

ABSTRACT

Background: Insomnia is a condition in which a person has difficulty starting to sleep at night, and takes more than 30 minutes to experience an increase in the intensity of technology use such as internet use. The purpose of the study was to determine the relationship between internet addiction and the incidence of insomnia in students of the Jambi University Public Health Sciences Study Program.

Methods: This type of research is *cross sectional*, which was conducted at the Public Health Study Program, Faculty of Medicine and Health Sciences, Jambi University, with a population of 848 students, and a total sample of 126 respondents, taken by *accidental sampling technique*. Research time from October 2020-July 2021. Data was collected through an online questionnaire (*google form*). Data analysis used *chi-square* analysis $\alpha = 5\%$.

Results: There were 19.% of students who experience insomnia, and 36.5% of respondents who experience internet addiction. The results of the *Chi-Square* correlation obtained *p-value* = 0.000 < 0.05, PR value = 1.447, meaning that there is a relationship between internet addiction and the incidence of insomnia in students of the Jambi University Public Health Sciences Study Program.

Conclusion: There is a statistical relationship between internet addiction and the incidence of insomnia in students of the Public Health Study Program, Jambi University. Students are expected to be able to control internet usage time and healthy sleep time for the body.

Keywords: Insomnia, Internet Addiction, Internet, Students.

ABSTRAK

Latar Belakang: Insomnia merupakan suatu kondisi seseorang mengalami gangguan kesulitan untuk memulai tidur di malam hari, serta memerlukan waktu lebih dari 30 menit untuk merasakan ingin tidur diakibatkan dari peningkatan intensitas pemakaian teknologi seperti penggunaan internet. Tujuan penelitian ini untuk mengetahui hubungan antara *internet addiction* terhadap kejadian insomnia pada mahasiswa Program Studi Ilmu Kesehatan Masyarakat Universitas Jambi.

Metode : Jenis penelitian *cross sectional*, yang dilakukan di Program Studi Ilmu Kesehatan Masyarakat, Fakultas Kedokteran dan Ilmu Kesehatan Universitas Jambi, dengan jumlah populasi 848 orang mahasiswa, dan jumlah sampel 126 responden, diambil dengan teknik *accidental sampling*. Waktu penelitian dari bulan oktober 2020-Juli 2021. Data dikumpulkan melalui kuesioner online (*google form*). Analisis data menggunakan analisis *chi-square* pada $\alpha=5\%$.

Hasil : Mahasiswa yang mengalami insomnia adalah sebanyak 19,% responden, yang mengalami *internet addiction* sebanyak 36,5% responden. Hasil korelasi *Chi-Square* didapatkan nilai $p\text{-value} = 0,000 < 0,05$, nilai PR = 1,447, berarti terdapat hubungan antara *internet addiction* dengan kejadian insomnia pada mahasiswa Program Studi Ilmu Kesehatan Masyarakat Universitas Jambi.

Kesimpulan : Terdapat hubungan secara statistik antara *internet addiction* dengan kejadian insomnia pada mahasiswa Program Studi Ilmu Kesehatan Masyarakat, Universitas Jambi. Diharapkan mahasiswa dapat mengontrol waktu penggunaan internet serta waktu tidur yang sehat bagi tubuh.

Kata Kunci : Insomnia, *Internet Addiction*, Internet, Mahasiswa.