

BAB 7

KESIMPULAN DAN SARAN

7.1 Kesimpulan

Berdasarkan hasil penelitian hubungan intensitas *screen time* terhadap pola tidur di malam hari menunjukkan hasil bahwa ada hubungan intensitas *screen time* terhadap pola tidur di malam hari. Berdasarkan tingkat signifikansi, diperoleh koefisien korelasi nilai sig. adalah 0,003 yaitu $p < 0,05$ yang dapat diartikan ada hubungan yang signifikan (berarti) antara intensitas *screen time* terhadap pola tidur di malam hari. Berdasarkan arah (jenis) hubungan variabel diperoleh koefisien korelasi sebesar -0,381 yang dapat disimpulkan bahwa semakin meningkat intensitas *screen time*, maka pola tidur di malam hari memburuk.

7.2 Saran

7.2.1 Bagi remaja

Bagi remaja diharapkan mengetahui batas waktu melakukan *screen time* agar pola tidur di malam hari teratur.

7.2.2 Bagi orang tua

Bagi orang tua diharapkan lebih memperhatikan waktu *screen time* yang dilakukan oleh remaja sekolah untuk menjaga pola tidur agar teratur dan mencegah dampak-dampak yang ditimbulkan jika melakukan *screen time* terlalu lama.

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