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**HUBUNGAN *SMARTPHONE ADDICTIONS* DENGAN
KUALITAS TIDUR DAN *ACADEMIC PERFORMANCE* PADA
MAHASISWA ILMU KEPERAWATAN UNIVERSITAS
MUHAMMADIYAH MALANG**

SKRIPSI



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PROGRAM STUDI S1-ILMU KEPERAWATAN

FAKULTAS ILMU KESEHATAN

UNIVERSITAS MUHAMMADIYAH MALANG

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SKRIPSI

Untuk Memenuhi Sebagai Persyaratan Mencapai Derajat Sarjana Keperawatan
(S.Kep) Pada Program Studi Ilmu Keperawatan Fakultas Ilmu Kesehatan Universitas
Muhammadiyah Malang



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LEMBAR PERSETUJUAN
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KEPERAWATAN UNIVERSITAS MUHAMMADIYAH MALANG**

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Menyatakan dengan sebenarnya bahwa Tugas Akhir yang saya tulis ini benar-benar hasil karya saya sendiri, bukan merupakan pengambil-alihan tulisan atau pikiran orang lain yang saya akui sebagai tulisan atau pikiran saya sendiri.

Apabila dikemudian hari dapat dibuktikan bahwa Tugas Akhir ini adalah hasil jiplakan, maka saya bersedia menerima sanksi atas perbuatan tersebut.

