

**NURSING SCIENCE STUDY PROGRAM
FACULTY OF NURSING
Sultan Agung Islamic University
Thesis, FEBRUARY 2015**

ABSTRACT

RELATIONSHIP INTENSITY WATCHING TELEVISION OF PATTERNS AND QUALITY SLEEP YOUTH IN MTS AL-Fatah KUNDURAN KAB. BLORA

Background : The intensity of watching television is an act or state of a person who enjoyed the show on television in the size of a particular time and describe how often and in focusing attention on the show that aired on television. Television viewing high intensity mean time and the frequency of watching television in a long time limit. The intensity of watching TV long to exceed the normal time limit until late at night can cause changes in customary pattern of sleeping

The purpose of this study to determine the relationship between the intensity of television viewing with the pattern and quality of sleep in adolescents in MTS Al-Fatah Kunduran Blora.

Methods: This study uses cross-sectional study with a total sampling method sampling, in order to obtain a sample of 158 people. Collecting data using questionnaires. Engineering analysis using chi square test and contingency coefficient of the relationship.

Results: characteristics of respondents aged 13 years 17.7%, 14 years 42.4% and 15 years of 39.9%. Characteristics of respondents were male sex 38.0% and 62.0% female. The results also obtained high intensity watching television 35.4%, while 36.1% and 28.5% lower. Respondents were poor sleep patterns of 22.8%, 51.3% enough, and good sleep patterns 25.1%. Respondents who had a good sleep quality 49.4% and 50.6% poor sleep quality. The results of chi square test between the intensity of watching TV with sleep pattern obtained p value 0.048 and 0.002 contingency coefficient values while chi-square test results between the intensity of watching television with the quality of sleep obtained p value of 0.008 and contingency coefficient value 0.008

Conclusion: There is a relationship between the intensity of watching TV to patterns and sleep quality in adolescents in MTS Al-Fatah Kunduran Blora.

Keywords : intensity of watching television, pattern and quality of sleep, adolescents.

Bibliography: 44 (1989-2012)