

## ABSTRACT

### THE RELATIONSHIP BETWEEN SMARTPHONE ADDICTION WITH INSOMNIA OF ADOLESCENT AT SMA NEGERI 1 RENGEL KABUPATEN TUBAN

#### A DESCRIPTIVE CORRELATIONAL RESEARCH

By: Nurul Azizah

**Introduction** Insomnia is inability to fulfill the requirement of a good sleep in quality and quantity. One of factors influencing the insomnia on adolescent is habitual factor such as life style of adolescent who thirst for technology so that they use smartphone for long time particularly in using social media, chatting, games. This study aims to determine whether is there relationship between smartphone addiction with insomnia of adolescence at SMA Negeri 1 Rengel Kabupaten Tuban. **Method** The research based on descriptive correlational with cross sectional methode. The population of this research is class student XI SMA Negeri 1 Rengel Kabupaten Tuban. The sample in this research was taken with purposive sampling technique with 103 samples. The instrument of this research are 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 = 0.006, and the value R = 0.267. The conclusion of this research, there is a correlation between smartphone addiction with insomnia of adolescence at SMA Negeri 1 Rengel Kabupaten Tuban. **Discussion** Suggested that andolescent should cut down the intensity of using smartphone and control the sleeping time thus students can overcome this insomnia problem.

**Keyword:** smartphone addiction, insomnia, adolescent.