



The Relationship between Social Media Use and Sleep Quality in Adolescents at SMK Negeri 2 Binjai in 2022

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ABSTRACT

Social media is a facility provided for users, especially teenagers, to share information, be creative, and find new friends through Instagram, Facebook, Twitter. The use of social media for too long results in decreased sensitivity such as decreased levels of sympathy and empathy for the real world and also has an impact on sleep quality. The inability of adolescents in time management of using social media properly when at school or at home will have an impact on irregular rest and sleep patterns in adolescents. Poor sleep quality has an impact on memory decline, difficulty concentrating, causing serious health problems. Good sleep quality is seen from the depth of sleep such as the length of sleep, the time it takes to fall asleep, the frequency of awakening. Good quality sleep can be used to maintain mental, emotional balance, health, and reduce stress. This study aims to identify the relationship between social media use and sleep quality in adolescents at SMK Negeri 2 Binjai in 2022. This study uses analytical observational with a cross-sectional approach to 79 adolescents at SMK Negeri 2 Binjai. The population of 225 people where a sample of 79 teenagers is taken using a random sampling technique. The results of the study found that the use of social media was in the active category (77.2%) and sleep quality was in the poor category (60.8%). The results of the chi square test statistically found the value of $p = 0.001$ ($p < 0.05$), meaning that there is a relationship between the use of social media and sleep quality in adolescents at SMK Negeri 2 Binjai.

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1. INTRODUCTION

Basic human needs aimed at maintaining self-energy, good physical appearance, one of which is sleep quality (Daneshmandi, M., Neiseh, F., Sadeghi Shermeh, M., and Ebadi, A., 2017). Quality sleep can provide psychological balance such as stress suppression, mental to emotional control. For students, having assignments until late in the morning can have an impact on poor sleep quality, so that this can have a negative impact on the affected physiological, neurological, sensitivity, anxiety to social activities. Another reason for the poor sleep quality of students is the presence of social media in gadgets. Furthermore, even though it was dominantly found in students, poor sleep quality was also experienced by adults. The impact is a decrease in concentration ability, poor decision making to daily activities (Nilifda, H., Nadjmir., 2016). Lifestyle is one of the factors that can affect the quality of sleep, where the use of sleep time is diverted to focus on social media so that there are changes in sleep

patterns and have an impact on decreasing sleep quality (Selvia, 2021). The development of information technology, especially the internet is marked by the popularity of social media as a medium of mass communication. Social media itself offers convenience for its users to get information, entertainment and communication. The existence of the internet which is increasingly developing has a significant impact on both adolescents and adults. Access to information becomes unlimited and time and distance limits can be eliminated in communicating (Ainiyah, 2018).

Delayed sleep due to social media is one of the causes of individuals sleeping right away, or delaying bedtime because they are too engrossed in accessing social media, the features and content presented on social media make individuals not want to be left behind. Even chatting on social media can take up a lot of time and make individuals delay going to sleep (Fadli, 2020: 409).

Research conducted by Moh. Saifullah (2018) shows the results that excessive use of gadgets is the root of decreased sleep quality. The use of gadgets has many advantages but also has problems such as a lifestyle that tends to be worrying to the point of being dangerous (Billieux, 2012). Some of the problems that can arise are mental health which is now starting to become a concern of the world community. As a result, awareness of excessive use of devices is increasing. Some of the psychological symptoms that can occur are depression and disturbed sleep (Ray, M., Jat, 2010). Furthermore, anxiety and insomnia, depression and psychological stress can also be problems that arise from excessive use of devices (Tao, S., Wum X., Zhang, Y., Tong, S., Tao, 2017).

Based on previous research, sleep disorders are often found in adolescents and young adults (Yilmaz D, et. al. 2017). One who has a high risk of sleep disorders due to insufficient sleep duration is a medical student (Orzech K, Salafsky D, 2019). Research conducted by Ainida, Lestari and Rizany (2020) explained that social media was used with a percentage of 35.62 (57.45%), while the quality of sleep itself was only 7.11 (33.85%). The indication is that sleep quality is in the bad category. Research conducted by Woran, Kundre and Pondaag (2021) explained that there is a close relationship between the activity of using social media on the quality of sleep in adolescents.

