

# LAMPIRAN

**SURAT PERMOHONAN IZIN PENELITIAN  
DAN PENGAMBILAN DATA**



Nomor : 256/03.FKP/UBK/IV/2023  
Lampiran : Satu Berkas  
Perihal : Permohonan Izin Penelitian dan Pengambilan Data

Kepada Yth,  
Sekretariat Universitas Bhakti Kencana  
di  
Tempat

Assalamualaikum Wr. Wb.

Dengan Hormat

Berkenaan dengan penyusunan laporan tugas akhir Program Studi S1 Keperawatan Fakultas Keperawatan Universitas Bhakti Kencana, maka dengan ini kami memohon izin untuk melaksanakan penelitian dan pengambilan sampel data mulai tanggal Februari s/d Mei 2023 atas nama:

Nama : Mayang Ayodya Kusumah  
NIM : 191FK03048  
Semester : VIII  
Judul Skripsi : Hubungan Fear of Missing Out (FoMO) dengan Kualitas Tidur Mahasiswa Universitas Bhakti Kencana

Demikian permohonan izin ini kami sampaikan atas perhatian dan kerjasama yang baik kami ucapkan terimakasih.

Wassalamualaikum Wr.Wb.

Bandung, 04 April 2023

Hormat Kami  
Fakultas Keperawatan  
Dekan,

  
**R. Siti Jundiah, M.Kep**  
**NIK.02007020132**



## LEMBAR ETIK PENELITIAN



### KOMISI ETIK PENELITIAN KESEHATAN UNIVERSITAS BHAKTI KENCANA

Jl. Soekarno - Hatta 754, Bandung  
Telp : 022-7830 760 / 022-7830-768  
Email : komisi.etik@bku.ac.id



KOMISI ETIK PENELITIAN KESEHATAN  
HEALTH RESEARCH ETHICS COMMITTEE  
UNIVERSITAS BHAKTI KENCANA  
BHAKTI KENCANA UNIVERSITY

KETERANGAN LAYAK ETIK  
DESCRIPTION OF ETHICAL APPROVAL  
"ETHICAL APPROVAL"  
022/09.KEPK/UBK/III/2023

Protokol penelitian yang diusulkan oleh :  
*The research protocol proposed by :*

Peneliti Utama : Mayang Ayodya Kusumah  
*Principal in investigator*

Nama institusi : Universitas Bhakti Kencana  
*Name of institution*

Dengan judul :  
*Title*

**Hubungan Fear of Missing Out (FoMO) dengan Kualitas Tidur Mahasiswa Di Universitas Bhakti Kencana**

*The Relationship between Fear of Missing Out (FoMO) and Student Sleep Quality at Bhakti Kencana University*

Dinyatakan layak etik sesuai (tujuh) standar WHO 2011, yaitu 1) Nilai Sosial, 2) Nilai Ilmiah, 3) Pemerataan Beban dan Manfaat, dan 4) Risiko, 5) Bujukan atau eksploitasi, 6) Kerahasiaan atau Privacy, 7) Persetujuan Setelah Penjelasan, yang merujuk pada Pedoman CIOMS 2016. Hal ini seperti yang ditunjukkan oleh terpenuhinya indikator setiap standar.

*Declared to be ethically appropriate in accordance to 7 (seven) WHO 2011 standards, 1) Social Value, 2) Scientific Value, 3) Equitable Assessment and Benefits, 4) Risks, 5) Persuasion/Exploitation, 6) Confidentiality and Privacy, and Informed Consent, referring to the 2016 CIOMS guidelines. This is as indicated by the fulfillment of the indicators of each standards.*

Pernyataan Etik ini berlaku selama kurun waktu 31 Maret 2023 sampai dengan tanggal 31 Maret 2024.

*This declaration of ethics applies during the period 31 th March 2023 until 31 th March 2024.*

31 Maret 2023  
Professor and Chairperson

R. Nety Rustikayanti, S.Kp., M.Kep  
NIK. 02019010336

**LEMBAR INFORMED CONSENT**

Kepada Yth.

Calon Responden Penelitian

Di Tempat

Dengan hormat,

Saya yang bertanda tangan atas nama Mayang Ayodya Kusumah, NIM 191FK03048 merupakan Mahasiswa Program Studi S1 Keperawatan, Fakultas Keperawatan, Universitas Bhakti Kencana. Saat ini sedang melakukan penelitian untuk tugas akhir skripsi di Universitas Bhakti Kencana. Saya mohon kesediaan Mahasiswa/i untuk menjadi responden untuk penelitian saya. Penelitian ini bertujuan untuk mengetahui hubungan antara *fear of missing out* (FoMO) dengan kualitas tidur pada mahasiswa Universitas Bhakti Kencana.

Penelitian ini bermanfaat untuk menjadi masukan dalam bidang ilmu keperawatan jiwa. Saya menjamin sepenuhnya bahwa penelitian ini tidak akan berdampak negatif terhadap responden mahasiswa. Penelitian ini juga menjamin kerahasiaan identitas dan informasi yang responden berikan hanya digunakan untuk kepentingan penelitian. Mahasiswa/i responden dimohon untuk mengisi kuesioner yang mahasiswa berikan terkait dengan *fear of missing out* (FoMO) dengan kualitas tidur reponden. Demikian penjelasan tentang penelitian ini. Atas kesediaan dan partisipasi Mahasiswa/i, Saya ucapkan banyak terima kasih.

Bandung, Maret 2023

**Mayang Ayodya Kusumah**  
**191FK03048**

## Lampiran 4

### LEMBAR PERSETUJUAN RESPONDEN

Setelah mendapat informasi dan penjelasan, saya memahami maksud dan manfaat penelitian yang berjudul “Hubungan *Fear of Missing Out* (FoMO) dengan Kualitas Tidur”.

Saya dengan ini secara sukarela dan tanpa paksaan menyetujui dan bersedia untuk berpartisipasi menjadi responden dalam penelitian ini. Demikian pernyataan persetujuan ini saya buat dengan sebenarnya dan untuk dipergunakan sebagaimana mestinya.

Bandung, Maret 2023

Peneliti

Responden

(Mayang Ayodya K)

( )

**KUESIONER *FEAR OF MISSING OUT* (FOMO)**

***Fear of Missing Out Scale : FoMOS***

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**Przybylski, Murayama, DeHann, & Gladwell (2013)**

***Participants Instructions***

Below is a collection of statements about your everyday experience. Using the scale provided please indicate how true each statement is of your general experiences. Please answer according to what really reflects your experiences rather than what you think your experiences should be. Please treat each item separately from every other item

***Response Anchors***

|                       |  |   |
|-----------------------|--|---|
| Not at all true of me |  | 1 |
| Slightly true of me   |  | 2 |
| Moderately true of me |  | 3 |
| Very true of me       |  | 4 |
| Extremely true of me  |  | 5 |

***Items***

1. I fear others have more rewarding experiences than me.
2. I fear my friends have more rewarding experiences than me.
3. I get worried when I find out my friends are having fun without me.

4. I get anxious when I don't know what my friends are up to.
5. It is important that I understand my friends "in jokes."
6. Sometimes, I wonder if I spend too much time keeping up with what is going on.
7. It bothers me when I miss an opportunity to meet up with friends.
8. When I have a good time it is important for me to share the details online (e.g. updating status).
9. When I miss out on a planned get-together it bothers me.
10. When I go on vacation, I continue to keep tabs on what my friends are doing.

### ***Calculating Individual Scores***

Individual scores can be computed by averaging responses to all ten items and forms a reliable composite measure ( $\alpha = .87$  to  $.90$ )

**Kisi – kisi Kuesioner *Fear of Missing Out* (FoMO)**

| No    | Variabel                   | Aspek                                                           | Jumlah Soal | No Soal     |
|-------|----------------------------|-----------------------------------------------------------------|-------------|-------------|
| 1     | Fear of Missing Out (FOMO) | Tidak terpenuhinya kebutuhan psikologis akan <i>relatedness</i> | 7           | 1,2,3,4,5,7 |
|       |                            | Tidak terpenuhinya kebutuhan psikologis akan <i>self</i>        | 3           | 6,8,10      |
| Total |                            |                                                                 | 10          |             |



### Lembar Pengisian Kuesioner *Fear of Missing Out (FoMO)*

Alternatif Jawaban :

1 = Sangat tidak sesuai

2 = Tidak sesuai

3 = Cukup sesuai

4 = Sesuai

5 = Sangat sesuai

| No | Pernyataan                                                                                                                                    | 1 | 2 | 3 | 4 | 5 |
|----|-----------------------------------------------------------------------------------------------------------------------------------------------|---|---|---|---|---|
| 1  | Saya takut orang lain memiliki lebih banyak pengalaman yang berharga daripada saya                                                            |   |   |   |   |   |
| 2  | Saya takut teman-teman saya memiliki lebih banyak pengalaman yang berharga daripada saya                                                      |   |   |   |   |   |
| 3  | Saya khawatir ketika saya menemukan teman-teman saya sedang bersenang-senang tanpa saya                                                       |   |   |   |   |   |
| 4  | Saya merasa cemas ketika saya tidak tahu apa yang sedang dilakukan teman-teman saya                                                           |   |   |   |   |   |
| 5  | Penting bagi saya untuk memahami teman-teman saya “yang sedang bercanda”                                                                      |   |   |   |   |   |
| 7  | Saya merasa terganggu (marah/kesal) ketika saya melewatkan kesempatan untuk bertemu dengan teman-teman saya                                   |   |   |   |   |   |
| 9  | Saya merasa terganggu (marah/kesal) ketika saya melewatkan sebuah rencana kumpul-kumpul dengan teman-teman yang telah direncanakan sebelumnya |   |   |   |   |   |

| No | Pernyataan                                                                                                                                | 1 | 2 | 3 | 4 | 5 |
|----|-------------------------------------------------------------------------------------------------------------------------------------------|---|---|---|---|---|
| 6  | Terkadang, saya bertanya-tanya apakah saya menghabiskan waktu terlalu banyak untuk mengikuti apa yang sedang terjadi                      |   |   |   |   |   |
| 8  | Ketika saya memiliki waktu yang baik, penting bagi saya untuk membagikan rinciannya secara <i>online</i> (misalnya <i>update status</i> ) |   |   |   |   |   |
| 10 | Ketika saya pergi berlibur, saya terus mengawasi apa yang dilakukan teman-teman saya                                                      |   |   |   |   |   |

# KUISIONER KUALITAS TIDUR

## The Pittsburgh Sleep Quality Index (PSQI)

Instructions: The following questions relate to your usual sleep habits during the past month only. Your answers should indicate the most accurate reply for the majority of days and nights in the past month. Please answer all questions. During the past month,

