

RELATIONSHIP BETWEEN DURATION OF USE SOCIAL MEDIA WITH QUALITY SLEEP FOR STUDY PROGRAM STUDENTS BACHELOR OF NURSING MAHARANI STICKS POOR

Rama Putra Reynaldy | Rahmawati Maulidia | Risna Yekti Mumpuni

STIKes Maharani Malang

ramareynaldy@gmail.com

ARTICLE INFORMATION

Article history

Received (7 Agustus 2024)

Revised (16 Agustus 2024)

Accepted (19 Agustus 2024)

Keywords

Duration, Social Media Use, Sleep Quality, Students

ABSTRACT

Introduction: The Sleep quality is a state where awareness of something decreases, but brain activity still plays an extraordinary role. **Objectives:** The purpose of this study was to determine the relationship between the duration of social media use and sleep quality in undergraduate nursing students at STIKes Maharani Malang. **Methods:** Correlational quantitative research design with a cross sectional approach. The number of research samples is 115 students with simple random sampling technique. **Results:** The results showed that the value of $p = 0.003$ which is smaller than $\alpha (<0.05)$. The value of the correlation coefficient ($r = 0,272$) indicates that there is a relationship between the duration of social media use and the quality of sleep in undergraduate nursing students at STIKes Maharani Malang. **Conclusions:** The majority or as many as 54 (47.0%) respondents had a moderate duration of social media use among undergraduate nursing study program students at STIKes Maharani Malang. The majority or as many as 98 (85.2%) of respondents experienced poor sleep quality among undergraduate nursing study program students at STIKes Maharani Malang. There is a significant relationship between the duration of social media use and sleep quality in undergraduate nursing study program students at STIKes Maharani Malang with a significance value of $p = (0.003) < (0.05)$ so that the H_0 hypothesis decision is accepted, namely that there is a relationship between the duration of social media use with sleep quality in undergraduate nursing study program students at STIKes Maharani Malang.

Introduction (Cambria Bold 12 pt)

Social media is online media that allows people to participate, share and create content, such as social networks and blogs. There are also those who say that social media is online media that supports social interaction, and that social media uses web-based technology that turns communication into interactive discussions. (Syahrial Akbar, 2019). According to data obtained from DataIndonesia. The number of social media users in Indonesia will be 167 million in 2023, in the 19-34 year age group with an internet penetration rate of 98.64%. This number is equivalent to 60.4% of the population in the country. In research that carried out by Woran et al (2020) indicates that Media use social in the high category and sleep quality in the bad category. The data results obtained shows that the longer time spent on social media, The perceived quality of sleep is getting worse.

The population in the country. Because many people use social media for so long every day, social media use becomes a waste of time. As a result, that is what triggers social media dependency and makes people lazy about socializing in the real world (Nafiah, 2018). According to the Indonesian Internet Providers Association/APJII (2018), Indonesians use social media on average six hours every day, and 76.67% of them access the internet three times every day, with



This is an Open Access article
Distributed under the terms of the
[Creative Commons Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0/).

students being the largest age group. 90% of Indonesian teenagers continuously update their social media accounts; 71% of them have 3 to 5 accounts such as Facebook, Twitter, Instagram, and Line, and 85% access YouTube. The 16 to 24 year age group is the oldest. In this age range, women use social media on average 193 minutes per day, while men use 163 minutes per day (Hepilita et al., 2018).

Based on research by Nafiah, (2018) Excessive use of social media every day can cause a sense of complacency, which in turn causes more frequent use of social media. Excessive use of social media can also cause poor sleep quality for users. Often overlooked, Sleep is a very important health behavior. Poor sleep hygiene is a global problem. The number of adults with sleep problems is expected to increase from 150 million in 2010 to 260 million in 2030 in low-income countries. Data in Indonesia shows that the majority of teenagers' sleep quality is inadequate, namely 63% (Keswara et al., 2019). Sleep health promotion involves increasing the duration and quality of sleep. Sleep is very important for health. The benefits of sleep become apparent when you get a good night's sleep. Sleep is essential for metabolism, emotions, performance, memory, brain healing, and learning. According to several other studies, lack of sleep can cause obesity, diabetes, cardiovascular disease, and depression. Lack of sleep can also cause depression, mood disorders, and decreased cognitive function, including memory and learning difficulties. Because the importance of sleep for these functions is equally important with someone (Tristianingsih & Handayani 2021).