Based on an initial study at SMK Negeri 2 Binjai through interviews, it was found that all students have smartphones, laptops, which are used to fulfill school assignments, are active on social media, and play games. The school even gave suggestions to students to include their gadgets during teaching and learning activities. The reason is so that searching for material on the internet can be done more easily. Furthermore, students at SMK Negeri 2 Binjai said that smartphones were used until evening and this had an impact on waking up in the morning having difficulties.

Based on the background presented by the researchers, understanding the relationship between social media use and sleep quality in individuals is very important, especially for teenagers because poor sleep can affect productivity and health. Youth is the age when humans are specifically prepared for the future and humans are state assets. In addition, the use of the internet and social media has now become an activity that is inherent in daily activities. So that a level of control over the use of social media is important to maintain the quality and quantity of sleep because it can affect daily activities. Technological advances that continue to grow rapidly also make competition increasingly fierce.

2. RESEARCH METHOD

This study used a correlational method with a cross-sectional approach, while the research design was to determine the relationship between the intensity of social media use and the sleep quality of adolescents at SMK Negeri 2 Binjai in 2022. The study population was all class XII students at SMK Negeri 2 Binjai, totaling 225 students. while the research sample was 76 students based on the Vincent calculation formula. The research variables consist of Social Media (X) and Sleep Quality (Y). the research instrument used a questionnaire, the research location was at SMK Negeri 2 Binjai and the research time was April to May 2022. Data collection used Google Forms and testing used Data Quality Test, Univariate Analysis and Bivariate Analysis.

3. RESULTS AND DISCUSSIONS

Respondent Characteristics

From the results of the research on the frequency distribution of youth demographic data, as many as 79 respondents in class XII at SMK Negeri 2 Binjai in 2022 will be explained in the following table:

Table 1. Distribution Based on Demographic Data

Characteristics	(f)	(%)
Age		
16	5	6.3
17-18	71	89.9
19	3	3.8
Total	79	100
Gender		
Man	22	27.8
Woman	57	72.2
Total	79	100

Based on table 5.1, it was found that 5 students (6.3%) were in the 16th year age category, 71 people (89.9%) were 17-18 years old and 319 year old (3.8%). According to WHO (The World Health Organization (2014) argues that adolescents are residents aged 10 to 19 years. As for the gender category, there were 22 men (27.8%) and 57 women (72.2%).

The Use of Social Media in Adolescents at SMK Negeri 2 Binjai in 2022

From the results of the study it was found that the use of social media in adolescents at SMK Negeri 2 Binjai in 2022 has two categories, namely active and inactive. The explanation is as follows:

Table 2. Distribution of Social Media Use

Use of Social Media	(f)	(%)
Active	61	77.2
Not active	18	22.8
Total	79	100

Based on table 5.2, it was found that the use of social media in adolescents at SMK Negeri 2 Binjai obtained two categories, namely the use of social media in the active category of 61 people (77.2%) and the use of social media in the inactive category of 18 people (22.8%).

Sleep Quality in Class XII Adolescents at SMK Negeri 2 Binjai in 2022

From the results of the study it was found that the quality of sleep in adolescents at SMK Negeri 2 Binjai in 2022 has two categories, namely good and bad. The explanation is as follows:

Table 3. Distribution of Sleep Quality

Sleep Quality	(f)	(%)
Good	31	39.2
Bad	48	60.8
Total	79	100

Based on table 5.3, it was found that sleep quality in adolescents at SMK Negeri 2 Binjai obtained two categories, namely sleep quality in the good category of 31 people (39.2%) and sleep quality in the bad category of 48 people (60.8%).

The Relationship between Social Media Use and Sleep Quality in Adolescents at SMK Negeri 2 Binjai in 2022

From the results of the study, it was found that there was a relationship between social media use and sleep quality in adolescents at SMK Negeri 2 Binjai in 2022 using the chi-square test. The explanation is as follows:

Table 4. Test Results for the Relationship between Social Media Use and Sleep Quality

Use of Social Media	Sleep Quality			p-Value
	Good	Bad	Total	

	f	%	f	%	f	%	
Active	18	29.5	43	70	61	100	0.001
Not active	13	72.2	5	27.8	18	100	
Total	31	39.2	48	60.8	79	100	

Based on table 5.4 regarding the relationship between social media use and sleep quality in adolescents at SMK Negeri 2 Binjai in 2022, it was found that adolescents with active social media use and good sleep quality, there were 18 respondents (29.5%) while adolescents with active social media use and quality bad sleep there are 43 respondents (70%). Furthermore, there were 13 respondents (72.2%) with inactive use of social media and good sleep quality, while teenagers with inactive use of social media and poor sleep quality had 57 respondents (27.8%). Based on the results of the chi-square test, the p value is $0.001 < 0.05$. So H_0 is rejected and H_a is accepted, meaning that there is a relationship between the use of social media and the quality of sleep in adolescents at SMK Negeri 2 Binjai in 2022.

