

ABSTRAK

PENGALAMAN MAHASISWA SEMESTER AKHIR TERKAIT NOMOPHOBIA DAN KUALITAS TIDUR: STUDI FENOMENOLOGIS

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Penggunaan smartphone yang semakin meningkat pada mahasiswa semester akhir tidak hanya mendukung aktivitas akademik, tetapi juga dapat menimbulkan keterikatan berlebih yang memunculkan nomophobia serta berdampak terhadap kualitas tidur. Kondisi tersebut dapat memengaruhi kenyamanan psikologis, pola istirahat, dan aktivitas akademik mahasiswa selama proses penyusunan skripsi. Penelitian ini bertujuan untuk mengeksplorasi pengalaman mahasiswa semester akhir dalam menghadapi nomophobia serta implikasinya terhadap kualitas tidur. Penelitian ini menggunakan metode kualitatif dengan pendekatan fenomenologi deskriptif. Partisipan penelitian berjumlah 10 mahasiswa semester VIII Program Studi S1 Ilmu Keperawatan Universitas Bina Sehat PPNI Mojokerto yang dipilih menggunakan teknik purposive sampling berdasarkan kriteria inklusi penelitian. Pengumpulan data dilakukan melalui wawancara mendalam (in-depth interview) menggunakan pedoman wawancara semi-terstruktur, catatan lapangan, dan dokumentasi. Analisis data menggunakan metode Colaizzi melalui tahapan transkripsi, pembacaan transkrip, identifikasi pernyataan signifikan, formulasi makna, pengelompokan tema, penyusunan deskripsi menyeluruh, identifikasi struktur esensial fenomena, dan member checking. Hasil penelitian menghasilkan empat tema utama, yaitu (1) kecemasan saat tidak bisa menggunakan smartphone, (2) ketergantungan smartphone dalam beraktivitas, (3) dampak penggunaan smartphone terhadap kualitas tidur, dan (4) cara mahasiswa mengatur penggunaan smartphone. Temuan menunjukkan bahwa smartphone telah menjadi bagian penting dalam kehidupan mahasiswa semester akhir yang memengaruhi aspek emosional, aktivitas sehari-hari, serta pola tidur. Mahasiswa melakukan berbagai upaya pengaturan penggunaan smartphone untuk menjaga keseimbangan antara kebutuhan akademik dan kualitas tidur.

Kata kunci: nomophobia, smartphone, kualitas tidur, mahasiswa semester akhir.

ABSTRACT

***FINAL-YEAR UNIVERSITY STUDENTS' EXPERIENCES OF
NOMOPHOBIA AND ITS IMPLICATIONS FOR SLEEP QUALITY: A
PHENOMENOLOGICAL STUDY
BY: EKA ANGGUN PRASETYA***

The increasing use of smartphones among final-year university students not only supports academic activities but may also lead to excessive attachment that contributes to nomophobia and affects sleep quality. This condition may influence students' psychological comfort, sleep patterns, and academic activities during the thesis completion process. This study aimed to explore the experiences of final-year university students in dealing with nomophobia and its implications for sleep quality. This study employed a qualitative method with a descriptive phenomenological approach. The participants consisted of 10 eighth-semester students from the Bachelor of Nursing Study Program at Universitas Bina Sehat PPNI Mojokerto selected through purposive sampling based on the inclusion criteria. Data were collected through in-depth interviews using semi-structured interview guidelines, field notes, and documentation. Data analysis was conducted using Colaizzi's method through stages of transcription, transcript reading, identification of significant statements, formulation of meanings, theme development, comprehensive description, identification of the essential structure of the phenomenon, and member checking. The findings revealed four main themes: (1) anxiety when unable to use smartphones, (2) smartphone dependence in daily activities, (3) the impact of smartphone use on sleep quality, and (4) strategies for managing smartphone use. The findings indicate that smartphones have become an essential part of final-year students' lives, influencing emotional responses, daily activities, and sleep patterns. Students attempted to regulate smartphone use to maintain a balance between academic demands and sleep quality.

Keywords: nomophobia, smartphone, sleep quality, final-year students