National Sleep Foundation (NSF) recommends 8-10 hours of sleep per night for teenagers. Teenagers are the most active social media users (66.9%). Due to the complexity of modern smartphones, a percentage of teenagers report poor sleep quality (54.7%). They also spend a lot of time online on social networks, including at night. Additionally, this can disrupt your sleep process and affect your sleep quality; it seems like you should sleep without keeping your mind too busy. In fact, even before going to bed, they ignore cell phone notifications or continue using social media for a long time, thus affecting sleep quality. (Woran et al., 2020).

When consciousness decreases, the quality of sleep is referred to as sleep quality. However, brain activity is still crucial for cognitive processing, which includes storing, organizing, and reading data stored in the brain; digestive, cardiac, and vascular function; and immune function to provide energy to the body (Nafiah, 2018). In research conducted by Woran et al (2020) shows that social media use is in the high category and sleep quality is in the poor category. The data obtained shows that the longer the time spent on social media, the worse the perceived sleep quality.

Based on a preliminary survey conducted on 21/02/2023 with several students of STIKes Maharani Malang semester 2, 4 and 6, the results showed that 39 students surveyed used social media all the time, with 92.3% of them in the high category in use of social media. Sleep quality assessment is based on sleep quality. From the description explained above, the reason why the researchers here took the title "The Relationship between the Duration of Social Media Use and the Sleep Quality of Students of the Nursing Science Study Program at STIKes Maharani Malang". Because all or some students certainly use social media, every day it is impossible for all students to be separated from their gadgets which are most likely very closely related to social media. Because of this incident, the researcher decided to take this title as the material to be researched.

The sampling technique in this research is probability sampling with simple random sampling. The sample size was determined using a formula to obtain a sample size of 115 respondents. The instrument used in this research was a questionnaire. Instrument to examine the independent variable: duration of social media use. From the picture that has been given explained above, the researchers' reasons here took the title "Duration Relationship Use of Social Media on Quality Sleep of Science Study Program Students Nursing STIKes Maharani Malang". Because of all or some Students certainly use media social, all students every day do not maybe



regardless of their gadget most likely very closely related with social media in it. Because this incident the researchers decided to take the title as material will be researched. The instrument used in this research uses the SONTUS (Social Networking Time Usage Scale) questionnaire which consists of 29 question items that identify the frequency of social media use. Meanwhile, the instrument for assessing the dependent variable is sleep quality. The instrument used in this research uses the PSQI (Pittsburgh Sleep Quality Index) questionnaire which consists of 9 question items. The general aim of this research is to find out whether there is a relationship between the duration of social media use and quality sleep in nursing students at STIKes Maharani Malang.

Methods

This research uses quantitative research methods. The reason for choosing this quantitative method was because researchers wanted to know the relationship between the duration of social media use and sleep quality among undergraduate nursing study program students at STIKes Maharani Malang. In this study there are two variables, namely the independent/free variable, namely the duration of social media use and the dependent/bound variable, namely sleep quality. Inclusion Criteria in this study include: a) Nursing student of STIKes Maharani Malang who have social media. b) Willing to be a respondent. Exclusion Criteria a) Students who have participated in research studies

The population in the study were nursing students at STIKes Maharani Malang semesters 2, 4 and 6 who attended regular lectures, totaling 162 students. The initial population was 201 students, then from this population a number of students were subtracted to carry out a preliminary study (39 students) so that the total population became 162 students.

The sampling technique in this research is probability sampling with simple random sampling. The sample size was determined using a formula to obtain a sample size of 115 respondents. The instrument used in this research was a questionnaire. Instrument to examine the independent variable: duration of social media use. The instrument used in this research uses the SONTUS (Social Networking Time Usage Scale) questionnaire which consists of 29 question items that identify the frequency of social media use. Meanwhile, the instrument for assessing the dependent variable is sleep quality. The instrument used in this research uses the PSQI (Pittsburgh Sleep Quality Index) questionnaire which consists of 9 question items.