1. When have you usually gone to bed? \_\_\_\_
2. How long (in minutes) has it taken you to fall asleep each night? \_\_\_\_
3. When have you usually gotten up in the morning? \_\_\_\_
4. How many hours of actual sleep do you get at night? (This may be different than the number of hours you spend in bed) \_\_\_\_

| 5. During the past month, how often have you had trouble sleeping because you... | Not during the past month (0) | Less than once a week (1) | Once or twice a week (2) | Three or more times a week (3) |
|----------------------------------------------------------------------------------|-------------------------------|---------------------------|--------------------------|--------------------------------|
| a. Cannot get to sleep within 30 minutes                                         |                               |                           |                          |                                |
| b. Wake up in the middle of the night or early morning                           |                               |                           |                          |                                |
| c. Have to get up to use the bathroom                                            |                               |                           |                          |                                |
| d. Cannot breathe comfortably                                                    |                               |                           |                          |                                |
| e. Cough or snore loudly                                                         |                               |                           |                          |                                |
| f. Feel too cold                                                                 |                               |                           |                          |                                |
| g. Feel too hot                                                                  |                               |                           |                          |                                |
| h. Have bad dreams                                                               |                               |                           |                          |                                |

|                                                                                                                                     |                               |                           |                          |                              |
|-------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|---------------------------|--------------------------|------------------------------|
| 5. During the past month, how often have you had trouble sleeping because you...                                                    | Not during the past month (0) | Less than once a week (1) | Once or twice a week (2) | Three or more times week (3) |
| i. Have pain                                                                                                                        |                               |                           |                          |                              |
| j. Other reason(s), please describe, including how often you have had trouble sleeping because of this reason(s):                   |                               |                           |                          |                              |
| 6. During the past month, how often have you taken medicine (prescribed or “over the counter”) to help you sleep?                   |                               |                           |                          |                              |
| 7. During the past month, how often have you had trouble staying awake while driving, eating meals, or engaging in social activity? |                               |                           |                          |                              |
| 8. During the past month, how much of a problem has it been for you to keep up enthusiasm to get things done?                       |                               |                           |                          |                              |
|                                                                                                                                     | Very good (0)                 | Fairly good (1)           | Fairly bad (2)           | Very bad (3)                 |
| 9. During the past month, how would you rate your sleep quality overall?                                                            |                               |                           |                          |                              |

### Kisi – kisi Kuesioner *Kualitas Tidur (PSQI)*

| No           | Indikator                  | Jumlah    | No Pertanyaan |
|--------------|----------------------------|-----------|---------------|
| 1            | Efisiensi Tidur            | 2         | 1 dan 3       |
| 2            | Latensi Tidur              | 2         | 2 dan 5a      |
| 3            | Durasi Tidur               | 1         | 4             |
| 4            | Kualitas Tidur Subjektif   | 1         | 9             |
| 5            | Penggunaan Obat Tidur      | 1         | 6             |
| 6            | Gangguan Tidur             | 9         | 5b-5j         |
| 7            | <i>Daytime Disfungsion</i> | 2         | 7 dan 8       |
| <b>Total</b> |                            | <b>18</b> |               |

### Lembar Pengisian Kuesioner *Kualitas Tidur (PSQI)*

1. Pada jam berapa anda biasanya mulai tidur malam?

.....

2. Berapa lama anda biasanya baru bisa tertidur tiap malam?

.....

3. Pada jam berapa anda biasanya bangun pagi?

.....

4. Berapa lama anda tidur di malam hari?

.....

| 5. | Seberapa sering masalah-masalah dibawah ini mengganggu tidur Anda ? | Tidak Pernah (0) | 1x Seminggu (1) | 2x Seminggu (2) | ≥ 3x Seminggu (3) |
|----|---------------------------------------------------------------------|------------------|-----------------|-----------------|-------------------|
| a. | Tidak mampu tertidur selama 30 menit sejak berbaring                |                  |                 |                 |                   |
| b. | Terbangun di tengah malam atau terlalu dini                         |                  |                 |                 |                   |
| c. | Terbangun untuk ke kamar mandi                                      |                  |                 |                 |                   |
| d. | Tidak mampu bernafas dengan Leluasa                                 |                  |                 |                 |                   |
| e. | Batuk atau mengorok                                                 |                  |                 |                 |                   |
| f. | Kedinginan di malam hari                                            |                  |                 |                 |                   |
| g. | Kepanasan di malam hari                                             |                  |                 |                 |                   |
| h. | Mimpi buruk                                                         |                  |                 |                 |                   |
| i. | Merasa nyeri                                                        |                  |                 |                 |                   |

|   |                                                                           | <b>Tidak<br/>Pernah<br/>(0)</b>   | <b>1x<br/>Seminggu<br/>(1)</b> | <b>2x<br/>Seminggu<br/>(2)</b> | <b>≥ 3x<br/>Seminggu<br/>(3)</b> |
|---|---------------------------------------------------------------------------|-----------------------------------|--------------------------------|--------------------------------|----------------------------------|
| J | Alasan lain , jelaskan :<br>.....<br>.....<br>.....                       |                                   |                                |                                |                                  |
| 6 | Seberapa sering anda menggunakan obat tidur                               |                                   |                                |                                |                                  |
| 7 | Seberapa sering anda mengantuk ketika melakukan aktivitas di siang hari   |                                   |                                |                                |                                  |
|   |                                                                           | <b>Tidak<br/>antusias<br/>(0)</b> | <b>Kecil(1)</b>                | <b>Sedang(2)</b>               | <b>Besar(3)</b>                  |
| 8 | Seberapa besar antusias anda ingin menyelesaikan masalah yang anda hadapi |                                   |                                |                                |                                  |
|   |                                                                           | <b>Sangat<br/>Baik<br/>(0)</b>    | <b>Baik(1)</b>                 | <b>Kurang(2)</b>               | <b>Sangat<br/>Kurang<br/>(3)</b> |
| 9 | Bagaimana kualitas tidur anda selama sebulan yang lalu                    |                                   |                                |                                |                                  |

## Lampiran 7

### HASIL ANALISA DATA

#### 1. Karakteristik Mahasiswa Universitas Bhakti Kencana

##### a. Program Studi

|       |                         | Fakultas  |         |               |                    |
|-------|-------------------------|-----------|---------|---------------|--------------------|
|       |                         | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid | Fakultas Farmasi        | 138       | 42,3    | 42,3          | 42,3               |
|       | Fakultas Keperawatan    | 105       | 32,2    | 32,2          | 74,5               |
|       | Fakultas Ilmu Kesehatan | 76        | 23,3    | 23,3          | 97,9               |
|       | Fakultas Ilmu Sosial    | 7         | 2,1     | 2,1           | 100,0              |
|       | Total                   | 326       | 100,0   | 100,0         |                    |

##### b. Tingkat

|       |           | Tingkat   |         |               |                    |
|-------|-----------|-----------|---------|---------------|--------------------|
|       |           | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid | Tingkat 1 | 96        | 29,4    | 29,4          | 29,4               |
|       | Tingkat 2 | 92        | 28,2    | 28,2          | 57,7               |
|       | Tingkat 3 | 86        | 26,4    | 26,4          | 84,0               |
|       | Tingkat 4 | 52        | 16,0    | 16,0          | 100,0              |
|       | Total     | 326       | 100,0   | 100,0         |                    |

##### c. Jenis Kelamin

|       |           | Jenis Kelamin |         |               |                    |
|-------|-----------|---------------|---------|---------------|--------------------|
|       |           | Frequency     | Percent | Valid Percent | Cumulative Percent |
| Valid | Laki laki | 62            | 19,0    | 19,0          | 19,0               |
|       | Perempuan | 264           | 81,0    | 81,0          | 100,0              |
|       | Total     | 326           | 100,0   | 100,0         |                    |

d. Usia

| Usia  |       |           |         |               |                    |
|-------|-------|-----------|---------|---------------|--------------------|
|       |       | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid | 18    | 31        | 9,5     | 9,5           | 9,5                |
|       | 19    | 75        | 23,0    | 23,0          | 32,5               |
|       | 20    | 86        | 26,4    | 26,4          | 58,9               |
|       | 21    | 91        | 27,9    | 27,9          | 86,8               |
|       | 22    | 39        | 12,0    | 12,0          | 98,8               |
|       | 23    | 4         | 1,2     | 1,2           | 100,0              |
|       | Total | 326       | 100,0   | 100,0         |                    |

2. Fear of Missing Out (FoMO)

a. Kategori FoMO

| Kategori FoMO |            |           |         |               |                    |
|---------------|------------|-----------|---------|---------------|--------------------|
|               |            | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid         | Tidak FoMO | 179       | 54,9    | 54,9          | 54,9               |
|               | FoMO       | 147       | 45,1    | 45,1          | 100,0              |
|               | Total      | 326       | 100,0   | 100,0         |                    |

b. FoMO berdasarkan Aspek

| Descriptive Statistics     |     |             |             |      |       |                   |
|----------------------------|-----|-------------|-------------|------|-------|-------------------|
|                            | N   | Minimu<br>m | Maximu<br>m | Sum  | Mean  | Std.<br>Deviation |
| Aspek FoMO :<br>Relatednes | 326 | 7           | 35          | 7256 | 22,26 | 5,643             |
| Aspek FoMO : Self          | 326 | 3           | 15          | 2768 | 8,49  | 2,850             |
| Valid N (listwise)         | 326 |             |             |      |       |                   |



c. Tabulasi Silang (*Crosstab*) Fakultas dengan FoMO

**Fakultas \* Kategori FoMO Crosstabulation**

|          |                         |                        | Kategori FoMO |        |        |
|----------|-------------------------|------------------------|---------------|--------|--------|
|          |                         |                        | Tidak FoMO    | FoMO   | Total  |
| Fakultas | Fakultas Farmasi        | Count                  | 69            | 69     | 138    |
|          |                         | % within Fakultas      | 50,0%         | 50,0%  | 100,0% |
|          |                         | % within Kategori FoMO | 38,5%         | 46,9%  | 42,3%  |
|          |                         | % of Total             | 21,2%         | 21,2%  | 42,3%  |
|          |                         | Residual               | -6,8          | 6,8    |        |
|          | Fakultas Keperawatan    | Count                  | 55            | 50     | 105    |
|          |                         | % within Fakultas      | 52,4%         | 47,6%  | 100,0% |
|          |                         | % within Kategori FoMO | 30,7%         | 34,0%  | 32,2%  |
|          |                         | % of Total             | 16,9%         | 15,3%  | 32,2%  |
|          |                         | Residual               | -2,7          | 2,7    |        |
|          | Fakultas Ilmu Kesehatan | Count                  | 50            | 26     | 76     |
|          |                         | % within Fakultas      | 65,8%         | 34,2%  | 100,0% |
|          |                         | % within Kategori FoMO | 27,9%         | 17,7%  | 23,3%  |
|          |                         | % of Total             | 15,3%         | 8,0%   | 23,3%  |
|          |                         | Residual               | 8,3           | -8,3   |        |
|          | Fakultas Ilmu Sosial    | Count                  | 5             | 2      | 7      |
|          |                         | % within Fakultas      | 71,4%         | 28,6%  | 100,0% |
|          |                         | % within Kategori FoMO | 2,8%          | 1,4%   | 2,1%   |
|          |                         | % of Total             | 1,5%          | 0,6%   | 2,1%   |
|          |                         | Residual               | 1,2           | -1,2   |        |
| Total    | Count                   | 179                    | 147           | 326    |        |
|          | % within Fakultas       | 54,9%                  | 45,1%         | 100,0% |        |
|          | % within Kategori FoMO  | 100,0%                 | 100,0%        | 100,0% |        |
|          | % of Total              | 54,9%                  | 45,1%         | 100,0% |        |

