

ABSTRACT
**THE RELATIONSHIP BETWEEN GADGET UTILIZATION WITH
SLEEP PATTERN DISTURBANCE OF SCHOOL CHILD AT UPT SDN 02
GADINGREJO PASURUAN**

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Introduction Sleep pattern disturbance is time limited disruption of sleep; natural, periodic suspension of consciousness about amount and quality. One of factors influencing the sleep pattern disturbance on school child is habitual factor such as life style of school child who thirst for technology so that they use gadget for long time particularly in using social media, chatting, games. This study aims to determine whether there is relationship between gadget utilization with sleep pattern disturbance of school child at UPT SDN 02 Gadingrejo Pasuruan. **Method** The research based on descriptive correlational with cross sectional method. The population of this research is class student grade V and VI SDN 02 Gadingrejo Pasuruan . The sample in this research was taken with purposive sampling technique with 70 samples. The instrument of this research are questionnaire. X variable was measured by SDSC (Sleep Disturbance Scale of Children) and Y variable was measured by Gadget Utilization Addiction questionnaire. This research using analysis statistic of Spearman Rank test with a significant level $\alpha = 0.05$ or 95%. **Result** The result of statistic test have gained p value = 0.003, and the value $r = 0.357$. The conclusion of this research, there is a correlation between gadget utilization with sleep pattern disturbance of school child at UPT SDN 02 Gadingrejo Pasuruan. **Discussion** Suggested that child school should cut down the intensity of using gadget and control the sleeping time thus students can overcome this sleep pattern disturbance problem.

Keyword: gadget utilization, sleep pattern disturbance, school child