Malang, 29 Desember 2025

Yang Membuat Pernyataan,


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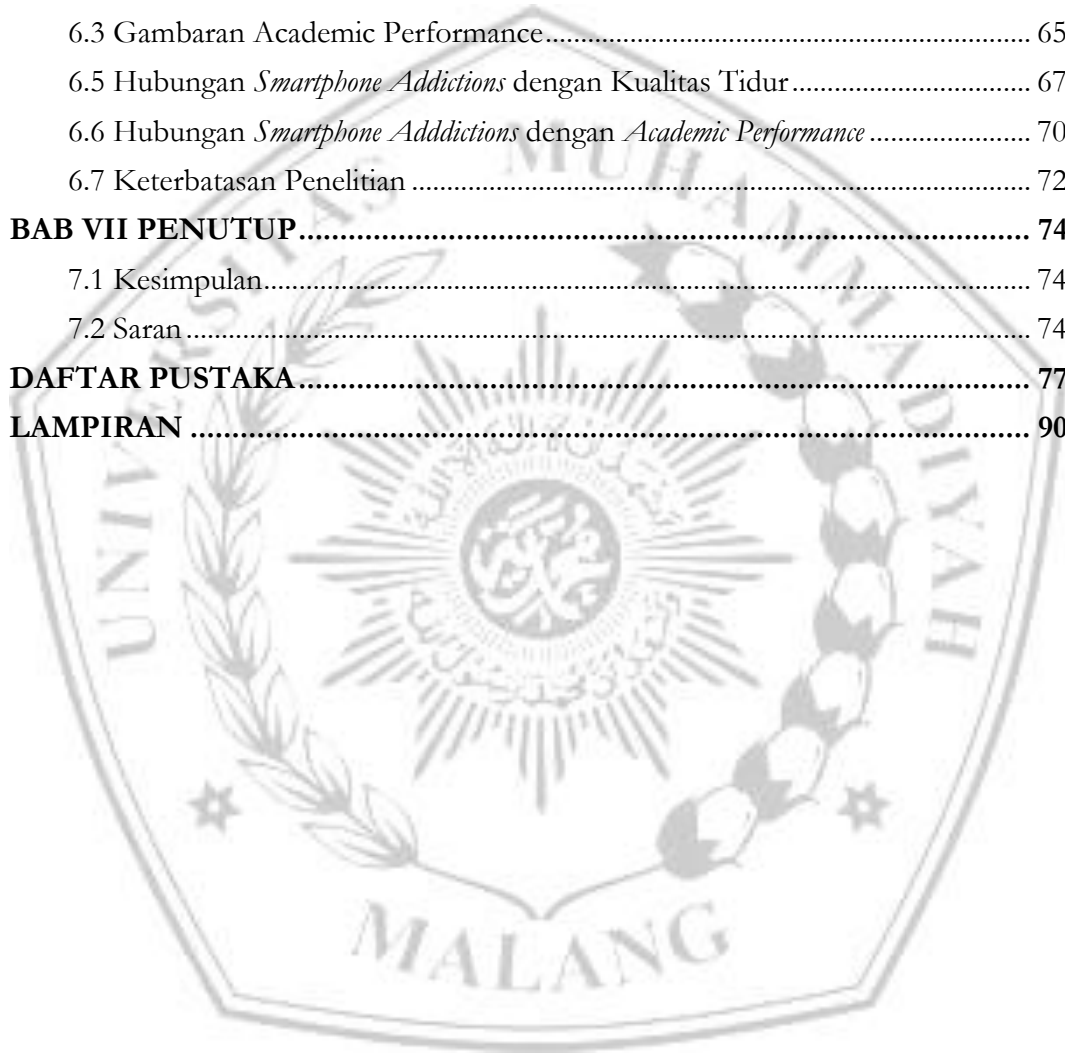
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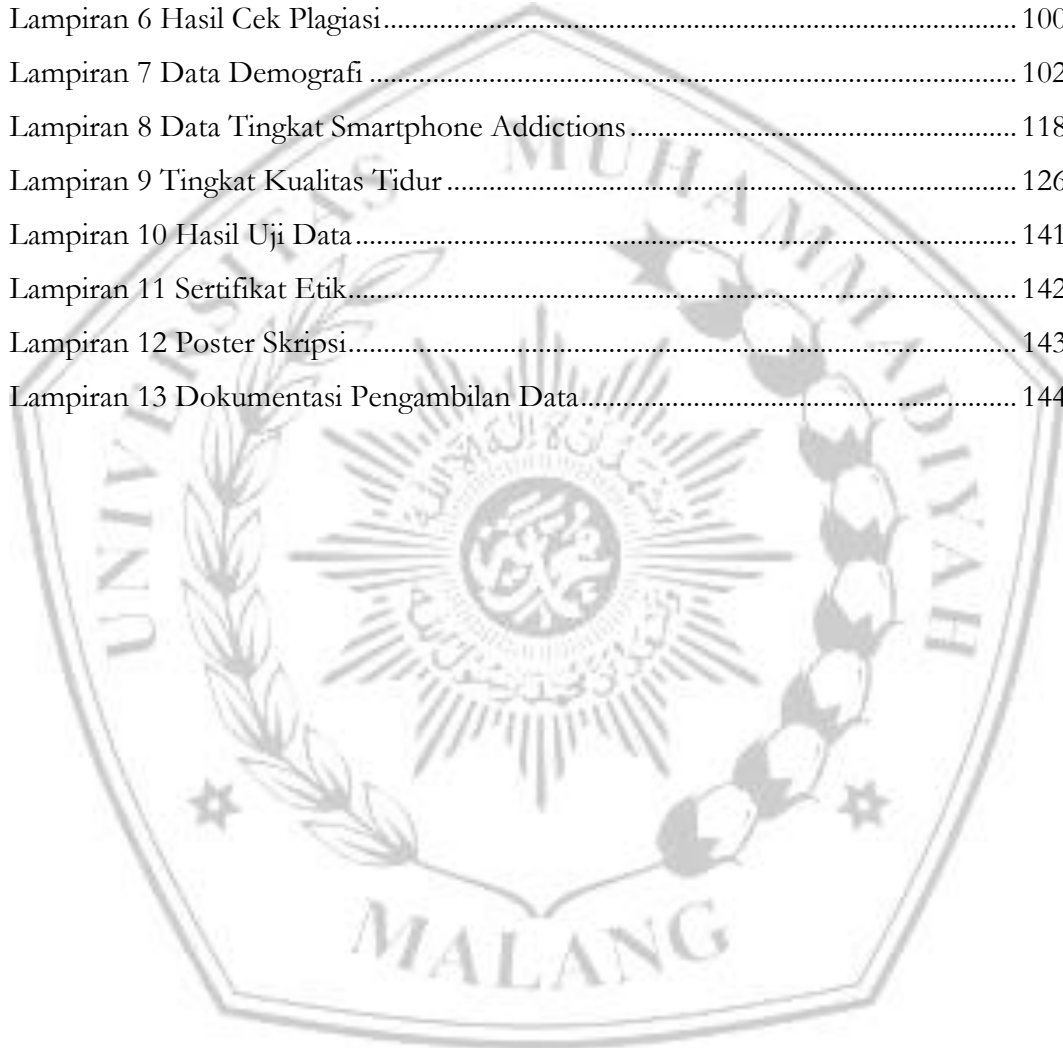
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KEPERAWATAN UNIVERSITAS MUHAMMADIYAH MALANG”**

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ABSTRAK

Latar Belakang: Penggunaan smartphone yang semakin sering di kalangan mahasiswa memberikan manfaat, namun juga dapat menimbulkan hal negatif. Salah satunya adalah smartphone addiction, yaitu penggunaan smartphone secara berlebihan hingga mengganggu aktivitas sehari-hari. Kondisi ini dapat menurunkan kualitas tidur akibat paparan cahaya biru pada layar smartphone, serta berpotensi memengaruhi prestasi akademik mahasiswa. Penelitian ini bertujuan untuk mengetahui hubungan antara smartphone addiction dengan kualitas tidur dan prestasi akademik mahasiswa.