d. Tabulasi Silang (*Crosstab*) Jenis Kelamin dengan FoMO

**Jenis Kelamin \* Kategori FoMO Crosstabulation**

|               |                        |                        | Kategori FoMO |        |        |
|---------------|------------------------|------------------------|---------------|--------|--------|
|               |                        |                        | Tidak FoMO    | FoMO   | Total  |
| Jenis Kelamin | Laki laki              | Count                  | 38            | 24     | 62     |
|               |                        | % within Jenis Kelamin | 61,3%         | 38,7%  | 100,0% |
|               |                        | % within Kategori FoMO | 21,2%         | 16,3%  | 19,0%  |
|               |                        | % of Total             | 11,7%         | 7,4%   | 19,0%  |
|               | Perempuan              | Count                  | 141           | 123    | 264    |
|               |                        | % within Jenis Kelamin | 53,4%         | 46,6%  | 100,0% |
|               |                        | % within Kategori FoMO | 78,8%         | 83,7%  | 81,0%  |
|               |                        | % of Total             | 43,3%         | 37,7%  | 81,0%  |
| Total         | Count                  | 179                    | 147           | 326    |        |
|               | % within Jenis Kelamin | 54,9%                  | 45,1%         | 100,0% |        |
|               | % within Kategori FoMO | 100,0%                 | 100,0%        | 100,0% |        |
|               | % of Total             | 54,9%                  | 45,1%         | 100,0% |        |

b. Tabulasi Silang (*Crosstab*) Usia dengan FoMO

**Usia \* Kategori FoMO Crosstabulation**

|       |                        |                        | Kategori FoMO |        |        |
|-------|------------------------|------------------------|---------------|--------|--------|
|       |                        |                        | Tidak FoMO    | FoMO   | Total  |
| Usia  | Remaja Akhir           | Count                  | 156           | 127    | 283    |
|       |                        | % within Usia          | 55,1%         | 44,9%  | 100,0% |
|       |                        | % within Kategori FoMO | 87,2%         | 86,4%  | 86,8%  |
|       |                        | % of Total             | 47,9%         | 39,0%  | 86,8%  |
|       | Dewasa Awal            | Count                  | 23            | 20     | 43     |
|       |                        | % within Usia          | 53,5%         | 46,5%  | 100,0% |
|       |                        | % within Kategori FoMO | 12,8%         | 13,6%  | 13,2%  |
|       |                        | % of Total             | 7,1%          | 6,1%   | 13,2%  |
| Total | Count                  | 179                    | 147           | 326    |        |
|       | % within Usia          | 54,9%                  | 45,1%         | 100,0% |        |
|       | % within Kategori FoMO | 100,0%                 | 100,0%        | 100,0% |        |
|       | % of Total             | 54,9%                  | 45,1%         | 100,0% |        |

### 3. Kualitas Tidur

#### a. Kategori Kualitas Tidur

| Kategori Kualitas Tidur |       |           |         |               |                    |
|-------------------------|-------|-----------|---------|---------------|--------------------|
|                         |       | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid                   | Baik  | 110       | 33,7    | 33,7          | 33,7               |
|                         | Buruk | 216       | 66,3    | 66,3          | 100,0              |
|                         | Total | 326       | 100,0   | 100,0         |                    |

#### b. Kualitas Tidur berdasarkan Indikator

| Descriptive Statistics   |     |             |             |     |      |                   |
|--------------------------|-----|-------------|-------------|-----|------|-------------------|
|                          | N   | Minimu<br>m | Maximu<br>m | Sum | Mean | Std.<br>Deviation |
| Efisiensi Tidur          | 326 | 0           | 3           | 456 | 1,40 | ,874              |
| Gangguan Tidur           | 326 | 0           | 3           | 476 | 1,46 | ,959              |
| Durasi Tidur             | 326 | 0           | 3           | 429 | 1,32 | ,871              |
| Kualitas Tidur Subjektif | 326 | 0           | 3           | 332 | 1,02 | 1,150             |
| Penggunaan Obat Tidur    | 326 | 0           | 3           | 405 | 1,24 | ,576              |
| Latensi Tidur            | 326 | 0           | 3           | 46  | ,14  | ,536              |
| Daytime Disfuncton       | 326 | 0           | 3           | 437 | 1,34 | ,606              |
| Valid N (listwise)       | 326 |             |             |     |      |                   |

c. Tabulasi Silang (*Crosstab*) Fakultas dengan Kualitas Tidur

**Fakultas \* Kategori Kualitas Tidur Crosstabulation**

|          |                                  |                                  | Kategori Kualitas Tidur |        |        |
|----------|----------------------------------|----------------------------------|-------------------------|--------|--------|
|          |                                  |                                  | Baik                    | Buruk  | Total  |
| Fakultas | Fakultas Farmasi                 | Count                            | 41                      | 97     | 138    |
|          |                                  | % within Fakultas                | 29,7%                   | 70,3%  | 100,0% |
|          |                                  | % within Kategori Kualitas Tidur | 37,3%                   | 44,9%  | 42,3%  |
|          |                                  | % of Total                       | 12,6%                   | 29,8%  | 42,3%  |
|          |                                  | Residual                         | -5,6                    | 5,6    |        |
|          | Fakultas Keperawatan             | Count                            | 36                      | 69     | 105    |
|          |                                  | % within Fakultas                | 34,3%                   | 65,7%  | 100,0% |
|          |                                  | % within Kategori Kualitas Tidur | 32,7%                   | 31,9%  | 32,2%  |
|          |                                  | % of Total                       | 11,0%                   | 21,2%  | 32,2%  |
|          |                                  | Residual                         | ,6                      | -,6    |        |
|          | Fakultas Ilmu Kesehatan          | Count                            | 32                      | 44     | 76     |
|          |                                  | % within Fakultas                | 42,1%                   | 57,9%  | 100,0% |
|          |                                  | % within Kategori Kualitas Tidur | 29,1%                   | 20,4%  | 23,3%  |
|          |                                  | % of Total                       | 9,8%                    | 13,5%  | 23,3%  |
|          |                                  | Residual                         | 6,4                     | -6,4   |        |
|          | Fakultas Ilmu Sosial             | Count                            | 1                       | 6      | 7      |
|          |                                  | % within Fakultas                | 14,3%                   | 85,7%  | 100,0% |
|          |                                  | % within Kategori Kualitas Tidur | 0,9%                    | 2,8%   | 2,1%   |
|          |                                  | % of Total                       | 0,3%                    | 1,8%   | 2,1%   |
|          |                                  | Residual                         | -1,4                    | 1,4    |        |
| Total    | Count                            | 110                              | 216                     | 326    |        |
|          | % within Fakultas                | 33,7%                            | 66,3%                   | 100,0% |        |
|          | % within Kategori Kualitas Tidur | 100,0%                           | 100,0%                  | 100,0% |        |
|          | % of Total                       | 33,7%                            | 66,3%                   | 100,0% |        |

d. Tabulasi Silang (*Crosstab*) Jenis Kelamin dengan Kualitas Tidur

**Jenis Kelamin \* Kategori Kualitas Tidur Crosstabulation**

|               |                                  |                                  | Kategori Kualitas Tidur |        |        |
|---------------|----------------------------------|----------------------------------|-------------------------|--------|--------|
|               |                                  |                                  | Baik                    | Buruk  | Total  |
| Jenis Kelamin | Laki laki                        | Count                            | 19                      | 43     | 62     |
|               |                                  | % within Jenis Kelamin           | 30,6%                   | 69,4%  | 100,0% |
|               |                                  | % within Kategori Kualitas Tidur | 17,3%                   | 19,9%  | 19,0%  |
|               |                                  | % of Total                       | 5,8%                    | 13,2%  | 19,0%  |
|               | Perempuan                        | Count                            | 91                      | 173    | 264    |
|               |                                  | % within Jenis Kelamin           | 34,5%                   | 65,5%  | 100,0% |
|               |                                  | % within Kategori Kualitas Tidur | 82,7%                   | 80,1%  | 81,0%  |
|               |                                  | % of Total                       | 27,9%                   | 53,1%  | 81,0%  |
| Total         | Count                            | 110                              | 216                     | 326    |        |
|               | % within Jenis Kelamin           | 33,7%                            | 66,3%                   | 100,0% |        |
|               | % within Kategori Kualitas Tidur | 100,0%                           | 100,0%                  | 100,0% |        |
|               | % of Total                       | 33,7%                            | 66,3%                   | 100,0% |        |

e. Tabulasi Silang (*Crosstab*) Usia dengan Kualitas Tidur

**Usia \* Kategori Kualitas Tidur Crosstabulation**

|       |                                  |                                  | Kategori Kualitas Tidur |        | Total  |
|-------|----------------------------------|----------------------------------|-------------------------|--------|--------|
|       |                                  |                                  | Baik                    | Buruk  |        |
| Usia  | Remaja Akhir                     | Count                            | 99                      | 184    | 283    |
|       |                                  | % within Usia                    | 35,0%                   | 65,0%  | 100,0% |
|       |                                  | % within Kategori Kualitas Tidur | 90,0%                   | 85,2%  | 86,8%  |
|       |                                  | % of Total                       | 30,4%                   | 56,4%  | 86,8%  |
|       | Dewasa Awal                      | Count                            | 11                      | 32     | 43     |
|       |                                  | % within Usia                    | 25,6%                   | 74,4%  | 100,0% |
|       |                                  | % within Kategori Kualitas Tidur | 10,0%                   | 14,8%  | 13,2%  |
|       |                                  | % of Total                       | 3,4%                    | 9,8%   | 13,2%  |
| Total | Count                            |                                  | 110                     | 216    | 326    |
|       | % within Usia                    |                                  | 33,7%                   | 66,3%  | 100,0% |
|       | % within Kategori Kualitas Tidur |                                  | 100,0%                  | 100,0% | 100,0% |
|       | % of Total                       |                                  | 33,7%                   | 66,3%  | 100,0% |

#### 4. Hubungan FoMO dengan Kualitas Tidur

##### a. Tabulasi Silang (*Crosstab*) FoMO dengan Kualitas Tidur

**Kategori FoMO \* Kategori Kualitas Tidur Crosstabulation**

|               |                                  |                                  | Kategori Kualitas Tidur |        |        |
|---------------|----------------------------------|----------------------------------|-------------------------|--------|--------|
|               |                                  |                                  | Baik                    | Buruk  | Total  |
| Kategori FoMO | Tidak FoMO                       | Count                            | 95                      | 84     | 179    |
|               |                                  | % within Kategori FoMO           | 53,1%                   | 46,9%  | 100,0% |
|               |                                  | % within Kategori Kualitas Tidur | 86,4%                   | 38,9%  | 54,9%  |
|               |                                  | % of Total                       | 29,1%                   | 25,8%  | 54,9%  |
|               | FoMO                             | Count                            | 15                      | 132    | 147    |
|               |                                  | % within Kategori FoMO           | 10,2%                   | 89,8%  | 100,0% |
|               |                                  | % within Kategori Kualitas Tidur | 13,6%                   | 61,1%  | 45,1%  |
|               |                                  | % of Total                       | 4,6%                    | 40,5%  | 45,1%  |
| Total         | Count                            |                                  | 110                     | 216    | 326    |
|               | % within Kategori FoMO           |                                  | 33,7%                   | 66,3%  | 100,0% |
|               | % within Kategori Kualitas Tidur |                                  | 100,0%                  | 100,0% | 100,0% |
|               | % of Total                       |                                  | 33,7%                   | 66,3%  | 100,0% |

##### b. Uji Korelasi *Rank Spearman* FoMO dengan Kualitas Tidur

**Correlations**

|                |                         |                         | Kategori FoMO | Kategori Kualitas Tidur |
|----------------|-------------------------|-------------------------|---------------|-------------------------|
| Spearman's rho | Kategori FoMO           | Correlation Coefficient | 1,000         | ,451**                  |
|                |                         | Sig. (2-tailed)         | .             | ,000                    |
|                |                         | N                       | 326           | 326                     |
|                | Kategori Kualitas Tidur | Correlation Coefficient | ,451**        | 1,000                   |
|                |                         | Sig. (2-tailed)         | ,000          | .                       |
|                |                         | N                       | 326           | 326                     |

\*\* . Correlation is significant at the 0.01 level (2-tailed).

