

THE RELATIONSHIP BETWEEN GADGET USE, PHYSICAL ACTIVITY, AND SLEEP QUALITY AMONG STUDENTS

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ABSTRACT

Background: Today most teenagers use gadgets in their daily life and lack of physical activities. This study is aimed to test the hypothesis that frequent use of gadget and lack of physical activities are detrimental to sleep quality.

Subjects and Method: This was a cross-sectional study conducted at the University of Muslim Indonesia from March to April 2022. A sample of 278 students were selected for this study. The dependent variable was sleep quality. The independent variables were frequent use of gadget and lack of physical activity. The relationship between variables were tested by Chi-Square with Odds Ratio as the measure of association.

Results: The risk of poor sleep quality increased with frequent use of gadget (OR= 2.63; 95% CI= 0.98 to 7.04; p= 0.047) and lack of physical activity (OR = 0.30; 95% CI= 0.11 to 0.86; p= 0.019).

Conclusion: The risk of poor sleep quality increases with frequent use of gadget and lack of physical activity.

Keywords: gadget, physical activity, sleep quality, students

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