Metode: Penelitian ini menggunakan desain analitik observasional dengan pendekatan cross-sectional. Populasi penelitian adalah mahasiswa Program Studi Ilmu Keperawatan Universitas Muhammadiyah Malang. Sampel dipilih menggunakan teknik proporsional stratified random sampling. Data dikumpulkan melalui kuesioner Smartphone Addiction Scale–Short Version (SAS-SV), Pittsburgh Sleep Quality Index (PSQI), dan Indeks Prestasi Kumulatif (IPK). Analisis data dilakukan secara univariat dan bivariat.

Hasil: Hasil penelitian menunjukkan sebagian besar mahasiswa mengalami kecanduan smartphone dan memiliki kualitas tidur yang buruk. Analisis bivariat menunjukkan adanya hubungan signifikan antara smartphone addiction dan kualitas tidur dengan korelasi negatif lemah ($r = -0,242$; $p = 0,001$). Sementara itu, hubungan antara smartphone addiction dan academic performance menunjukkan korelasi negatif yang sangat lemah ($r = -0,122$) dan tidak signifikan secara statistik ($p = 0,059$).

Kesimpulan: Dapat disimpulkan bahwa kecanduan smartphone berhubungan dengan penurunan kualitas tidur mahasiswa, namun tidak terbukti memengaruhi prestasi akademik. Oleh karena itu, diperlukan upaya edukasi dan intervensi untuk mengendalikan penggunaan smartphone guna meningkatkan kualitas tidur dan mendukung kesehatan mahasiswa.

Kata Kunci: Smartphone addictions, Kualitas tidur, Academic performance, Mahasiswa keperawatan.

“The Relationship Between Smartphone Addiction and Sleep Quality and Academic Performance Among Nursing Students at Muhammadiyah University Malang”

Irsyad Dwi Qisyana*, Ollyvia Freeska Dwi Marta, Erma Wahyu Mashfufa, Muhammad Ari Afrianto.

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ABSTRACT

Background: The increasingly frequent use of smartphones among university students provided various benefits but also led to negative consequences. One of these was smartphone addiction, defined as excessive smartphone use that interfered with daily activities. This condition could reduce sleep quality due to exposure to blue light from smartphone screens and potentially affect students' academic performance. This study aimed to determine the relationship between smartphone addiction, sleep quality, and academic performance among university students.

Methods: This study employed an observational analytic design with a cross-sectional approach. The study population consisted of students from the Nursing Science Program at Universitas Muhammadiyah Malang. The sample was selected using proportional stratified random sampling. Data were collected using the Smartphone Addiction Scale–Short Version (SAS-SV), the Pittsburgh Sleep Quality Index (PSQI), and Grade Point Average (GPA). Data analysis was conducted using univariate and bivariate analyses.

Results: The results showed that most students experienced smartphone addiction and had poor sleep quality. Bivariate analysis indicated a significant relationship between smartphone addiction and sleep quality, with a weak negative correlation ($r = -0.242$; $p = 0.001$). Meanwhile, the relationship between smartphone addiction and academic performance showed a very weak negative correlation ($r = -0.122$) and was not statistically significant ($p = 0.059$).

Conclusion: It was concluded that smartphone addiction was associated with decreased sleep quality among students but was not proven to affect academic performance. Therefore, educational efforts and interventions were needed to control smartphone use in order to improve sleep quality and support students' health.

Key Words: Smartphone addictions, Sleep quality, Academic performance, Nursing students.

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Nim : 202210420311135

Prodi : Ilmu Keperawatan

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Jenis Naskah : Proposal Skripsi

Keperluan : Seminar Proposal

Hasilnya dinyatakan Memenuhi Syarat, dengan Rincian Sebagai Berikut :

No	Jenis Naskah	Maksimum Kesamaan	Hasil Deteksi
1.	Bab 1 (Pendahuluan)	10	7%
2.	Bab 2 (Tinjauan Pustaka)	25	21%
3.	Bab 3 & 4 (Kerangka Konsep / Metodologi)	35	26%
4.	Bab 5 & 6 (Hasil & Pembahasan)	15	
5.	Bab 7 (Kesimpulan & Saran)	5	
6.	Naskah Publikasi	25	

Keputusan : Lolos

Mengetahui,


Edi Purwanto, MNg
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Malang, 7/2/2025

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Prodi : Ilmu Keperawatan

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Jenis Naskah : Skripsi

Keperluan : Seminar Hasil

Hasilnya dinyatakan Memenuhi Syarat, dengan Rincian Sebagai Berikut :

No	Jenis Naskah	Maksimum Kesamaan	Hasil Deteksi
1.	Bab 1 (Pendahuluan)	10	
2.	Bab 2 (Tinjauan Pustaka)	25	
3.	Bab 3 & 4 (Kerangka Konsep / Metodologi)	35	
4.	Bab 5 & 6 (Hasil & Pembahasan)	15	8%
5.	Bab 7 (Kesimpulan & Saran)	5	5%
6.	Naskah Publikasi	25	8%

Keputusan : Lolos

Mengetahui,


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