

ABSTRACT

**CORRELATION OF SOCIAL MEDIA USE WITH SLEEP QUALITY,
EMOTION STABILITY AND SOCIAL ANXIETY FOR ADOLESCENCE
IN SENIOR HIGH SCHOOL 20 SURABAYA**

By : Resti Punksaningtiyas

Introduction: In this globalization era, teenagers spend time on social media online, also at night before go to bed, where this habit will interfere with sleep and cause bad sleep quality. Social media content makes its users free to access and view anything without limits, including content that can change the mood of feelings and this will affect emotional stability. Teenagers who are inseparable from social media make them less and lazy to interact socially, if this happens constantly can cause social anxiety. This study aims to analyze the relationship between the use of social media with sleep quality, emotion stability and social anxiety in adolescents in SMAN 20 Surabaya. **Methods :** This study uses cross sectional description correlation. The population consists of 340 students. Sampling technique used is random sampling technique so that obtained sample 178 students. Instruments used are Social Media use questionnaires, PSQI, emotion stability and SAS-A. **Results :** The results will be analyzed using chi square test ($\alpha = 0,05$). The results show that between social media with sleep quality and anxiety there is a correlation, with the same p that is each $p = 0.000$, social media with emotional stability with $p = 0,015$. The higher of social media use will be the worse the quality of sleep, the lower the emotion stability and the higher social anxiety.

Keywords : social media, sleep, emotion, anxiety