### Hasil Tabulasi Kuisioner

| Tabulasi Kuisioner Fear of Missing Out (FoMO) |    |    |    |    |    |    |    |    |    |     |        |            |
|-----------------------------------------------|----|----|----|----|----|----|----|----|----|-----|--------|------------|
| No                                            | X1 | X2 | X3 | X4 | X5 | X7 | X9 | X6 | X8 | X10 | Jumlah | Hasil      |
| R1                                            | 3  | 2  | 2  | 2  | 3  | 3  | 3  | 3  | 2  | 2   | 25     | Tidak FoMO |
| R2                                            | 4  | 4  | 3  | 3  | 2  | 3  | 4  | 3  | 4  | 2   | 32     | FoMO       |
| R3                                            | 3  | 2  | 2  | 2  | 4  | 2  | 1  | 2  | 3  | 2   | 23     | Tidak FoMO |
| R4                                            | 3  | 3  | 3  | 4  | 5  | 4  | 4  | 5  | 4  | 2   | 37     | FoMO       |
| R5                                            | 3  | 2  | 2  | 2  | 3  | 2  | 3  | 2  | 2  | 2   | 23     | Tidak FoMO |
| R6                                            | 3  | 4  | 2  | 3  | 4  | 2  | 3  | 4  | 4  | 1   | 30     | Tidak FoMO |
| R7                                            | 1  | 2  | 4  | 3  | 5  | 3  | 4  | 2  | 1  | 1   | 26     | Tidak FoMO |
| R8                                            | 4  | 4  | 4  | 4  | 4  | 3  | 4  | 3  | 3  | 3   | 36     | FoMO       |
| R9                                            | 2  | 2  | 2  | 2  | 4  | 2  | 4  | 2  | 2  | 2   | 24     | Tidak FoMO |
| R10                                           | 5  | 4  | 5  | 3  | 4  | 3  | 3  | 3  | 3  | 2   | 35     | FoMO       |
| R11                                           | 2  | 2  | 1  | 2  | 2  | 2  | 2  | 2  | 3  | 1   | 19     | Tidak FoMO |
| R12                                           | 2  | 2  | 2  | 2  | 2  | 3  | 3  | 3  | 3  | 2   | 24     | Tidak FoMO |
| R13                                           | 5  | 5  | 3  | 3  | 3  | 3  | 4  | 5  | 4  | 1   | 36     | FoMO       |
| R14                                           | 2  | 2  | 2  | 2  | 2  | 3  | 3  | 2  | 3  | 1   | 22     | Tidak FoMO |
| R15                                           | 2  | 4  | 3  | 2  | 5  | 2  | 3  | 2  | 3  | 1   | 27     | Tidak FoMO |
| R16                                           | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1   | 10     | Tidak FoMO |
| R17                                           | 3  | 2  | 1  | 1  | 4  | 3  | 3  | 5  | 4  | 1   | 27     | Tidak FoMO |
| R18                                           | 4  | 4  | 4  | 2  | 4  | 2  | 3  | 4  | 2  | 1   | 30     | Tidak FoMO |
| R19                                           | 4  | 4  | 1  | 1  | 5  | 1  | 1  | 5  | 4  | 4   | 30     | Tidak FoMO |
| R20                                           | 3  | 3  | 3  | 2  | 2  | 3  | 3  | 2  | 2  | 1   | 24     | Tidak FoMO |
| R21                                           | 1  | 1  | 3  | 3  | 4  | 3  | 3  | 3  | 2  | 1   | 24     | Tidak FoMO |
| R22                                           | 2  | 2  | 2  | 3  | 3  | 2  | 3  | 3  | 2  | 2   | 24     | Tidak FoMO |
| R23                                           | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3   | 30     | Tidak FoMO |
| R24                                           | 3  | 3  | 2  | 2  | 3  | 4  | 4  | 3  | 2  | 2   | 28     | Tidak FoMO |
| R25                                           | 2  | 3  | 1  | 1  | 2  | 2  | 2  | 2  | 2  | 2   | 19     | Tidak FoMO |
| R26                                           | 4  | 4  | 3  | 3  | 4  | 3  | 3  | 2  | 4  | 3   | 33     | FoMO       |
| R27                                           | 4  | 4  | 4  | 4  | 3  | 4  | 4  | 4  | 4  | 4   | 39     | FoMO       |
| R28                                           | 3  | 4  | 4  | 4  | 5  | 4  | 4  | 5  | 2  | 2   | 37     | FoMO       |
| R29                                           | 1  | 1  | 3  | 2  | 5  | 4  | 4  | 1  | 1  | 1   | 23     | Tidak FoMO |
| R30                                           | 3  | 4  | 3  | 1  | 3  | 2  | 1  | 4  | 2  | 1   | 24     | Tidak FoMO |
| R31                                           | 3  | 3  | 4  | 3  | 4  | 2  | 3  | 3  | 5  | 3   | 33     | FoMO       |
| R32                                           | 3  | 3  | 3  | 3  | 2  | 2  | 3  | 2  | 2  | 1   | 24     | Tidak FoMO |
| R33                                           | 2  | 2  | 2  | 2  | 4  | 2  | 2  | 2  | 2  | 2   | 22     | Tidak FoMO |
| R34                                           | 3  | 3  | 3  | 3  | 3  | 4  | 4  | 3  | 3  | 3   | 32     | FoMO       |
| R35                                           | 5  | 5  | 5  | 5  | 4  | 2  | 3  | 2  | 4  | 2   | 37     | FoMO       |
| R36                                           | 4  | 4  | 4  | 3  | 4  | 3  | 3  | 5  | 3  | 3   | 36     | FoMO       |
| R37                                           | 4  | 4  | 4  | 4  | 5  | 2  | 2  | 3  | 2  | 2   | 32     | FoMO       |
| R38                                           | 1  | 1  | 1  | 1  | 4  | 4  | 4  | 3  | 3  | 1   | 23     | Tidak FoMO |
| R39                                           | 2  | 2  | 2  | 2  | 2  | 3  | 4  | 3  | 2  | 1   | 23     | Tidak FoMO |
| R40                                           | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1   | 10     | Tidak FoMO |
| R41                                           | 4  | 5  | 4  | 3  | 5  | 5  | 5  | 2  | 3  | 2   | 38     | FoMO       |
| R42                                           | 1  | 1  | 1  | 1  | 1  | 5  | 5  | 1  | 1  | 1   | 18     | Tidak FoMO |
| R43                                           | 1  | 1  | 1  | 2  | 3  | 4  | 3  | 4  | 2  | 1   | 22     | Tidak FoMO |
| R44                                           | 2  | 2  | 3  | 2  | 3  | 2  | 3  | 2  | 2  | 2   | 23     | Tidak FoMO |
| R45                                           | 5  | 5  | 1  | 1  | 5  | 4  | 4  | 4  | 2  | 3   | 34     | FoMO       |
| R46                                           | 2  | 2  | 3  | 2  | 3  | 2  | 3  | 3  | 3  | 2   | 25     | Tidak FoMO |
| R47                                           | 4  | 4  | 3  | 4  | 4  | 3  | 4  | 3  | 2  | 2   | 33     | FoMO       |
| R48                                           | 1  | 1  | 2  | 2  | 3  | 2  | 3  | 4  | 3  | 1   | 22     | Tidak FoMO |
| R49                                           | 3  | 3  | 1  | 1  | 4  | 2  | 4  | 2  | 1  | 1   | 22     | Tidak FoMO |