Discussion

The Use of Social Media in Adolescents at SMK Negeri 2 Binjai in 2022

Based on the results of the research that has been done and data analysis, it is known that the activities of teenagers at SMK Negeri 2 Binjai on social media are in two categories, namely the category of active use of active social media by 61 people (77.2%) and the use of social media in the category not active as many as 18 people (22.8%). These results indicate that the highest percentage is the active use of social media in adolescents at SMK Negeri 2 Binjai, according to Soliha (2015: 3) this is because adolescents are a group of individuals who are in a tendency phase with dependence on internet technology when compared to groups of individuals who are in other growth age ranges. Adolescence itself is an individual age range which is in the transition period from early adolescence to late adolescence which is also accompanied by psychological dynamics. This means that the adolescent phase itself is an individual's tendency to gain self-identity, meaning for his life to interpersonal relationships that are emotionally intimate.

The use of social media in this study as many as 79 respondents (100%) used social media, meaning that all teenagers at SMK Negeri 2 Binjai who were respondents used social media. Research that has been conducted by Woran et al. (2021) explained that 67 (83.75%) of the 80 respondents had a high level of social media usage. Meanwhile, 13 students (16.25%) of other respondents had a tendency to use social media which was in the low category. Social media itself also does not have a role only limited to communication media, but social media also has a role as a daily entertainer for its users. Arianto (2021: 119) explained that social media itself in the industrial era 4.0 had a significant role in changing the pattern of youth activity. As a result, social media has become something that cannot be replaced by its role as a digital communication medium, information search, social interaction media and participation in various things. Based on this, social media is a medium that is used as one of the many channels of cross-sectoral civic activity.

The frequency of the level of retention of social media use based on the analysis of its own data shows that as many as 79 respondents (100%) use social media every day, meaning that all the youth of SMK Negeri 2 Binjai who are respondents use social media. The level of use of social media itself in this study from 79 respondents as many as 41 respondents used social media 9+ hours, meaning that 41 teenagers at SMK Negeri 2 Binjai used social media 9+ hours. According to the researchers, this was done because apart from student learning activities which took up a lot of time, there were no other activities that students could do, chatting with friends no longer needed to visit each other, it was enough through social media, apart from that the many entertainment and features presented made students stay long using social media.

The gadgets used by respondents to carry out activities on social media in this study were 79 respondents using electronic devices such as smartphones to access social media, meaning that all teenagers at SMK Negeri 2 Binjai who were respondents used electronic devices to access social media.

Researchers assume that schools themselves require students to have electronic devices in the form of mobile phones and laptops to support learning.

The frequency of using social media before going to bed in this study from 79 respondents as many as 53 respondents stated that they use social media every day just before going to bed, meaning that all teenagers at SMK Negeri 2 Binjai use social media every day just before going to bed. According to researchers, the activity that teenagers do before going to bed or waiting for drowsiness to come is by using social media, teenagers will open their sites just to see the progress of friends' accounts in the virtual world or watch videos.

The duration of using social media before going to bed in this study where there are still some respondents who have a long duration of using social media before going to bed is 5-30 minutes. Sleep delays due to social media from the results of the analysis of this research data indicate that the dominance of respondents who carry out their digital activities late is as many as 38 respondents. In addition, it was also explained that during the period or phase of puberty, adolescents themselves experience delays in their biological sleep hours (the time of changes in the hormone melatonin which is related to sleep activity). The result itself is that the activity of going to bed at night is delayed and then getting up in the morning is also felt too difficult to do. The frequency of sleep disturbances due to social media notifications in this study is that there are still respondents who say they experience it every night. Activities in the digital world such as social media itself can disrupt the production of the hormone melatonin due to digital light emitting near bedtime, besides that notifications from the activities of other social media users also affect the sleep process.

