

## INTISARI

**Latar Belakang:** Adanya pembelajaran daring selama pandemi COVID-19 mengakibatkan berbagai perubahan aktivitas pada remaja sekolah menengah atas (SMA). Perubahan aktivitas yang terjadi pada remaja tersebut dapat mengakibatkan gangguan tidur dan meningkatkan risiko kejadian *excessive daytime sleepiness* (EDS). EDS dapat mengakibatkan berbagai dampak buruk bagi remaja. Namun, penelitian terkait EDS khususnya pada remaja SMA selama pembelajaran daring belum ditemukan di Indonesia.

**Tujuan Penelitian:** Penelitian ini bertujuan untuk mengetahui gambaran EDS pada remaja SMA selama pembelajaran daring.

**Metode:** Penelitian ini merupakan penelitian kuantitatif deskriptif dengan metode survei. Sampel pada penelitian ini adalah siswa SMA dengan usia maksimal 17 tahun yang berjumlah 369 responden. Instrumen yang digunakan adalah kuesioner karakteristik responden dan *The Cleveland Adolescents Sleepiness Questionnaire* (CASQ). Data dianalisis dengan analisis univariat menggunakan *software* SPSS (*Statistical Product and Service Solutions*)

**Hasil:** Rata-rata skor EDS pada responden penelitian ini sebesar  $40,64 \pm 8,792$ . Berdasarkan karakteristik responden, rata-rata skor EDS paling tinggi terjadi pada responden dengan jenis kelamin perempuan ( $40,83 \pm 8,558$ ); durasi tidur >10 jam/hari ( $46,50 \pm 11,635$ ); waktu layar >6 jam/hari ( $41,20 \pm 8,403$ ); mengonsumsi kafein ( $41,95 \pm 8,688$ ); dan aktivitas fisik 0 kali/minggu ( $41,76 \pm 8,432$ ).

**Kesimpulan:** Kejadian EDS pada remaja SMA selama pembelajaran daring diketahui rata-ratanya sebesar 40,64. Remaja perempuan, durasi tidur >10 jam per hari, *screen time* >6 jam/hari, mengonsumsi kafein, dan tidak melakukan aktivitas fisik mengalami kecenderungan EDS yang paling tinggi.

**Kata kunci:** *excessive daytime sleepiness*, pembelajaran daring, remaja, tidur

## ABSTRACT

**Background:** The existence of online learning during the COVID-19 pandemic has resulted in changes of adolescents' activities among senior high school. Changes in activities that occur in adolescents can cause sleep disturbances and increase the risk of excessive daytime sleepiness (EDS). EDS can cause many adverse effects for adolescents. However, research related to EDS, especially in high school adolescents during online learning has not been found in Indonesia.

**Objective:** This study aimed at identify a description of the incidence of excessive daytime sleepiness that occurs in adolescents of the senior high school during online learning

**Methods:** This was descriptive quantitative research with survey method. The sample in this study were 369 students at two senior high schools with a maximum age of 17 years old. The instruments used were the respondent demographic questionnaire and the Cleveland Adolescents Sleepiness Questionnaire (CASQ). Data were analyzed using the univariate analysis through Statistical Product and Service Solutions (SPSS) software.

**Results:** The average EDS score of the respondents in this study was  $40,64 \pm 8,792$ . Based on the characteristics of the respondents, the highest average EDS score occurred in female respondents ( $40,83 \pm 8,558$ ); sleep duration  $>10$  hours/day ( $46,50 \pm 11,635$ ); screen time  $>6$  hours/day ( $41,20 \pm 8,403$ ); consuming caffeine ( $41,95 \pm 8,688$ ); and physical activity 0 times/week ( $41,76 \pm 8,432$ ).

**Conclusion:** The incidence of EDS in adolescents of senior high school during online learning is on average 40,64. Female adolescent, sleep duration  $>10$  hours/day, screen time  $>6$  hours/day, consuming caffeine, and not doing physical activity experienced the highest tendency of EDS.

**Keyword:** adolescence, excessive daytime sleepiness, online learning, sleep