In this study, researchers using the Spearman rank test. The program used for conducting the spearman rank test is an SPSS program with degrees significance ($\alpha = 0.05$) because this study used correlational analytical research design with a cross-sectional, and to determine the degree of relationship between social media use on sleep quality.

Results

Table 1 Frequency Distribution based on Age of Respondents for Nursing Students at STIKes Maharani Malang

Age	Frequency	Percentage (%)
18-20	95	82,6
21-25	20	17,4
Total	115	100,0

Based on the results shown in Table 1 shows that almost the majority of 95 (82.6%) respondents aged 18-20 years of nursing students at STIKes Maharani Malang

Table 2 Frequency Distribution based on Gender of Respondents for Nursing Students at STIKes Maharani Malang.



Gender	Frequency	Percentage (%)
Man	12	10,4
Women	103	89,6
Total	115	100,0

Based on the results shown in Table 2 shows that almost all 103 (89.6%) respondents were female among nursing students at STIKes Maharani Malang.

Table 3 Frequency Distribution by Semester of Respondents for Nursing Students at STIKes Maharani Malang.

Semester	Frequency	Percentage (%)
2	92	80,0
4	8	7,0
6	15	13,0
Total	115	100,0

Based on the results shown in Table 3 shows that most of the 92 (80.0%) respondents from semester 2 were nursing students at STIKes Maharani Malang.

Table 4 Frequency Distribution of Duration of Social Media Use among Nursing Students at STIKes Maharani Malang

Use Social Media	Frequency	Percentage (%)
Low	40	34,8
Currently	54	47,0
Tall	21	18,3
Total	115	100,0

Based on the results obtained in table 4, it can be seen that the majority of 54 (47.0%) respondents had a moderate duration of social media use.

Table 5 Frequency Distribution of Sleep Quality in Nursing Students at STIKes Maharani Malang

Sleep Quality	Frequency	Percentage (%)
Good	17	14,8
Bad	98	85,2
Total	115	100,0

Based on the results obtained in table 5, it is known that the majority of 98 (85.2%) respondents experienced poor sleep quality.

Table 6 Cross Tabulation of the Relationship Between Duration of Social Media Use and Sleep Quality in Nursing Students at STIKes Maharani Malang

Duration Use Media Social	Sleep Quality				Total	
	Good		Bad		f	%
	f	%	f	%	f	%
Low	9	22,5	31	77,5	40	100,0
Currently	6	11,1	48	88,9	54	100,0
Tall	2	9,5	19	90,5	21	100,0
Total	17	14,8	98	85,2	115	100,0

Based on the results obtained in table 6, namely the results of cross tabulation It can be seen that 54 (100.0%) respondents had a moderate duration of social media use resulting in 48 (88.9%) experiencing poor sleep quality.



Table 7 Analysis of Relationships Between Variables

Relationship Between Variables	<i>p</i>	<i>r</i>
Duration of media use social with quality Sleep	0,003	0,272

Based on table 7, it proves that the test results Spearman Rankvalue is obtained $p = (0.003) < (0.05)$ so H_0 accepted, meaning there is a relationship between the duration of social media use and sleep quality in STIKes Maharani Malang nursing students. Meanwhile $r = 0.272$ proves that there is a weak relationship between the duration of social media use and sleep quality, where moderate duration of social media use can cause poor sleep quality in students, meaning that there are other factors that cause poor sleep quality.

Discussion

Duration of Social Media Use among Nursing Students at STIKes Maharani Malang

This research produced data showing that the majority of 54 (47.0%) student respondents had a moderate duration of social media use, a small portion of 21 (18.3%) student respondents had high social media use, and the other 40 (34.8%) student respondents have low social media use. With the majority of respondents aged in their teens, female, and in their second semester. In line with research by Nabilah Mita Lestari, (2019), namely from the 297 respondents who conducted the research, the results showed that there were more respondents who had a moderate duration of social media use, namely 124 (41.8 %). In the opinion of researchers, students who have a moderate or even high duration of social media use are due to the availability of electronics and the internet which are easily accessible anywhere and any time. Because the more with the development of technological knowledge, it is no surprise that social media is very much in demand, of course among teenagers and students, with the many types of social media available on smartphones therefore social media is very popular. But unfortunately, teenagers' interest in the world of social media sometimes causes them to forget the time and access their social media more intensely for too much time.

