

“The Association Between Passive Smartphone Screen Time Exposure and Sleep Quality in Infants Aged 9–12 Months at PMB Supiani, 2026.”

ABSTRAK

Background: The rapid development of digital technology has increased smartphone use among families, exposing infants to passive screen time. This exposure may affect infant sleep quality through light and sound stimulation that disrupts circadian rhythms. However, previous studies have reported inconsistent findings regarding this relationship. **Objective:** To determine the association between passive smartphone screen time exposure and sleep quality among infants aged 9–12 months at PMB Supiani in 2026. **Methods:** This quantitative study used a cross-sectional design. The population consisted of 30 mothers with infants aged 9–12 months at PMB Supiani. Total sampling was applied, including all eligible participants. Data were collected using questionnaires on passive smartphone screen time exposure and infant sleep quality. Univariate and bivariate analyses were performed using the Chi-square test with a 95% confidence level ($\alpha = 0.05$). **Results:** Most infants had high passive screen time exposure (13; 43.33%), and the largest proportion had excessive sleep duration (13; 43.33%). The Chi-square test showed a p-value of 0.246 ($p > 0.05$), indicating no statistically significant association between passive smartphone screen time exposure and sleep quality. **Conclusion:** Passive smartphone screen time exposure was not significantly associated with sleep quality among infants aged 9–12 months. Infant sleep quality may be influenced by other factors, including sleep schedules, breastfeeding practices, health conditions, the sleep environment, and parenting. Parents are still encouraged to limit smartphone use around infants, particularly before bedtime, to promote healthy sleep and optimal growth and development.

Keywords: *passive screen time, smartphone, sleep quality, infants aged 9-12 month*

“HUBUNGAN DAMPAK PAPARAN SCREEN TIME PASIF DARI HANDPHONE TERHADAP KUALITAS TIDUR BAYI USIA 9-12 BULAN DI PMB SUPIANI TAHUN 2026”

ABSTRAK

Latar Belakang: Perkembangan teknologi digital meningkatkan penggunaan handphone di lingkungan keluarga sehingga bayi sering terpapar screen time pasif. Paparan ini diduga memengaruhi kualitas tidur melalui stimulasi cahaya dan suara yang dapat mengganggu ritme sirkadian. Namun, hasil penelitian mengenai hubungan paparan screen time pasif dengan kualitas tidur bayi masih beragam. **Tujuan:** : Penelitian ini bertujuan menganalisis hubungan antara paparan screen time pasif dari handphone dengan kualitas tidur bayi usia 9–12 bulan di PMB Supiani tahun 2026. **Metode:** Penelitian kuantitatif dengan desain cross-sectional ini melibatkan 30 ibu yang memiliki bayi usia 9–12 bulan di PMB Supiani. Sampel ditentukan menggunakan teknik total sampling. Data dikumpulkan melalui kuesioner mengenai paparan screen time pasif dan kualitas tidur bayi, kemudian dianalisis secara univariat dan bivariat menggunakan uji Chi-Square pada tingkat kepercayaan 95% ($\alpha = 0,05$). **Hasil:** Sebagian besar bayi memiliki paparan screen time pasif sangat sering (13 bayi; 43,33%), dan kategori kualitas tidur terbanyak adalah tidur berlebihan (13 bayi; 43,33%). Hasil **uji Chi-Square** menunjukkan nilai **p = 0,246 (p > 0,05)**, yang berarti tidak terdapat hubungan yang signifikan antara paparan screen time pasif dari handphone dengan kualitas tidur bayi usia 9–12 bulan. **Kesimpulan:** Paparan screen time pasif dari handphone tidak berhubungan secara signifikan dengan kualitas tidur bayi. Kualitas tidur kemungkinan dipengaruhi faktor lain, seperti rutinitas tidur, pola menyusui, kondisi kesehatan, lingkungan tidur, dan pola pengasuhan. Orang tua tetap dianjurkan membatasi penggunaan handphone di sekitar bayi, terutama menjelang waktu tidur.

Kata kunci: screen time pasif, handphone, kualitas tidur, bayi usia 9–12 bulan