Duration of sleep disturbance due to social media notifications In this study there were still teenagers who needed time to go back to sleep after being awakened by social media notifications. According to Aisafitri & Yusriyah, (2021) Individuals who tend to prioritize digital activities such as social media when they wake up basically aim to check their social media accounts and to find out new things such as news or the latest information that might be interesting, such as news about current things that are happening.

Sleep Quality in Adolescents at SMK Negeri 2 Binjai in 2022

Based on the research that has been done and the results of processing and analysis of research data, it is found that the quality of sleep in adolescents themselves, especially in students and also female students at SMK Negeri 2 Binjai, there are two categories, namely sleep quality in the good category of 31 people (39.2%) and quality sleeping in the bad category as many as 48 people (60.8%). These results indicate that the highest percentage is poor sleep quality as many as 48 people (60.8%), according to the researchers' assumption this occurs because the sleep activity schedule owned by adolescents themselves tends to be different when compared to individuals with other age ranges. The reason is because individuals with puberty who are in their final stages usually have some changes that often impact activity or sleeping hours.

The Pittsburgh Sleep Quality Index (PSQI) questionnaire based on research results and data analysis on adolescents at SMK Negeri 2 Binjai is measured based on 7 indicators consisting of subjective sleep quality, sleep latency, sleep duration, sleep efficiency, sleep disturbances, use of drugs and dysfunction of daily activities. Subjective sleep quality in this study there were still teenagers with poor and very bad sleep quality. Sleep latency or the time it takes to sleep in this study, more respondents stated that they needed 31-60 minutes to sleep. According to the National Sleep Foundation (NSF), normally when a person lies down he will sleep about 10-20 minutes later. If it's more than that or less than that time, you may have sleep disturbances. And if you fall asleep immediately after landing your head on the pillow, it could be sleep deprivation. Maybe the previous night I slept late and then had to get up early.

Respondents in this study were dominated by individuals who stated that their sleep duration was 3-4 hours. Efficiency of sleep habits in this study more respondents stated 65-74%. The use of sleeping pills in this study all respondents stated that they did not use them. This exposure is based on the existence of a culture that is different from America with the use of sleeping pills. Meanwhile, in

Asian countries, as in Indonesia, there is no tendency to use drugs as a solution to insomnia, but tend to do health checks to psychiatrists.

In this study, sleep dysfunction was being experienced or had experienced it was acknowledged by 3-4 research respondents. Furthermore, parts of the body such as legs like jerks that are often or always experienced when sleeping are the second most common experiences experienced by research respondents. This condition in medical terms is better known as Restless Legs Syndrome (RLS). Furthermore, adolescents who are in the middle of sleeping activities unconsciously move their limbs repeatedly, which is an experience that is often or always felt and experienced by research respondents. These conditions in medical terms are better known as Sleeprelated Rhythmic Movement Disorders (RMDs) with signs of behavior such as body making movements such as swaying, moving head, rolling the head, legs or body and legs that are accidentally formed during sleep. These things can be the main cause of poor sleep quality which then causes fatigue and excessive sleepiness during the day.

Furthermore, individuals, especially adolescents sometimes feel that their dreams are real experiences or events that are the fourth most common sleep behavior experienced by research respondents. This is one of the symptoms of sleep-related problems with sleep transition disorders and in medical terms it is better known as Hypnagogic Hallucinations which are abnormal views of individuals who are sleeping. Then the fifth most common sleep behavior that was acknowledged by research respondents often experienced was difficulty getting out of sleep. The problem of difficulty getting out of bed alone is one of several sleep problems with insomnia.

The Relationship between Social Media Use and Sleep Quality in Adolescents at SMK Negeri 2 Binjai in 2022

Based on the results of the research data processing and also the analysis that has been carried out, it is known that the Chi Square test shows a significance value (Sig) or p value of 0.001. Due to the significance value of $0.001 < 0.05$, it can be said that H_0 is rejected and H_a is accepted, which means that the use of social media has a significant effect on sleep quality variables in adolescents at SMK Negeri 2 Binjai in 2022. The research respondents are known to have a tendency to carry out digital activities in social media at night. The impact is that activities that should be sleeping are disrupted which then results in poor quality sleep. Basically, the activity of sleeping alone must be comfortable with no accompanying thoughts.