The research results show that the majority of STIKes Maharani Malang nursing students are aged 18-20 years old, 44 (38.3%), where at this age someone is still looking for entertainment by using social media. According to Aprilia et al., (2020) The use of social media among teenagers tends to be done to fulfill their curiosity about various things available on social media. They also use social media because their peers make it trendy. In the opinion of researchers aged 18-20 or what could be called advanced teenagers, most social media has become very close to teenagers because it is not only used to interact with friends or family, but social media is also used to update every social media account that is becoming a trend for used.

The results of the research show that the female gender is more dominant in having a moderate duration of social media use, this is because women have a more frequent intensity of using social media than men. In line with research conducted by Nafiah, (2018) that female teenagers also use social media more, with results of 77 (55.4%). This is related to women having more social media accounts, so they spend more time accessing social media (Sitepu et al., 2022). Because of their greater desire to tell stories or share stories with others, researchers found that teenage girls use social media more dominantly than teenage boys.

The results of the study showed that in semester 2 as many as 39 (33.9%) obtained moderate results for the duration of social media use. Apart from social media which is used to share tasks and access Of course, the assignments that students get as online learning progresses in semester 2, students will use their free time and get rid of boredom during online learning by accessing



social media. According to (Andriani & Sulistyorini, 2022) students can now learn more by using various forms of social media because of better access to technology. Policies that require students to spend more time using electronic devices such as computers and smartphones due to online learning. It cannot be denied that the use of social media will increase in addition to access to learning media provided by campus. According to the researchers' opinion, semester 2 got higher numbers in the duration of social media use because in this semester online learning was carried out which could cause the use of social media during online learning to also be accessible.

Sleep Quality on Student Nursing STIKes Maharani Malang

The research results showed that the majority of STIKes Maharani Malang nursing students were aged 18-20 years, female, and in their second semester. The majority, or 98 (85.2%) students, reported poor sleep quality, while 17 (14.8%) reported good sleep quality. Sleep quality is a person's level of satisfaction when sleeping so that they do not feel tired, restless, apathetic, lethargic, black, swollen, headaches, frequent yawning, drowsiness, or sore eyes. These results are in line with research conducted by Fathun Ainida et al., (2020), namely that of the 209 respondents, 139 (66.5%) had poor sleep quality and 70 (33.5%) had good sleep quality. In the opinion of researchers, students who have poor sleep quality are caused by uncertain sleep abilities, such as dysfunction during the day, sleeping too late at night which causes a lack of hours of sleep that should be needed according to age. As well as the many activities and coursework that make it difficult for students to organize their daily lives activity and sleep which can interfere with sleep quality.

According to Jumiarni, (2018) When someone falls asleep easily and stays asleep, the quality of their sleep is assessed. Mental health and fitness are reflected in good quality sleep. Physiological and psychological factors influence sleep quality, which is characterized by decreased activity, fatigue and weakness, unstable vital body functions, and decreased body endurance. Psychological factors cause depression, anxiety, and difficulty concentrating.

Based on the research results, it was found that the average age of the majority of respondents was 18-20 years or older teenagers. The task of advanced adolescent development is to adapt in behavior, thinking and responsibility and become adult individuals who require adaptation (Hapsari & Kurniawan, 2019). According to Hutagalung et al., (2022) at this age, it is common to sleep late at night which affects sleep quality. Basically, teenagers need 8-10 hours of sleep a day, if one of the things above is disturbed then the quality of sleep will suffer affected. In the opinion of researchers, this in older teens really affects the quality of sleep because teenagers often have erratic sleep times, starting from uncertain bedtimes and the habit of sleeping during the day longer than at night, which can cause poor sleep quality.

From the results of this research it can be concluded that the majority of respondents were women, namely 86 people (74.8%). Referring to the dominance of women in nursing says that although tradition and culture influence and support the practice, the idea of women dominating the world of nursing is still strong (Hartiti & Wulandari, 2018). Researchers say that gender does not affect sleep quality because there are many other factors that cause poor sleep quality. There is no theory that explains how good and bad sleep quality is differentiated based on gender.

