitas Galuh

Email: novi_fauzia_rahma@student.unigal.ac.id

ABSTRAK

Pendahuluan: Mahasiswa keperawatan tingkat akhir rentan mengalami stres akademik dan gangguan tidur akibat kompleksitas penyusunan skripsi. Dalam kondisi tersebut, media sosial sering digunakan sebagai sarana hiburan dan pelarian emosional untuk mengurangi tekanan psikologis. Penelitian ini bertujuan untuk mengetahui hubungan antara intensitas penggunaan media sosial dengan tingkat insomnia dan stres akademik pada mahasiswa keperawatan tingkat akhir.

Metode: Penelitian ini menggunakan pendekatan kuantitatif dengan desain deskriptif korelasional melalui metode *cross-sectional*. Sampel terdiri dari 54 mahasiswa keperawatan tingkat akhir melalui teknik *consecutive sampling*. Pengumpulan data dilakukan menggunakan kuesioner terstandarisasi (Intensitas Penggunaan Media Sosial, ISI dan SASS). Analisis data menggunakan uji korelasi *Spearman Rank*.

Hasil: Mayoritas responden memiliki intensitas penggunaan media sosial tinggi (59,3%), mengalami insomnia ringan (57,4%), dan stres akademik sedang (77,8%). Secara statistik menunjukkan terdapat hubungan dengan arah negatif antara intensitas penggunaan media sosial dengan tingkat insomnia ($p\text{-value} = 0,010$, $r = -0,348$) dan stres akademik ($p\text{-value} = 0,017$, $r = -0,322$). **Diskusi:** Peningkatan penggunaan media sosial terbukti berkorelasi dengan penurunan insomnia dan stres akademik. Temuan ini menunjukkan bahwa media sosial dapat berperan sebagai mekanisme koping adaptif bagi mahasiswa dalam merelaksasi ketegangan psikologis. Meskipun demikian, regulasi diri tetap esensial guna mencegah adiksi digital, sehingga kesejahteraan mahasiswa secara holistik di dunia nyata dapat terus terjaga.

Kata Kunci: insomnia, mahasiswa keperawatan, media sosial, stres akademik, tugas akhir

**THE RELATIONSHIP BETWEEN THE INTENSITY OF SOCIAL MEDIA
USE AND THE LEVELS OF INSOMNIA AND ACADEMIC STRESS
AMONG FINAL-YEAR NURSING STUDENTS AT GALUH UNIVERSITY**

Novi Fauzia Rahma¹, Reni Hertini², Dedeng Nurkholik Sidik Permana³

Faculty of Health Sciences, Galuh University

Email: novi_fauzia_rahma@student.unigal.ac.id

ABSTRACT

Introduction: Final-year nursing students are vulnerable to academic stress and sleep disturbances due to the complexity of writing their theses. Under these circumstances, social media is often used as a form of entertainment and an emotional outlet to reduce psychological pressure. This study aims to determine the relationship between the intensity of social media use and the levels of insomnia and academic stress among final-year nursing students. **Methods:** This study employed a quantitative approach with a descriptive correlational design using a cross-sectional method. The sample consisted of 54 final-year nursing students selected through consecutive sampling. Data were collected using standardized questionnaires (Social Media Use Intensity, ISI, and SASS). Data analysis was performed using the Spearman rank correlation test. **Results:** The majority of respondents reported high social media usage (59.3%), mild insomnia (57.4%), and moderate academic stress (77.8%). Statistically, there was a negative correlation between the intensity of social media use and the levels of insomnia ($p\text{-value} = 0.010$, $r = -0.348$) and academic stress ($p\text{-value} = 0.017$, $r = -0.322$). **Discussion:** Increased social media use was found to be correlated with a reduction in insomnia and academic stress. These findings suggest that social media can serve as an adaptive coping mechanism for college students to relieve psychological tension. Nevertheless, self-regulation remains essential to prevent digital addiction, thereby ensuring that students' holistic well-being in the real world is maintained.

Keywords: insomnia, nursing students, social media, academic stress, final projects