

ABSTRACT

THE EFFECT ANALYSIS OF SOCIAL MEDIA USED WITH ADOLESCENTS INSOMNIA IN SMA NEGERI 5 SURABAYA

Analytical Descriptive Study in SMA Negeri 5 Surabaya

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Introduction: *Insomnia can happen to anyone but it will be adverse effects for adolescents. Insomnia affects physical, cognitive, and psychosocial development in adolescents. Insomnia can be caused by predisposing factors such as family support, precipitation factors such as academic stress, and perpetuation factors such as the use of social media. The purpose of this research was to explain the correlations between family support, academic stress, using social media and insomnia in adolescents. Methods:* The design of the study was analytical descriptive with cross-sectional approach. Sample size were 180 adolescents, aged 16-17 years, with simple random sampling. Independent variable were use of social media, family suport, and academic stress. Dependent variable was insomnia. Instrument for this research use quissionaire that were interpreted by Can and Kaya for frequency and duration of social media usage, Kuss & Griffiths's six components of reasons for using social media, Friedman for components of family support, Verma and Gupta for components of academic stress, and DSM-5 for insomnia. Data were analyzed by using multiple logistic regression with degree of significance $p < 0.05$. **Result and Analysis:** Result showed that insomnia is influenced by duration ($p=0,011$), variety of reasons of media social used ($p=0,004$) and academic stress ($p=0,013$). But frequency ($p=0,645$), variety of social media ($p=0,965$) and family support ($p=0,150$) are not influenced of adolescent's insomnia. **Discussion:** The result show that variety of reasons of media social used, duration, and academic stress is mayor factor that influenced of adolescent's insomnia. Insomnia in adolescents should be treated promptly. Therefore the causes of insomnia should be known so that insomnia can be cure.

Key word: *Use of social media, family support, academic stress, insomnia, adolescents*