The results showed that most of the poor sleep quality occurred in the second semester, with 78 (67.8%). In research conducted by Hutagalung et al., (2022) the results showed that 47 students (72.3%) experienced poor sleep quality. According to researchers, because of their busy lives, demands of social life and work, students are more susceptible to poor sleep quality. It is important for students to manage their time effectively so that they can maintain good quality sleep, which will hinder their productivity.



The Relationship Between Duration of Social Media Use and Sleep Quality in Nursing Students at STIKes Maharani Malang

Student student STIKes Maharani Malang has a significant relationship between social media use and their sleep quality. The results of data analysis using the Spearman Rank test show that $p = (0.003) < (0.05)$, which indicates that there is a significant relationship between the independent variable and the dependent variable. If the significance value (α) of the research results is less than 0.05, then H_a is accepted. The results of this study are in line with Nafiah's (2018) research, where there is a significant relationship between the duration of social media use and sleep quality in adolescents. In the opinion of researchers, respondents have a moderate duration of use of social media, because it is to relieve boredom while doing assignments and this has the risk of causing poor sleep quality. Caused by the light emitted by devices connected to social media sites, continuous use of social media can disrupt the circadian rhythm, which regulates the biological changes carried out by the brain every day, including setting sleep and wake times. As a result, the longer the use of social media, the worse the sleep.

According to the cross tabulation results, 54 (47.0%) respondents had a moderate duration of social media use, causing 48 (41.7%) respondents to experience poor sleep quality. According to Woods & Scott, (2016) in (Afifah, I., & Sopiany, 2017) he stated that excessive social media use has been linked to sleep disorders. His recent research found a link between stronger social media use at night and poor sleep quality. Because exposure to electronic screens before bed can disrupt melatonin production, using social media before bed can disrupt young people's sleep processes.

According to Gulden & Kubra in (Suhartati et al., 2021) provide an explanation of the various mechanisms responsible for the relationship between media use and sleep disorders. First, social media use goes straight to bed, but takes time to stop using it before bed, resulting in reduced sleep time. This is caused by anxiety about staying away from social interactions while not connected to social media, and this anxiety prevents time to relax before bed. Second, the light emitted by devices connected to social media sites can slow sleep. Decreased sleep quality leads to increased use of social media, which results in worse sleep problems as social media generates more interest in increasing its use.

Research Limitations

In research this researcher found several research limitations such as not examining other factors that cause social media use in respondents which results in sleep quality. Even though researchers have narrowed it down to the duration of social media use, of course respondents will also experience sleep quality caused by other things besides the duration of social media use. Furthermore, researchers also do not know the factors that cause sleep quality in respondents, such as stress and anxiety.

This research was also conducted at a health campus so that the majority of respondents were female, this resulted in the data taken tending to produce more duration of social media use and sleep quality in female students.

CONCLUSIONS AND RECOMMENDATIONS

Conclusion

1. The majority or as many as 54 (47.0%) respondents had a moderate duration of social media use among undergraduate nursing study program students at STIKes Maharani Malang.
2. The majority or as many as 98 (85.2%) of respondents experienced poor sleep quality among undergraduate nursing study program students at STIKes Maharani Malang.



3. There is a significant relationship between the duration of social media use and sleep quality in undergraduate nursing study program students at STIKes Maharani Malang with a significance value of $p = (0.003) < (0.05)$ so that the H_a hypothesis decision is accepted, namely that there is a relationship between the duration of social media use with sleep quality in undergraduate nursing study program students at STIKes Maharani Malang. The withdrawal of results is seen from the significance value (α) of less than 0.05.

Suggestion

1. For STIKes Maharani Malang
Providing counseling to students about the negative impact of using social media which has an impact on sleep quality so that it can reduce the number of students who experience poor sleep quality.
2. For Students
Reduce the duration of social media use to avoid poor sleep quality.
3. For Further Researchers
The researcher then found out other factors that caused the duration of social media use, such as the conditions of use at night which occurred among students. Meanwhile, for sleep quality, researchers will also find out factors that cause sleep quality other than the duration of social media use. Apart from that, future researchers can conduct research on campuses with an equal number of men and women.