| Tabulasi Kuisioner Fear of Missing Out (FoMO) |    |    |    |    |    |    |    |    |    |     |        |            |
|-----------------------------------------------|----|----|----|----|----|----|----|----|----|-----|--------|------------|
| No                                            | X1 | X2 | X3 | X4 | X5 | X7 | X9 | X6 | X8 | X10 | Jumlah | Hasil      |
| R50                                           | 3  | 3  | 1  | 1  | 2  | 1  | 1  | 3  | 2  | 1   | 18     | Tidak FoMO |
| R51                                           | 2  | 2  | 2  | 2  | 5  | 3  | 3  | 3  | 3  | 2   | 27     | Tidak FoMO |
| R52                                           | 4  | 5  | 1  | 3  | 4  | 1  | 2  | 4  | 1  | 1   | 26     | Tidak FoMO |
| R53                                           | 1  | 1  | 1  | 1  | 3  | 3  | 3  | 4  | 2  | 1   | 20     | Tidak FoMO |
| R54                                           | 5  | 4  | 1  | 3  | 4  | 3  | 2  | 2  | 1  | 1   | 26     | Tidak FoMO |
| R55                                           | 3  | 3  | 1  | 1  | 4  | 2  | 2  | 2  | 1  | 1   | 20     | Tidak FoMO |
| R56                                           | 3  | 3  | 2  | 2  | 3  | 2  | 2  | 3  | 2  | 1   | 23     | Tidak FoMO |
| R57                                           | 3  | 5  | 1  | 1  | 3  | 3  | 3  | 3  | 3  | 1   | 26     | Tidak FoMO |
| R58                                           | 2  | 2  | 3  | 3  | 4  | 1  | 4  | 2  | 3  | 1   | 25     | Tidak FoMO |
| R59                                           | 5  | 5  | 2  | 2  | 3  | 2  | 2  | 3  | 1  | 1   | 26     | Tidak FoMO |
| R60                                           | 3  | 3  | 3  | 2  | 3  | 3  | 3  | 3  | 2  | 3   | 28     | Tidak FoMO |
| R61                                           | 5  | 5  | 5  | 3  | 4  | 3  | 5  | 5  | 3  | 3   | 41     | FoMO       |
| R62                                           | 3  | 3  | 3  | 1  | 3  | 1  | 1  | 1  | 2  | 1   | 19     | Tidak FoMO |
| R63                                           | 4  | 4  | 5  | 5  | 1  | 3  | 5  | 1  | 1  | 1   | 30     | Tidak FoMO |
| R64                                           | 3  | 3  | 4  | 4  | 3  | 3  | 3  | 3  | 2  | 2   | 30     | Tidak FoMO |
| R65                                           | 2  | 3  | 1  | 1  | 1  | 3  | 3  | 3  | 3  | 1   | 21     | Tidak FoMO |
| R66                                           | 3  | 4  | 3  | 2  | 4  | 2  | 1  | 1  | 2  | 1   | 23     | Tidak FoMO |
| R67                                           | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3   | 30     | Tidak FoMO |
| R68                                           | 4  | 4  | 2  | 2  | 3  | 2  | 3  | 2  | 3  | 2   | 27     | Tidak FoMO |
| R69                                           | 5  | 5  | 2  | 2  | 4  | 3  | 4  | 2  | 2  | 2   | 31     | FoMO       |
| R70                                           | 3  | 4  | 4  | 3  | 4  | 2  | 3  | 4  | 3  | 2   | 32     | FoMO       |
| R71                                           | 4  | 4  | 4  | 4  | 4  | 4  | 3  | 3  | 4  | 4   | 38     | FoMO       |
| R72                                           | 2  | 2  | 2  | 2  | 5  | 2  | 3  | 4  | 4  | 2   | 28     | Tidak FoMO |
| R73                                           | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3   | 30     | Tidak FoMO |
| R74                                           | 3  | 3  | 2  | 2  | 4  | 3  | 3  | 2  | 3  | 2   | 27     | Tidak FoMO |
| R75                                           | 2  | 4  | 2  | 3  | 4  | 4  | 4  | 3  | 2  | 1   | 29     | Tidak FoMO |
| R76                                           | 5  | 5  | 3  | 3  | 5  | 4  | 5  | 3  | 3  | 2   | 38     | FoMO       |
| R77                                           | 3  | 3  | 4  | 4  | 4  | 4  | 4  | 3  | 2  | 2   | 33     | FoMO       |
| R78                                           | 4  | 4  | 2  | 2  | 3  | 2  | 2  | 3  | 5  | 2   | 29     | Tidak FoMO |
| R79                                           | 2  | 3  | 1  | 2  | 3  | 3  | 2  | 4  | 2  | 1   | 23     | Tidak FoMO |
| R80                                           | 3  | 3  | 1  | 2  | 4  | 4  | 4  | 4  | 5  | 2   | 32     | FoMO       |
| R81                                           | 5  | 5  | 5  | 4  | 5  | 5  | 5  | 5  | 5  | 1   | 45     | FoMO       |
| R82                                           | 4  | 5  | 4  | 3  | 3  | 3  | 4  | 4  | 2  | 3   | 35     | FoMO       |
| R83                                           | 2  | 2  | 2  | 2  | 4  | 3  | 3  | 1  | 1  | 1   | 21     | Tidak FoMO |
| R84                                           | 3  | 3  | 2  | 2  | 4  | 3  | 4  | 3  | 3  | 1   | 28     | Tidak FoMO |
| R85                                           | 1  | 1  | 3  | 3  | 4  | 3  | 2  | 4  | 2  | 1   | 24     | Tidak FoMO |
| R86                                           | 4  | 5  | 5  | 4  | 3  | 4  | 3  | 3  | 2  | 2   | 35     | FoMO       |
| R87                                           | 5  | 1  | 3  | 2  | 4  | 3  | 5  | 5  | 2  | 1   | 31     | FoMO       |
| R88                                           | 3  | 2  | 2  | 2  | 4  | 4  | 4  | 4  | 4  | 2   | 31     | FoMO       |
| R89                                           | 1  | 1  | 1  | 1  | 4  | 2  | 1  | 1  | 1  | 1   | 14     | Tidak FoMO |
| R90                                           | 3  | 4  | 2  | 2  | 3  | 4  | 5  | 3  | 5  | 1   | 32     | FoMO       |
| R91                                           | 1  | 1  | 1  | 1  | 3  | 1  | 1  | 2  | 1  | 1   | 13     | Tidak FoMO |
| R92                                           | 2  | 2  | 1  | 1  | 3  | 2  | 2  | 3  | 1  | 1   | 18     | Tidak FoMO |
| R93                                           | 3  | 3  | 1  | 1  | 3  | 1  | 1  | 3  | 5  | 1   | 22     | Tidak FoMO |
| R94                                           | 3  | 3  | 2  | 2  | 2  | 2  | 2  | 2  | 2  | 2   | 22     | Tidak FoMO |
| R95                                           | 4  | 5  | 3  | 2  | 4  | 3  | 4  | 5  | 1  | 1   | 32     | FoMO       |
| R96                                           | 2  | 2  | 2  | 2  | 3  | 3  | 4  | 4  | 3  | 2   | 27     | Tidak FoMO |
| R97                                           | 5  | 4  | 5  | 4  | 4  | 3  | 3  | 3  | 1  | 1   | 33     | FoMO       |
| R98                                           | 3  | 4  | 4  | 2  | 4  | 3  | 3  | 2  | 3  | 2   | 30     | Tidak FoMO |
| R99                                           | 3  | 3  | 2  | 2  | 3  | 2  | 2  | 3  | 4  | 2   | 26     | Tidak FoMO |
| R100                                          | 1  | 1  | 1  | 1  | 3  | 1  | 1  | 1  | 1  | 1   | 12     | Tidak FoMO |

| Tabulasi Kuisioner Fear of Missing Out (FoMO) |    |    |    |    |    |    |    |    |    |     |        |            |
|-----------------------------------------------|----|----|----|----|----|----|----|----|----|-----|--------|------------|
| No                                            | X1 | X2 | X3 | X4 | X5 | X7 | X9 | X6 | X8 | X10 | Jumlah | Hasil      |
| R101                                          | 2  | 2  | 2  | 2  | 3  | 4  | 3  | 1  | 2  | 2   | 23     | Tidak FoMO |
| R102                                          | 2  | 2  | 3  | 4  | 4  | 4  | 4  | 4  | 1  | 3   | 31     | FoMO       |
| R103                                          | 2  | 2  | 2  | 2  | 3  | 2  | 4  | 3  | 1  | 1   | 22     | Tidak FoMO |
| R104                                          | 3  | 3  | 1  | 1  | 4  | 3  | 4  | 3  | 3  | 1   | 26     | Tidak FoMO |
| R105                                          | 3  | 4  | 1  | 3  | 4  | 3  | 3  | 3  | 4  | 3   | 31     | FoMO       |
| R106                                          | 3  | 2  | 2  | 2  | 2  | 2  | 3  | 2  | 2  | 2   | 22     | Tidak FoMO |
| R107                                          | 2  | 2  | 2  | 2  | 4  | 2  | 4  | 2  | 4  | 2   | 26     | Tidak FoMO |
| R108                                          | 1  | 1  | 2  | 2  | 5  | 3  | 4  | 5  | 2  | 3   | 28     | Tidak FoMO |
| R109                                          | 3  | 3  | 3  | 3  | 3  | 2  | 2  | 3  | 3  | 1   | 26     | Tidak FoMO |
| R110                                          | 3  | 3  | 2  | 2  | 5  | 4  | 4  | 4  | 1  | 2   | 30     | Tidak FoMO |
| R111                                          | 2  | 2  | 1  | 3  | 3  | 4  | 4  | 4  | 4  | 2   | 29     | Tidak FoMO |
| R112                                          | 3  | 3  | 4  | 3  | 3  | 3  | 2  | 4  | 1  | 2   | 28     | Tidak FoMO |
| R113                                          | 4  | 4  | 3  | 5  | 4  | 4  | 2  | 3  | 4  | 1   | 34     | FoMO       |
| R114                                          | 5  | 5  | 4  | 3  | 4  | 2  | 3  | 5  | 1  | 1   | 33     | FoMO       |
| R115                                          | 4  | 4  | 1  | 2  | 1  | 1  | 1  | 3  | 3  | 1   | 21     | Tidak FoMO |
| R116                                          | 3  | 3  | 3  | 3  | 5  | 2  | 4  | 3  | 2  | 1   | 29     | Tidak FoMO |
| R117                                          | 2  | 3  | 4  | 2  | 3  | 2  | 1  | 1  | 3  | 2   | 23     | Tidak FoMO |
| R118                                          | 4  | 4  | 4  | 4  | 4  | 4  | 4  | 4  | 4  | 4   | 40     | FoMO       |
| R119                                          | 2  | 3  | 2  | 2  | 3  | 2  | 2  | 2  | 2  | 2   | 22     | Tidak FoMO |
| R120                                          | 4  | 4  | 2  | 2  | 3  | 3  | 3  | 3  | 2  | 2   | 28     | Tidak FoMO |
| R121                                          | 2  | 2  | 1  | 1  | 4  | 2  | 3  | 5  | 1  | 1   | 22     | Tidak FoMO |
| R122                                          | 4  | 4  | 3  | 2  | 3  | 2  | 3  | 4  | 4  | 2   | 31     | FoMO       |
| R123                                          | 3  | 3  | 2  | 3  | 4  | 3  | 2  | 4  | 4  | 1   | 29     | Tidak FoMO |
| R124                                          | 4  | 4  | 2  | 3  | 3  | 2  | 3  | 2  | 2  | 2   | 27     | Tidak FoMO |
| R125                                          | 2  | 2  | 1  | 1  | 3  | 2  | 4  | 4  | 3  | 1   | 23     | Tidak FoMO |
| R126                                          | 3  | 3  | 2  | 3  | 3  | 3  | 3  | 2  | 3  | 2   | 27     | Tidak FoMO |
| R127                                          | 3  | 3  | 2  | 5  | 5  | 2  | 5  | 5  | 4  | 2   | 36     | FoMO       |
| R128                                          | 4  | 4  | 3  | 3  | 3  | 2  | 3  | 3  | 2  | 2   | 29     | Tidak FoMO |
| R129                                          | 2  | 2  | 4  | 3  | 4  | 2  | 2  | 3  | 1  | 1   | 24     | Tidak FoMO |
| R130                                          | 4  | 4  | 5  | 3  | 4  | 2  | 3  | 3  | 1  | 1   | 30     | Tidak FoMO |
| R131                                          | 3  | 4  | 1  | 1  | 3  | 5  | 4  | 3  | 4  | 3   | 31     | FoMO       |
| R132                                          | 2  | 2  | 3  | 1  | 5  | 2  | 3  | 3  | 1  | 1   | 23     | Tidak FoMO |
| R133                                          | 4  | 4  | 3  | 3  | 3  | 4  | 4  | 3  | 2  | 1   | 31     | FoMO       |
| R134                                          | 3  | 2  | 4  | 1  | 3  | 1  | 1  | 2  | 1  | 1   | 19     | Tidak FoMO |
| R135                                          | 2  | 2  | 2  | 2  | 2  | 2  | 2  | 2  | 2  | 2   | 20     | Tidak FoMO |
| R136                                          | 4  | 4  | 3  | 2  | 3  | 1  | 5  | 4  | 1  | 1   | 28     | Tidak FoMO |
| R137                                          | 3  | 3  | 2  | 2  | 3  | 3  | 3  | 4  | 1  | 1   | 25     | Tidak FoMO |
| R138                                          | 4  | 4  | 3  | 4  | 3  | 4  | 4  | 2  | 4  | 3   | 35     | FoMO       |
| R139                                          | 3  | 4  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3   | 31     | FoMO       |
| R140                                          | 3  | 3  | 3  | 4  | 3  | 3  | 4  | 3  | 4  | 2   | 32     | FoMO       |
| R141                                          | 2  | 3  | 2  | 2  | 2  | 2  | 3  | 2  | 2  | 1   | 21     | Tidak FoMO |
| R142                                          | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5   | 50     | FoMO       |
| R143                                          | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3   | 30     | Tidak FoMO |
| R144                                          | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3   | 30     | Tidak FoMO |
| R145                                          | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3   | 30     | Tidak FoMO |
| R146                                          | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3   | 30     | Tidak FoMO |
| R147                                          | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3   | 30     | Tidak FoMO |
| R148                                          | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3   | 30     | Tidak FoMO |
| R149                                          | 5  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 1   | 30     | Tidak FoMO |
| R150                                          | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 2   | 29     | Tidak FoMO |
| R151                                          | 3  | 3  | 2  | 2  | 3  | 3  | 3  | 2  | 3  | 3   | 27     | Tidak FoMO |