From the results of the research data acquisition that has been carried out, it can also be seen that the dominant indicator of sleep quality for adolescents, especially students at SMK Negeri 2 Binjai, is sleep latency. Sleep latency itself is a measure of sleep time needed from the time you go to sleep until you fall asleep. There was disturbance during the sleep process itself because research respondents were more focused on activities on social media and an interest in social media notifications before bedtime. Ainida, Dhian Ririn Lestari, et al. (2020) explained that a good quality of sleep can be achieved if the achievement of sleep stages can occur less than 15 minutes before reaching the complete sleep phase.

Excessive digital activity on social media can have an impact on feelings of satisfaction with sleep. In the end, this triggers individuals to access social media more intensely. Retention from excessive use of social media can also have an impact on the production of the hormone melatonin, which then does not achieve good sleep quality. Melatonin itself is one of the hormones produced by the pineal gland and retina which then causes the individual to experience a sleep phase and acts as a physical energy returner during sleep activities. The production of the hormone melatonin itself can be triggered by dark and quiet conditions, and this can be hampered by bright conditions or electromagnetic fields.

The use of social media is also increasing, one of which is due to the condition of the Covid-19 pandemic which requires all activities including teaching and learning to be carried out online as happened at SMK Negeri 2 Binjai. Most of the use of social media by teenagers with a duration of use every time they access the internet is approximately 4 hours. The existence of facilities to access the internet is also the cause of the increasing use of social media.

One sign of achieving good quality sleep is a feeling of calm during sleep and also a feeling of freshness in the body when you wake up and a feeling of enthusiasm for activities. Sleep quality alone can have an impact on health and overall quality. The existence of freedom to access without limits and access capabilities such as data quotas make the use of social media override other activities and then have an impact on poor sleep quality. In addition, the existence of a variety of social media that is increasingly developing also makes interest and interest in social media higher.

Based on the output of observations and assumptions of researchers on teenagers, especially class XII students at SMK Negeri 2 Binjai who have poor sleep quality due to actively using social media with a higher percentage, because at this time the era is advancing, then technology is also growing. Using a cell phone is also a time filler when there is no more activity, many also use it as a means of opening a business. To support the use of mobile phones, of course, an application is needed that connects the needs of each individual, which is called social media. There are many kinds of social media, so users can choose to use one, only some or all of the social media apps according to their needs.

Social media for teenagers can be entertainment and a learning tool, because due to the Covid-19 pandemic so far it has limited activities outside the home, requiring students to study from home and cannot leave the house to visit friends' houses or just get together somewhere. Social media is used by teenagers to be able to connect with friends or get to know new people, through social media teenagers can also express their desires and talents, such as channeling their hobbies, through social media teenagers can also see whatever they want and do activities like watching movies, videos and its kind.

Teenagers also have the perception that social media can be a place to be able to participate in certain communities in which they have the same tendencies such as hobbies, needs and needs. The forum is an arena for social media users to actively participate or passively communicate and share about things that are interesting in their perceptions. The attractive features and facilities provided by social media allow teenagers to spend hours until late at night. Previously, it was explained that there is a medical effect from lighting cellphone screens which results in no feeling of sleepiness, this is one of the reasons teenagers can open their cellphones to access social media late at night.

The existence of behavior that tends to show compulsion towards individuals who use social media can affect daily life patterns. Individuals who act as social media users have difficulty exercising control in using social media and have uncomfortable feelings if they are not doing activities on social media. Awareness of the bad effects of using gadgets for teenagers is important so they can better control and minimize the excessive use of gadgets and social media. Furthermore, external roles such as teachers or parents are also needed to increase control abilities and minimize excessive use of gadgets and social media.

4. CONCLUSION

Based on the results of research and analysis of data on the relationship between social media use and sleep quality in adolescents at SMK Negeri 2 Binjai in 2022, the following conclusions are obtained: The use of social media in adolescents at SMK Negeri 2 Binjai in 2022 is in the active category as many as 61 people (77.2%). Sleep quality in adolescents at SMK Negeri 2 Binjai in 2022 is in the bad category as many as 48 people (60.8%). The results of statistical tests found that there was a relationship between social media use and sleep quality in adolescents at SMK Negeri 2 Binjai in 2022 with a value of p value 0.001 ($p < 0.05$).

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