References

- Afifah, I., & Sopiany, H. M. (2017). *Hubungan Penggunaan Media Sosial Dengan Kualitas Tidur, Kestabilan Emosi, Dan Kecemasan Sosial Pada Remaja di SMAN 20 Surabaya*. 87(1,2), 149–200.
- Andriani, A. E., & Sulistyorini, S. (2022). Penggunaan Media Sosial di Kalangan Mahasiswa Selama Pandemi Covid-19. *Equilibrium: Jurnal Pendidikan*, 10(1), 63–70. <https://doi.org/10.26618/equilibrium.v10i1.6442>
- Aprilia, R., Sriati, A., & Hendrawati, S. (2020). Tingkat Kecanduan Media Sosial pada Remaja. *Journal of Nursing Care*, 3(1), 41–53. <https://doi.org/10.24198/jnc.v3i1.26928>
- Diananda, A. (2019). Psikologi Remaja Dan Permasalahannya. *Journal ISTIGHNA*, 1(1), 116–133. <https://doi.org/10.33853/istighna.v1i1.20>
- Fathun Ainida, H., Ririn Lestari, D., Rizany Program Studi Ilmu Keperawatan, I., & Kedokteran, F. (2020). *HUBUNGAN PENGGUNAAN MEDIA SOSIAL DENGAN KUALITAS TIDUR REMAJA DI MADRASAH ALIYAH NEGERI 4 BANJAR THE RELATIONSHIP BETWEEN THE USE OF MEDIA SOCIAL AND SLEEP QUALITY ON ADOLESCENT OF MADRASAH ALIYAH NEGERI 4 BANJAR* (Vol. 4, Issue 2). Oktober.
- Fatmawaty, R. (2018). Memahami Psikologi Remaja. *Jurnal Reforma*, 2(1), 55–65. <https://doi.org/10.30736/rfma.v6i2.33>
- Fauzan, A. D., Lailiyya, N., Esti Kusumandari, D., & Yosef Suratman, F. (2019). Analisa Pengaruh Rangsangan Aromaterapi Lavender Dan Kayu Cendana Terhadap Kualitas Tidur Berbasiskan Gelombang Eeg. *TEKTRIKA - Jurnal Penelitian Dan Pengembangan Telekomunikasi, Kendali, Komputer, Elektrik, Dan Elektronika*, 4(1), 1. <https://doi.org/10.25124/tektrika.v4i1.1608>
- Gani, A. G. (2020). Pengaruh Media Sosial Terhadap Perkembangan Anak Remaja. *Jurnal*



