

TECHNOSTRESS AND SLEEP QUALITY AMONG UNIVERSITY STUDENTS IN INDONESIA

ENO AULIA HAPSARI



**ANIMAL BIOSCIENCES
FACULTY OF MATHEMATICS AND NATURAL SCIENCES
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BOGOR
2024**

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RINGKASAN

ENO AULIA HAPSARI. Teknostres dan Kualitas Tidur pada Mahasiswa di Indonesia. Dibimbing oleh KANTHI ARUM WIDAYATI dan ENENG NUNUZ ROHMATULLAYALY.

Penelitian ini bertujuan untuk mengetahui prevalensi teknostres dan kualitas tidur dengan mempertimbangkan variabel sosiodemografi dan jumlah partisipan yang lebih banyak dan lebih heterogen. Penelitian ini juga menguji hubungan antara teknostres dan kualitas tidur pada mahasiswa di Indonesia. Sebanyak 1.356 mahasiswa universitas di Indonesia berpartisipasi dalam survei *cross-sectional* ini. *The Technostress Creator Questionnaire* (TSC-Q) dan *the Pittsburgh Sleep Quality Index* (PSQI) digunakan, dan hasilnya dianalisis menggunakan uji korelasi Spearman. *The Generalized Linear Model* (GLM) digunakan untuk menentukan faktor sosiodemografi mana yang merupakan prediktor tingkat teknostres dan kualitas tidur. Responden melaporkan tingkat teknostres sedang ($3,12 \pm 0,53$ dari 5,00) dan kualitas tidur buruk ($7,9 \pm 2,83$). Tingkat akademis yang lebih rendah, tunjangan bulanan yang lebih rendah, durasi kepemilikan perangkat yang lebih lama, kepemilikan perangkat yang lebih banyak, dan waktu pemakaian perangkat yang lama dikaitkan dengan tingkat stres teknologi yang lebih tinggi. Mahasiswa Sains dan Teknologi mengalami teknostres yang lebih rendah dibandingkan mahasiswa Sosial dan Humaniora. Tunjangan bulanan yang lebih rendah dan waktu menatap layar yang lebih lama dikaitkan dengan kualitas tidur yang buruk. Tingkat teknostres yang lebih tinggi secara signifikan berhubungan dengan kualitas tidur yang lebih buruk ($p < 0,05$).

Kata kunci: faktor sosiodemografi, Indonesia, mahasiswa, PSQI, stress teknologi

SUMMARY

ENO AULIA HAPSARI. Technostress and Sleep Quality among University Students in Indonesia. Supervised by KANTHI ARUM WIDAYATI, ENENG NUNUZ ROHMATULLAYALY.

This study aimed to examine the prevalence of technostress and sleep quality by considering sociodemographic variables and a high number of participants. This study also examined the relationship between technostress and sleep quality among university students in Indonesia. A total of 1,356 Indonesian universities participated in this cross-sectional survey. The Technostress Creator Questionnaire (TSC-Q) and the Pittsburgh Sleep Quality Index (PSQI) were used, and the results were analyzed using Spearman's correlation test. The generalized linear model (GLM) determined which sociodemographic factors predicted technostress levels and sleep quality. The respondents reported moderate levels of technostress (3.12 ± 0.53 out of 5.00) and poor sleep quality (7.9 ± 2.83). Lower academic level, a lower monthly allowance, a longer duration of device ownership, a more significant number of devices, and long screen times were associated with higher technostress levels. The Science and Technology students experienced lower technostress than the Social and Humanities students. A lower monthly allowance and longer screen

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time were associated with poor sleep quality. Higher levels of technostress were significantly associated with poorer sleep quality ($p < 0.05$).

Keywords: Indonesia, PSQI, sociodemographic factors, technological stress, university students

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Thesis
I intend to Acquire a Master's Degree in
Animal Biosciences Study Program

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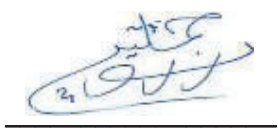
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FOREWORDS

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Hopefully, this scientific work will be helpful for the advancement of science.

Bogor, June 2024

Eno Aulia Hapsari

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