

HUBUNGAN PENGGUNAAN GADGET DENGAN KUALITAS TIDUR PADA REMAJA DI SMAN 4 KOTA KEDIRI.

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ABSTRACT

Introduction: *The increasing use of gadgets among adolescents, particularly at night, can affect sleep quality due to disruptions in the circadian rhythm and a reduction in melatonin production.* **Research Objective:** *To determine the relationship between gadget use and sleep quality among adolescents at SMAN 4, Kediri City.* **Method:** *This study is a quantitative analytical study using a cross-sectional approach. The population consisted of 290 students, with a sample of 74 respondents selected using purposive sampling. Data were collected using a gadget usage questionnaire and the Pittsburgh Sleep Quality Index (PSQI). Data analysis employed the Chi-Square test with a significance level of $\alpha = 0.05$.* **Result:** *The majority of respondents had moderate gadget usage (68.9%) and almost all respondents had poor sleep quality (91.9%). Bivariate analysis results indicated a relationship between gadget usage and sleep quality in adolescents ($p < 0.05$).* **Discussion:** *There is a relationship between gadget usage and sleep quality among adolescents at SMAN 4 Kediri City, meaning that H_a is rejected and H_o is accepted.*

Keywords: *gadget use, sleep quality, adolescents.*