

**FACULTY OF HEALTH SCIENCES**  
**SILIWANGI UNIVERSITY**  
**TASIKMALAYA**  
**PUBLIC HEALTH STUDY PROGRAM**  
**EPIDEMIOLOGY SPECIALIZATION**  
**2023**

**ABSTRACT**

**MUHAMAD RIZAL RAMDANI**

**THE RELATIONSHIP BETWEEN STRESS LEVELS, SMARTPHONE ADDICTION, AND SPORTS ACTIVITIES WITH INSOMNIA**

*Insomnia is known as a sleep disorder that is often experienced by most people in the world. College students are one of the vulnerable groups experiencing insomnia. The purpose of this study was to analyze the relationship between stress levels, smartphone addiction, and sports activities with the incidence of insomnia in college students. The research was carried out using quantitative research methods with a case control study approach to the 2018 student population of the public health study program, Faculty of Health Sciences, Siliwangi University. The population and samples were taken using total sampling and matching techniques, so that the samples taken were 90 respondents with details of 45 respondents in the case group and 45 respondents in the control group. Bivariate analysis was performed using the pearson chi square test. The results of the bivariate analysis showed that there was a significant relationship between stress level ( $p = 0.000$ ,  $OR = 19,38$ ), smartphone addiction ( $p = 0.000$ ,  $OR = 30,07$ ), and sports activity ( $p = 0.000$ ,  $OR = 13,125$ ) with the incidence of insomnia in college students. The benefits obtained from the results of this study are as information material, and evaluation for further research related to risk factors for insomnia in college students. Suggestions for educational institutions of the Faculty of Health Sciences, University of Siliwangi to be able to raise mental health issues such as the dangers of stress, smartphone addiction, and the importance of sports activities for health. For students to be more self-controlled and wiser in using smartphones, and to maintain a healthy lifestyle by exercising regularly and regularly. As well as for future researchers it is expected to add other independent variables so that information becomes more diverse with different methods and instruments.*

**Keywords:** *stress, smartphone, sport, student, insomnia*