

ABSTRAK

Adiksi internet merupakan salah satu faktor yang berhubungan dengan kualitas tidur mahasiswa. Meskipun hubungan kedua variabel tersebut telah banyak diteliti, kajian pada populasi mahasiswa di Indonesia masih terbatas sehingga penelitian lebih lanjut diperlukan. Penelitian ini bertujuan untuk mengetahui hubungan antara adiksi internet dan kualitas tidur pada mahasiswa. Hipotesis yang diajukan adalah terdapat hubungan positif antara adiksi internet dan kualitas tidur pada mahasiswa. Partisipan penelitian terdiri dari 227 mahasiswa aktif berusia 18–25 tahun yang diperoleh melalui teknik snowball sampling. Pengumpulan data dilakukan secara daring menggunakan Internet Addiction Test (IAT) yang dikembangkan oleh Young (1998) dan diadaptasi oleh Siste dkk. (2021), serta Pittsburgh Sleep Quality Index (PSQI) yang dikembangkan oleh Buysse dkk. (1989) dan diterjemahkan serta divalidasi oleh Alim (2015). Analisis data menggunakan teknik korelasi Pearson Product Moment. Hasil penelitian menunjukkan terdapat hubungan positif yang signifikan antara adiksi internet dan kualitas tidur pada mahasiswa ($r = 0,156$; $p = 0,018$; $p < 0,05$), sehingga hipotesis penelitian diterima.

Kata kunci: *adiksi internet, kualitas tidur, mahasiswa*

ABSTRACT

Internet addiction is one of the factors associated with sleep quality among university students. Although the relationship between these two variables has been widely investigated, studies involving the Indonesian university student population remain limited, indicating the need for further research. This study aimed to examine the relationship between internet addiction and sleep quality among university students. The proposed hypothesis stated that there is a positive relationship between internet addiction and sleep quality among university students. The participants consisted of 227 active university students aged 18–25 years who were recruited using a snowball sampling technique. Data were collected online using the Internet Addiction Test (IAT) developed by Young (1998) and adapted by Siste et al. (2021), as well as the Pittsburgh Sleep Quality Index (PSQI) developed by Buysse et al. (1989) and translated and validated by Alim (2015). Data were analyzed using the Pearson Product-Moment correlation technique. The results revealed a significant positive relationship between internet addiction and sleep quality among university students ($r = 0.156$, $p = 0.018$, $p < 0.05$). Therefore, the proposed hypothesis was accepted.

Keywords: internet addiction, sleep quality, university students