- Mitra Manajemen*, 7(2), 32–42.
<http://journal.universitassuryadarma.ac.id/index.php/jmm/article/viewFile/533/499>
- Habibah, S., Winahyu, K. M., Wreksagung, H., Hastuti, H., & Kartini, K. (2021). Better Quality of Sleep among Adolescents by Considering the Intensity of Social Media Utilization. *Media Keperawatan Indonesia*, 4(1), 29.
<https://doi.org/10.26714/mki.4.1.2021.29-35>
- Hapsari, A., & Kurniawan, A. (2019). Efektivitas Cognitive Behavior Therapy (Cbt) Untuk Meningkatkan Kualitas Tidur Penderita Gejala Insomnia Usia Dewasa Awal. *Jurnal Ilmu Keluarga Dan Konsumen*, 12(3), 223–235.
<https://doi.org/10.24156/jikk.2019.12.3.223>
- Hartiti, T., & Wulandari, D. (2018). Karakteristik Profesional Keperawatan Pada Mahasiswa Studi Ners FIKKES Universitas Muhammadiyah Semarang. *Nurscope: Jurnal Keperawatan Dan Pemikiran Ilmiah*, 4(2), 72–79.
- Herutomo, B. (2019). Dampak Yang Ditimbulkan Media Sosial Bagi Perkuliahan Mahasiswa Jurusan IT Universitas Pancasila. *Edusaintek*, 3, 61–70.
- Hutagalung, N., Marni, E., & Erianti, S. (2022). FAKTOR-FAKTOR YANG MEMPENGARUHI KUALITAS TIDUR PADA MAHASISWA TINGKAT SATU PROGRAM STUDI KEPERAWATAN STIKes HANG TUAH PEKANBARU. *Jurnal Keperawatan Hang Tuah (Hang Tuah Nursing Journal)*, 2(1), 77–89.
<https://doi.org/10.25311/jkh.vol2.iss1.535>
- Kusuma, I. G. N. A. W., Surya, S. C., Aryadi, I. P. H., Sanjiwani, M. I. D., & Sudira, P. G. (2022). Hubungan Antara Kualitas Tidur dengan Gangguan Cemas pada Mahasiswa Selama Masa Pandemi COVID-19. *Jurnal Epidemiologi Kesehatan Komunitas*, 7(2), 562–570. <https://doi.org/10.14710/jek.v7i2.13804>
- Liedfray, T., Waani, F. J., & Lasut, J. J. (2022). Peran Media Sosial Dalam Mempererat Interaksi Antar Keluarga Di Desa Esandom Kecamatan Tombatu Timur Kabupaten Tombatu Timur Kabupaten Minasa Tenggara. *Jurnal Ilmiah Society*, 2(1), 2.
- Margareth, T. (2023). Hubungan penggunaan media sosial dengan kualitas tidur pada remaja di smk negeri 2 binjai tahun 2023. *Jurnal Keperawatan Sisthana*, 8(2), 47–60. <https://doi.org/10.55606/sisthana.v8i2.562>
- Mukti, A. W. (2020). Hubungan Pengetahuan terhadap Perilaku Penggunaan Suplemen Kesehatan Warga Kebonsari Surabaya di Masa Pandemi Covid-19. *FARMASIS: Jurnal Sains Farmasi*, 1(1), 20–25.
- Rezkika, V., Doko, R., & A'naabawati, M. (2023). Hubungan Kecanduan Game Online Terhadap Kualitas Tidur Pada Anak Usia Sekolah Di SD Inpres 2 Lambunu Kecamatan Bolano Kabupaten Parigi Moutong. *Gudang Jurnal Multidisiplin ...*, 1(September), 283–287.
<https://gudangjurnal.com/index.php/gjmi/article/view/89%0Ahttps://gudangjurnal.com/index.php/gjmi/article/download/89/88>
- Sitepu, J. N., Siringoringo, P. I. S., & Girsang, R. (2022). Hubungan Intensitas Penggunaan Media Sosial dengan Gejala Depresi pada Mahasiswa Fakultas Kedokteran Universitas HKBP Nommensen. *Nommensen Journal of Medicine*, 7(2), 31–35.
<https://doi.org/10.36655/njm.v7i2.613>



- Syahrial Akbar, R. (n.d.). *Peran Media Sosial Dalam Perubahan Gaya Hidup Remaja Di SMA Muhammadiyah 3 SURABAYA.*
- Tristianingsih, J., & Handayani, S. (2021). Determinan Kualitas Tidur Mahasiswa Kampus A di Universitas Muhammadiyah Prof DR Hamka. *Perilaku Dan Promosi Kesehatan: Indonesian Journal of Health Promotion and Behavior*, 3(2), 120.
<https://doi.org/10.47034/ppk.v3i2.5275>
- Umi, K., Novrita, S., & Wahid, W. (2019). Perilaku penggunaan gadget dengan kualitas tidur pada remaja. *Holistik Jurnal Kesehatan*, 13(3), 233–239.
<https://ejournalmalahayati.ac.id/index.php/holistik/article/view/1599>
- Pamungkas, A. Y. F., Budi, Y. S., Seftianingtyas, W. N., Salanti, P., Devi, T. E. R., Muninggar, M., Hakiki, M., Amin, M. Al, Rahmawati, A. N., Handayani, P. A., & Rudiyanto, R. (2023). Family support and coping strategies among female inmates: a cross-sectional study in penitentiaries. *Healthcare in Low-Resource Settings*. <https://doi.org/10.4081/hls.2023.11736>
- Yanuar, A., & Pamungkas, F. (2019). Hubungan Dukungan Sosial dengan Tingkat Stres pada Warga Binaan Pemasyarakatan Perempuan di Lembaga Pemasyarakatan. 2(2), 42–47.
- Yanuar, A., Pamungkas, F., Trianita, D., & Wilujeng, A. P. (2022). Pengaruh OTOF (One Team Student One Family) terhadap Pengetahuan Ibu dengan Balita Mencegah Stunting. In *Journal of Holistic Nursing and Health Science* (Vol. 5, Issue 2). <https://ejournal2.undip.ac.id/index.php/hnhs>

