

### **Abstract**

Sleep quality is one of the important needs for humans. Everyone needs adequate and quality sleep to support their health. Sleep quality is influenced by various factors including lifestyle. The lifestyle of modern youth, especially for today's students, leads to excessive use of technology or what is called internet addiction. Therefore, this study aims to determine the relationship between internet addiction and sleep quality in college students. The hypothesis in this study is that there is a positive relationship between internet addiction and sleep quality in college students. This study involved 100 students aged 18-25 years as research subjects. The data collection method used a Likert scale, namely the Internet Addiction scale which was adapted from the IAT (Internet Addiction Test) and the Sleep Quality scale, namely the PSQI (Pittsburgh Sleep Quality Index). Analysis of research data using Spearman's rho correlation technique. Based on the results of data analysis obtained a significant value of the correlation coefficient  $r = 0.454$  with  $p < 0.05$ . These results indicate that there is a positive relationship between internet addiction and sleep quality in college students. The acceptance of the hypothesis in this study shows the coefficient of determination ( $R^2$ ) is 0.448, which means that the contribution of the internet addiction variable is 44.8% to the quality of sleep in students and the remaining 55.2% is influenced by other factors.

**Key words :** *internet addiction, sleep quality, students*