Association between insomnia and social network site use in Indonesian adolescents

Nursalam Nursalam | Martha Octavia | Rr Dian Tristiana | Ferry Efendi

Department of Mental Health, Gerontology and Community Nursing, Faculty of Nursing, Universitas Airlangga, Surabaya, Indonesia

Correspondence
Rr Dian Tristiana, Department of Mental Health, Gerontology and Community Nursing, Faculty of Nursing, Universitas Airlangga, Surabaya 60115, Indonesia.
Email: diantristiana@fkp.unair.ac.id

Abstract

Objectives: Sleep deprivation can cause serious physical and mental problems. Although sleep deprivation among adolescents is not a new phenomenon, this problem has recently gained more attention due to the frequent use of smartphones. This study aimed to explain the correlations among family support, academic stress, social network site (SNS) use, and insomnia in adolescents.

Methods: This cross-sectional study included 180 adolescents aged 16 to 17 years, with simple random sampling. This study used a questionnaire that included the frequency and duration of social media use, reasons for using social media, family support, academic stress, and insomnia. Data were analyzed using multiple logistic regression with a degree of significance at $P < 0.05$.

Results: This study showed that insomnia was associated with duration of SNS use ($P = 0.011$), reasons of SNS usage ($P = 0.004$), and academic stress ($P = 0.013$). The frequency of SNS use ($P = 0.645$), types of SNS ($P = 0.965$), and family support ($P = 0.150$) were not associated with insomnia in adolescents.

Conclusions: The reasons of SNS usage, duration of SNS usage, and academic stress are major factors associated with insomnia in adolescents. These components should be embedded in multicomponent educational intervention addressed to both adolescents and parents to reduce insomnia.

KEYWORDS
academic stress, adolescents, family support, insomnia, social network sites

1 | INTRODUCTION

Sleep deprivation can have serious consequences, such as increased risk for physical and mental problems. Sleep deprivation may increase in adolescents who are undergoing the most important period of physical, cognitive, and psychosocial development. These changes have a direct impact and affect subsequent development. Insomnia is the most common sleep deprivation problem that frequently occurs in adolescents. Insomnia is clinically defined as a subjective perception of dissatisfaction with the amount and/or quality of the sleep usually difficulties falling asleep in spite of being in bed, waking up often during the night and having trouble going back to sleep, waking up too early in the morning or having an unrefreshing sleep. Particularly, increased mobile use and wireless internet access can potentially cause addictive social media use, which are features of social network sites (SNSs). Addictive behavior is defined as a repetitive habit pattern which increases the risk of disease and social and personal problem. Meanwhile, social network addiction is defined as the excessive use of SNS sites. As adolescents engage intensely with social media, their chances of increasing sleep deprivation are likely.

The concept of SNS addiction was explained when individuals consider that their SNS use may become the most important activity that they engage in, which leads to a preoccupation with SNS use. The activities on these sites are inducing mood alteration. Increased amounts of time and energy are required to engage with SNS