| Tabulasi Kuisioner Fear of Missing Out (FoMO) |    |    |    |    |    |    |    |    |    |     |        |            |
|-----------------------------------------------|----|----|----|----|----|----|----|----|----|-----|--------|------------|
| No                                            | X1 | X2 | X3 | X4 | X5 | X7 | X9 | X6 | X8 | X10 | Jumlah | Hasil      |
| R152                                          | 2  | 3  | 2  | 2  | 3  | 3  | 2  | 3  | 3  | 3   | 26     | Tidak FoMO |
| R153                                          | 2  | 2  | 2  | 2  | 2  | 2  | 3  | 3  | 2  | 2   | 22     | Tidak FoMO |
| R154                                          | 2  | 3  | 2  | 3  | 2  | 3  | 4  | 3  | 2  | 2   | 26     | Tidak FoMO |
| R155                                          | 3  | 4  | 3  | 2  | 3  | 3  | 4  | 4  | 3  | 3   | 32     | FoMO       |
| R156                                          | 2  | 3  | 2  | 2  | 2  | 2  | 3  | 3  | 3  | 2   | 24     | Tidak FoMO |
| R157                                          | 3  | 4  | 4  | 3  | 4  | 3  | 4  | 4  | 4  | 4   | 37     | FoMO       |
| R158                                          | 3  | 4  | 3  | 4  | 4  | 3  | 4  | 4  | 4  | 3   | 36     | FoMO       |
| R159                                          | 3  | 3  | 2  | 2  | 3  | 3  | 3  | 4  | 3  | 2   | 28     | Tidak FoMO |
| R160                                          | 3  | 3  | 3  | 4  | 4  | 4  | 5  | 5  | 4  | 4   | 39     | FoMO       |
| R161                                          | 5  | 4  | 4  | 4  | 5  | 4  | 4  | 4  | 4  | 4   | 42     | FoMO       |
| R162                                          | 2  | 3  | 3  | 4  | 4  | 3  | 3  | 4  | 2  | 2   | 30     | Tidak FoMO |
| R163                                          | 2  | 3  | 3  | 2  | 4  | 3  | 3  | 5  | 2  | 1   | 28     | Tidak FoMO |
| R164                                          | 3  | 4  | 3  | 3  | 4  | 4  | 4  | 4  | 3  | 2   | 34     | FoMO       |
| R165                                          | 4  | 4  | 4  | 4  | 5  | 3  | 3  | 4  | 3  | 3   | 37     | FoMO       |
| R166                                          | 4  | 4  | 4  | 4  | 4  | 4  | 4  | 5  | 3  | 3   | 39     | FoMO       |
| R167                                          | 3  | 4  | 3  | 4  | 5  | 4  | 5  | 5  | 3  | 3   | 39     | FoMO       |
| R168                                          | 2  | 3  | 2  | 3  | 4  | 3  | 4  | 4  | 2  | 2   | 29     | Tidak FoMO |
| R169                                          | 3  | 4  | 3  | 2  | 3  | 5  | 5  | 4  | 3  | 2   | 34     | FoMO       |
| R170                                          | 2  | 3  | 3  | 1  | 2  | 2  | 3  | 2  | 2  | 2   | 22     | Tidak FoMO |
| R171                                          | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3   | 30     | Tidak FoMO |
| R172                                          | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3   | 30     | Tidak FoMO |
| R173                                          | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3   | 30     | Tidak FoMO |
| R174                                          | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5   | 50     | FoMO       |
| R175                                          | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5   | 50     | FoMO       |
| R176                                          | 4  | 4  | 5  | 2  | 5  | 4  | 5  | 3  | 4  | 3   | 39     | FoMO       |
| R177                                          | 2  | 2  | 2  | 1  | 5  | 4  | 4  | 2  | 3  | 2   | 27     | Tidak FoMO |
| R178                                          | 2  | 2  | 4  | 4  | 4  | 4  | 4  | 4  | 3  | 4   | 35     | FoMO       |
| R179                                          | 4  | 4  | 3  | 3  | 4  | 5  | 3  | 3  | 4  | 4   | 37     | FoMO       |
| R180                                          | 3  | 1  | 3  | 3  | 3  | 1  | 3  | 3  | 1  | 1   | 22     | Tidak FoMO |
| R181                                          | 1  | 2  | 2  | 1  | 2  | 2  | 2  | 2  | 1  | 1   | 16     | Tidak FoMO |
| R182                                          | 1  | 2  | 2  | 2  | 5  | 2  | 4  | 3  | 2  | 2   | 25     | Tidak FoMO |
| R183                                          | 3  | 3  | 2  | 3  | 4  | 3  | 3  | 3  | 3  | 2   | 29     | Tidak FoMO |
| R184                                          | 2  | 2  | 2  | 3  | 4  | 3  | 4  | 3  | 4  | 2   | 29     | Tidak FoMO |
| R185                                          | 2  | 3  | 2  | 3  | 4  | 2  | 4  | 4  | 2  | 2   | 28     | Tidak FoMO |
| R186                                          | 2  | 3  | 2  | 2  | 2  | 3  | 5  | 2  | 3  | 1   | 25     | Tidak FoMO |
| R187                                          | 2  | 3  | 2  | 2  | 2  | 2  | 4  | 3  | 3  | 2   | 25     | Tidak FoMO |
| R188                                          | 1  | 2  | 2  | 2  | 3  | 3  | 5  | 3  | 3  | 2   | 26     | Tidak FoMO |
| R189                                          | 2  | 2  | 2  | 2  | 2  | 2  | 3  | 3  | 2  | 2   | 22     | Tidak FoMO |
| R190                                          | 1  | 2  | 1  | 1  | 2  | 2  | 3  | 2  | 2  | 1   | 17     | Tidak FoMO |
| R191                                          | 2  | 2  | 2  | 2  | 2  | 2  | 5  | 4  | 3  | 2   | 26     | Tidak FoMO |
| R192                                          | 3  | 4  | 2  | 3  | 2  | 3  | 5  | 4  | 4  | 2   | 32     | FoMO       |
| R193                                          | 2  | 3  | 2  | 2  | 3  | 3  | 4  | 3  | 2  | 1   | 25     | Tidak FoMO |
| R194                                          | 3  | 4  | 2  | 3  | 3  | 3  | 5  | 3  | 3  | 2   | 31     | FoMO       |
| R195                                          | 2  | 2  | 2  | 1  | 3  | 2  | 3  | 3  | 1  | 1   | 20     | Tidak FoMO |
| R196                                          | 3  | 4  | 2  | 2  | 3  | 3  | 4  | 4  | 4  | 2   | 31     | FoMO       |
| R197                                          | 4  | 4  | 3  | 3  | 3  | 3  | 4  | 4  | 4  | 3   | 35     | FoMO       |
| R198                                          | 4  | 4  | 2  | 2  | 3  | 3  | 4  | 2  | 3  | 2   | 29     | Tidak FoMO |
| R199                                          | 4  | 3  | 2  | 2  | 4  | 5  | 5  | 5  | 5  | 2   | 37     | FoMO       |
| R200                                          | 2  | 1  | 1  | 1  | 2  | 3  | 3  | 3  | 2  | 1   | 19     | Tidak FoMO |
| R201                                          | 4  | 4  | 3  | 3  | 4  | 5  | 5  | 3  | 4  | 4   | 39     | FoMO       |
| R202                                          | 2  | 3  | 2  | 3  | 4  | 3  | 4  | 3  | 4  | 3   | 31     | FoMO       |

| Tabulasi Kuisioner Fear of Missing Out (FoMO) |    |    |    |    |    |    |    |    |    |     |        |            |
|-----------------------------------------------|----|----|----|----|----|----|----|----|----|-----|--------|------------|
| No                                            | X1 | X2 | X3 | X4 | X5 | X7 | X9 | X6 | X8 | X10 | Jumlah | Hasil      |
| R203                                          | 2  | 2  | 3  | 2  | 4  | 4  | 5  | 2  | 3  | 3   | 30     | Tidak FoMO |
| R204                                          | 2  | 2  | 3  | 4  | 4  | 4  | 5  | 4  | 3  | 2   | 33     | FoMO       |
| R205                                          | 4  | 3  | 5  | 2  | 4  | 3  | 1  | 5  | 4  | 3   | 34     | FoMO       |
| R206                                          | 2  | 2  | 3  | 3  | 2  | 1  | 1  | 1  | 1  | 1   | 17     | Tidak FoMO |
| R207                                          | 3  | 4  | 4  | 5  | 5  | 2  | 1  | 3  | 3  | 2   | 32     | FoMO       |
| R208                                          | 4  | 3  | 2  | 4  | 5  | 3  | 4  | 5  | 4  | 2   | 36     | FoMO       |
| R209                                          | 1  | 5  | 4  | 4  | 3  | 5  | 5  | 4  | 5  | 5   | 41     | FoMO       |
| R210                                          | 4  | 5  | 3  | 2  | 4  | 4  | 4  | 3  | 4  | 2   | 35     | FoMO       |
| R211                                          | 2  | 3  | 3  | 2  | 3  | 2  | 3  | 3  | 2  | 1   | 24     | Tidak FoMO |
| R212                                          | 3  | 4  | 3  | 2  | 4  | 4  | 4  | 5  | 3  | 2   | 34     | FoMO       |
| R213                                          | 3  | 3  | 1  | 1  | 5  | 3  | 3  | 1  | 2  | 1   | 23     | Tidak FoMO |
| R214                                          | 4  | 4  | 4  | 3  | 5  | 4  | 5  | 5  | 4  | 3   | 41     | FoMO       |
| R215                                          | 2  | 3  | 1  | 1  | 3  | 5  | 5  | 1  | 1  | 1   | 23     | Tidak FoMO |
| R216                                          | 3  | 3  | 3  | 2  | 4  | 4  | 5  | 4  | 4  | 2   | 34     | FoMO       |
| R217                                          | 4  | 4  | 4  | 3  | 5  | 4  | 5  | 5  | 5  | 3   | 42     | FoMO       |
| R218                                          | 4  | 5  | 4  | 5  | 3  | 5  | 5  | 3  | 4  | 5   | 43     | FoMO       |
| R219                                          | 3  | 3  | 3  | 2  | 4  | 3  | 3  | 2  | 3  | 2   | 28     | Tidak FoMO |
| R220                                          | 2  | 2  | 3  | 2  | 5  | 5  | 5  | 1  | 1  | 3   | 29     | Tidak FoMO |
| R221                                          | 1  | 1  | 2  | 2  | 3  | 3  | 3  | 1  | 1  | 2   | 19     | Tidak FoMO |
| R222                                          | 3  | 4  | 2  | 2  | 3  | 2  | 2  | 3  | 3  | 1   | 25     | Tidak FoMO |
| R223                                          | 3  | 4  | 3  | 2  | 3  | 2  | 3  | 3  | 3  | 2   | 28     | Tidak FoMO |
| R224                                          | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 1  | 3  | 3   | 28     | Tidak FoMO |
| R225                                          | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 1  | 1  | 3   | 40     | FoMO       |
| R226                                          | 2  | 3  | 4  | 4  | 5  | 4  | 2  | 3  | 4  | 2   | 33     | FoMO       |
| R227                                          | 1  | 2  | 3  | 3  | 1  | 1  | 2  | 3  | 3  | 3   | 22     | Tidak FoMO |
| R228                                          | 3  | 3  | 3  | 2  | 5  | 4  | 4  | 4  | 5  | 2   | 35     | FoMO       |
| R229                                          | 2  | 5  | 3  | 3  | 4  | 4  | 5  | 4  | 3  | 2   | 35     | FoMO       |
| R230                                          | 2  | 2  | 4  | 3  | 5  | 5  | 5  | 4  | 3  | 1   | 34     | FoMO       |
| R231                                          | 2  | 2  | 3  | 2  | 5  | 5  | 5  | 2  | 3  | 2   | 31     | FoMO       |
| R232                                          | 3  | 4  | 4  | 2  | 4  | 5  | 3  | 2  | 1  | 3   | 31     | FoMO       |
| R233                                          | 4  | 3  | 2  | 2  | 5  | 5  | 5  | 3  | 2  | 1   | 32     | FoMO       |
| R234                                          | 5  | 5  | 3  | 2  | 4  | 2  | 3  | 2  | 3  | 2   | 31     | FoMO       |
| R235                                          | 1  | 2  | 2  | 1  | 3  | 3  | 3  | 2  | 3  | 2   | 22     | Tidak FoMO |
| R236                                          | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5   | 50     | FoMO       |
| R237                                          | 2  | 3  | 4  | 4  | 5  | 5  | 3  | 3  | 1  | 2   | 32     | FoMO       |
| R238                                          | 1  | 2  | 1  | 2  | 3  | 2  | 4  | 1  | 1  | 1   | 18     | Tidak FoMO |
| R239                                          | 3  | 4  | 4  | 4  | 4  | 1  | 4  | 3  | 5  | 2   | 34     | FoMO       |
| R240                                          | 2  | 2  | 1  | 2  | 5  | 3  | 5  | 2  | 2  | 1   | 25     | Tidak FoMO |
| R241                                          | 3  | 3  | 3  | 2  | 4  | 3  | 4  | 4  | 3  | 1   | 30     | Tidak FoMO |
| R242                                          | 4  | 5  | 3  | 3  | 5  | 4  | 5  | 4  | 4  | 3   | 40     | FoMO       |
| R243                                          | 3  | 3  | 3  | 2  | 4  | 4  | 5  | 3  | 3  | 2   | 32     | FoMO       |
| R244                                          | 3  | 3  | 2  | 2  | 3  | 3  | 4  | 3  | 3  | 1   | 27     | Tidak FoMO |
| R245                                          | 2  | 3  | 3  | 2  | 4  | 4  | 4  | 5  | 3  | 2   | 32     | FoMO       |
| R246                                          | 4  | 5  | 3  | 3  | 4  | 4  | 5  | 4  | 4  | 2   | 38     | FoMO       |
| R247                                          | 5  | 5  | 4  | 3  | 5  | 4  | 5  | 4  | 4  | 3   | 42     | FoMO       |
| R248                                          | 3  | 3  | 2  | 2  | 3  | 3  | 4  | 3  | 3  | 2   | 28     | Tidak FoMO |
| R249                                          | 3  | 3  | 2  | 2  | 3  | 3  | 4  | 3  | 3  | 1   | 27     | Tidak FoMO |
| R250                                          | 3  | 3  | 3  | 2  | 4  | 4  | 4  | 3  | 5  | 2   | 33     | FoMO       |
| R251                                          | 3  | 3  | 2  | 2  | 4  | 4  | 4  | 3  | 4  | 2   | 31     | FoMO       |
| R252                                          | 3  | 3  | 3  | 2  | 4  | 4  | 5  | 3  | 4  | 2   | 33     | FoMO       |
| R253                                          | 3  | 4  | 3  | 2  | 4  | 3  | 4  | 3  | 4  | 2   | 32     | FoMO       |

| Tabulasi Kuisioner Fear of Missing Out (FoMO) |    |    |    |    |    |    |    |    |    |     |        |            |
|-----------------------------------------------|----|----|----|----|----|----|----|----|----|-----|--------|------------|
| No                                            | X1 | X2 | X3 | X4 | X5 | X7 | X9 | X6 | X8 | X10 | Jumlah | Hasil      |
| R254                                          | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5   | 50     | FoMO       |
| R255                                          | 3  | 3  | 2  | 2  | 3  | 3  | 4  | 3  | 3  | 1   | 27     | Tidak FoMO |
| R256                                          | 3  | 3  | 2  | 2  | 3  | 3  | 4  | 4  | 3  | 2   | 29     | Tidak FoMO |
| R257                                          | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5   | 50     | FoMO       |
| R258                                          | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5   | 50     | FoMO       |
| R259                                          | 4  | 4  | 3  | 2  | 4  | 4  | 5  | 4  | 5  | 3   | 38     | FoMO       |
| R260                                          | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5   | 50     | FoMO       |
| R261                                          | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5   | 50     | FoMO       |
| R262                                          | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5   | 50     | FoMO       |
| R263                                          | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5   | 50     | FoMO       |
| R264                                          | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3   | 30     | Tidak FoMO |
| R265                                          | 3  | 4  | 2  | 2  | 4  | 3  | 4  | 3  | 4  | 2   | 31     | FoMO       |
| R266                                          | 3  | 3  | 2  | 2  | 4  | 3  | 5  | 4  | 4  | 2   | 32     | FoMO       |
| R267                                          | 3  | 3  | 2  | 2  | 5  | 5  | 5  | 4  | 5  | 3   | 37     | FoMO       |
| R268                                          | 5  | 5  | 3  | 2  | 4  | 5  | 5  | 3  | 4  | 3   | 39     | FoMO       |
| R269                                          | 3  | 4  | 2  | 2  | 4  | 3  | 5  | 4  | 5  | 2   | 34     | FoMO       |
| R270                                          | 3  | 3  | 2  | 1  | 3  | 3  | 4  | 3  | 3  | 1   | 26     | Tidak FoMO |
| R271                                          | 4  | 5  | 2  | 2  | 4  | 4  | 4  | 3  | 3  | 2   | 33     | FoMO       |
| R272                                          | 4  | 4  | 2  | 2  | 4  | 4  | 4  | 4  | 4  | 2   | 34     | FoMO       |
| R273                                          | 3  | 4  | 2  | 3  | 4  | 4  | 4  | 4  | 4  | 2   | 34     | FoMO       |
| R274                                          | 3  | 3  | 2  | 2  | 3  | 3  | 4  | 4  | 4  | 1   | 29     | Tidak FoMO |
| R275                                          | 3  | 4  | 2  | 2  | 3  | 3  | 4  | 3  | 3  | 1   | 28     | Tidak FoMO |
| R276                                          | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5   | 50     | FoMO       |
| R277                                          | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5   | 50     | FoMO       |
| R278                                          | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5   | 50     | FoMO       |
| R279                                          | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3   | 30     | Tidak FoMO |
| R280                                          | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5   | 50     | FoMO       |
| R281                                          | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5   | 50     | FoMO       |
| R282                                          | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3   | 30     | Tidak FoMO |
| R283                                          | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3   | 30     | Tidak FoMO |
| R284                                          | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5   | 50     | FoMO       |
| R285                                          | 3  | 4  | 2  | 2  | 4  | 3  | 5  | 4  | 4  | 2   | 33     | FoMO       |
| R286                                          | 4  | 4  | 3  | 3  | 4  | 4  | 4  | 4  | 5  | 2   | 37     | FoMO       |
| R287                                          | 4  | 4  | 3  | 3  | 4  | 4  | 5  | 4  | 5  | 2   | 38     | FoMO       |
| R288                                          | 3  | 3  | 2  | 2  | 4  | 4  | 4  | 4  | 4  | 2   | 32     | FoMO       |
| R289                                          | 4  | 4  | 3  | 3  | 4  | 4  | 5  | 5  | 5  | 2   | 39     | FoMO       |
| R290                                          | 4  | 5  | 3  | 3  | 4  | 4  | 4  | 4  | 5  | 2   | 38     | FoMO       |
| R291                                          | 4  | 4  | 3  | 3  | 4  | 4  | 4  | 4  | 5  | 2   | 37     | FoMO       |
| R292                                          | 3  | 3  | 2  | 2  | 4  | 4  | 4  | 3  | 4  | 1   | 30     | Tidak FoMO |
| R293                                          | 3  | 4  | 3  | 2  | 4  | 4  | 4  | 4  | 5  | 2   | 35     | FoMO       |
| R294                                          | 3  | 4  | 2  | 2  | 3  | 4  | 4  | 3  | 3  | 1   | 29     | Tidak FoMO |
| R295                                          | 3  | 4  | 3  | 3  | 4  | 4  | 4  | 4  | 5  | 2   | 36     | FoMO       |
| R296                                          | 4  | 4  | 2  | 2  | 4  | 4  | 4  | 4  | 5  | 2   | 35     | FoMO       |
| R297                                          | 4  | 4  | 3  | 3  | 5  | 4  | 5  | 4  | 5  | 3   | 40     | FoMO       |
| R298                                          | 4  | 4  | 4  | 4  | 5  | 5  | 5  | 4  | 5  | 2   | 42     | FoMO       |
| R299                                          | 3  | 3  | 3  | 2  | 4  | 4  | 4  | 4  | 5  | 2   | 34     | FoMO       |
| R300                                          | 3  | 4  | 3  | 3  | 5  | 4  | 4  | 4  | 5  | 2   | 37     | FoMO       |
| R301                                          | 3  | 4  | 4  | 2  | 3  | 4  | 4  | 4  | 5  | 2   | 35     | FoMO       |
| R302                                          | 2  | 2  | 2  | 5  | 5  | 5  | 5  | 3  | 3  | 1   | 33     | FoMO       |
| R303                                          | 1  | 1  | 1  | 1  | 4  | 5  | 5  | 2  | 2  | 2   | 24     | Tidak FoMO |
| R304                                          | 3  | 4  | 4  | 4  | 5  | 5  | 5  | 3  | 3  | 2   | 38     | FoMO       |

| Tabulasi Kuisioner Fear of Missing Out (FoMO) |      |      |     |     |      |      |      |      |     |     |        |            |
|-----------------------------------------------|------|------|-----|-----|------|------|------|------|-----|-----|--------|------------|
| No                                            | X1   | X2   | X3  | X4  | X5   | X7   | X9   | X6   | X8  | X10 | Jumlah | Hasil      |
| R305                                          | 5    | 5    | 5   | 5   | 5    | 5    | 5    | 5    | 5   | 5   | 50     | FoMO       |
| R306                                          | 5    | 5    | 5   | 5   | 5    | 5    | 5    | 5    | 5   | 5   | 50     | FoMO       |
| R307                                          | 5    | 5    | 5   | 5   | 5    | 5    | 4    | 5    | 5   | 5   | 49     | FoMO       |
| R308                                          | 3    | 3    | 3   | 5   | 3    | 3    | 3    | 3    | 3   | 3   | 32     | FoMO       |
| R309                                          | 5    | 5    | 5   | 5   | 5    | 5    | 5    | 5    | 5   | 5   | 50     | FoMO       |
| R310                                          | 4    | 4    | 2   | 3   | 4    | 4    | 4    | 2    | 2   | 1   | 30     | Tidak FoMO |
| R311                                          | 5    | 5    | 5   | 5   | 5    | 5    | 5    | 5    | 5   | 5   | 50     | FoMO       |
| R312                                          | 2    | 2    | 1   | 1   | 5    | 5    | 5    | 1    | 3   | 1   | 26     | Tidak FoMO |
| R313                                          | 3    | 3    | 3   | 3   | 3    | 3    | 3    | 3    | 3   | 3   | 30     | Tidak FoMO |
| R314                                          | 3    | 4    | 2   | 2   | 3    | 4    | 4    | 1    | 4   | 1   | 28     | Tidak FoMO |
| R315                                          | 3    | 3    | 3   | 3   | 3    | 3    | 3    | 3    | 3   | 3   | 30     | Tidak FoMO |
| R316                                          | 3    | 4    | 2   | 4   | 3    | 2    | 4    | 4    | 2   | 3   | 31     | FoMO       |
| R317                                          | 3    | 3    | 3   | 3   | 3    | 3    | 3    | 3    | 3   | 3   | 30     | Tidak FoMO |
| R318                                          | 2    | 2    | 3   | 4   | 4    | 2    | 2    | 1    | 3   | 2   | 25     | Tidak FoMO |
| R319                                          | 5    | 5    | 5   | 5   | 5    | 5    | 5    | 5    | 5   | 5   | 50     | FoMO       |
| R320                                          | 3    | 3    | 3   | 3   | 3    | 3    | 3    | 3    | 3   | 3   | 30     | Tidak FoMO |
| R321                                          | 3    | 3    | 3   | 3   | 3    | 3    | 3    | 3    | 3   | 3   | 30     | Tidak FoMO |
| R322                                          | 3    | 3    | 3   | 3   | 3    | 3    | 3    | 3    | 3   | 3   | 30     | Tidak FoMO |
| R323                                          | 3    | 3    | 3   | 3   | 3    | 3    | 3    | 3    | 3   | 3   | 30     | Tidak FoMO |
| R324                                          | 4    | 4    | 3   | 3   | 3    | 4    | 4    | 4    | 4   | 2   | 35     | FoMO       |
| R325                                          | 3    | 3    | 3   | 3   | 3    | 3    | 3    | 3    | 3   | 3   | 30     | Tidak FoMO |
| R326                                          | 4    | 4    | 2   | 3   | 4    | 4    | 4    | 4    | 5   | 2   | 36     | FoMO       |
| Total                                         | 1003 | 1073 | 906 | 875 | 1186 | 1045 | 1168 | 1058 | 995 | 715 |        |            |

| Tabulasi Kuisioner Kualitas Tidur (PSQI) |    |    |    |    |    |    |    | Jumlah | Hasil |
|------------------------------------------|----|----|----|----|----|----|----|--------|-------|
| No                                       | C1 | C2 | C3 | C4 | C5 | C6 | C7 |        |       |
| R1                                       | 2  | 1  | 1  | 0  | 1  | 0  | 0  | 5      | Baik  |
| R2                                       | 1  | 1  | 1  | 1  | 1  | 0  | 2  | 7      | Buruk |
| R3                                       | 1  | 0  | 1  | 0  | 1  | 0  | 2  | 5      | Baik  |
| R4                                       | 2  | 2  | 2  | 1  | 2  | 0  | 1  | 10     | Buruk |
| R5                                       | 1  | 1  | 0  | 0  | 1  | 0  | 1  | 4      | Baik  |
| R6                                       | 0  | 0  | 2  | 1  | 2  | 0  | 0  | 5      | Baik  |
| R7                                       | 0  | 0  | 0  | 0  | 1  | 0  | 2  | 3      | Baik  |
| R8                                       | 1  | 2  | 2  | 0  | 1  | 0  | 2  | 8      | Buruk |
| R9                                       | 0  | 2  | 0  | 0  | 1  | 0  | 1  | 4      | Baik  |
| R10                                      | 2  | 3  | 1  | 0  | 2  | 0  | 1  | 9      | Buruk |
| R11                                      | 1  | 1  | 1  | 0  | 1  | 0  | 1  | 5      | Baik  |
| R12                                      | 1  | 0  | 1  | 1  | 1  | 0  | 1  | 5      | Baik  |
| R13                                      | 0  | 2  | 1  | 0  | 2  | 0  | 1  | 6      | Buruk |
| R14                                      | 0  | 2  | 0  | 0  | 2  | 0  | 1  | 5      | Baik  |
| R15                                      | 1  | 1  | 0  | 1  | 1  | 0  | 1  | 5      | Baik  |
| R16                                      | 0  | 0  | 1  | 0  | 0  | 0  | 1  | 2      | Baik  |
| R17                                      | 1  | 1  | 1  | 0  | 1  | 0  | 1  | 5      | Baik  |
| R18                                      | 3  | 3  | 2  | 3  | 2  | 1  | 1  | 15     | Buruk |
| R19                                      | 1  | 0  | 0  | 1  | 0  | 0  | 3  | 5      | Baik  |
| R20                                      | 1  | 1  | 0  | 1  | 1  | 0  | 1  | 5      | Baik  |
| R21                                      | 1  | 0  | 1  | 1  | 1  | 0  | 1  | 5      | Baik  |
| R22                                      | 0  | 1  | 1  | 0  | 1  | 0  | 1  | 4      | Baik  |
| R23                                      | 1  | 1  | 1  | 1  | 1  | 0  | 1  | 6      | Buruk |
| R24                                      | 1  | 1  | 2  | 3  | 1  | 0  | 2  | 10     | Buruk |

| Tabulasi Kuisioner Kualitas Tidur (PSQI) |    |    |    |    |    |    |    | Jumlah | Hasil |
|------------------------------------------|----|----|----|----|----|----|----|--------|-------|
| No                                       | C1 | C2 | C3 | C4 | C5 | C6 | C7 |        |       |
| R25                                      | 2  | 3  | 3  | 3  | 2  | 1  | 2  | 16     | Buruk |
| R26                                      | 2  | 2  | 1  | 3  | 1  | 3  | 1  | 13     | Buruk |
| R27                                      | 2  | 2  | 1  | 0  | 2  | 0  | 1  | 8      | Buruk |
| R28                                      | 2  | 2  | 3  | 3  | 1  | 0  | 1  | 12     | Buruk |
| R29                                      | 3  | 3  | 1  | 3  | 1  | 0  | 1  | 12     | Buruk |
| R30                                      | 1  | 0  | 0  | 0  | 1  | 0  | 3  | 5      | Baik  |
| R31                                      | 2  | 3  | 1  | 0  | 2  | 0  | 1  | 9      | Buruk |
| R32                                      | 1  | 3  | 3  | 3  | 1  | 0  | 1  | 12     | Buruk |
| R33                                      | 1  | 0  | 1  | 1  | 1  | 0  | 1  | 5      | Baik  |
| R34                                      | 1  | 1  | 2  | 0  | 1  | 0  | 2  | 7      | Buruk |
| R35                                      | 2  | 3  | 2  | 0  | 2  | 0  | 2  | 11     | Buruk |
| R36                                      | 2  | 3  | 3  | 1  | 1  | 0  | 2  | 12     | Buruk |
| R37                                      | 1  | 3  | 1  | 0  | 1  | 0  | 2  | 8      | Buruk |
| R38                                      | 1  | 0  | 1  | 0  | 1  | 0  | 2  | 5      | Baik  |
| R39                                      | 2  | 0  | 1  | 0  | 1  | 0  | 1  | 5      | Baik  |
| R40                                      | 2  | 1  | 2  | 3  | 2  | 0  | 1  | 11     | Buruk |
| R41                                      | 1  | 1  | 1  | 2  | 1  | 0  | 1  | 7      | Buruk |
| R42                                      | 1  | 1  | 1  | 0  | 1  | 0  | 1  | 5      | Baik  |
| R43                                      | 2  | 0  | 1  | 0  | 1  | 0  | 1  | 5      | Baik  |
| R44                                      | 1  | 1  | 1  | 0  | 1  | 0  | 1  | 5      | Baik  |
| R45                                      | 0  | 0  | 1  | 0  | 1  | 0  | 2  | 4      | Baik  |
| R46                                      | 2  | 2  | 2  | 2  | 1  | 0  | 2  | 11     | Buruk |
| R47                                      | 2  | 2  | 2  | 0  | 1  | 0  | 2  | 9      | Buruk |
| R48                                      | 1  | 3  | 2  | 2  | 1  | 0  | 2  | 11     | Buruk |
| R49                                      | 1  | 1  | 1  | 0  | 1  | 0  | 1  | 5      | Baik  |
| R50                                      | 1  | 1  | 0  | 2  | 0  | 0  | 1  | 5      | Baik  |
| R51                                      | 1  | 3  | 2  | 3  | 1  | 0  | 1  | 11     | Buruk |
| R52                                      | 3  | 2  | 3  | 0  | 2  | 0  | 1  | 11     | Buruk |
| R53                                      | 1  | 1  | 1  | 0  | 1  | 0  | 1  | 5      | Baik  |
| R54                                      | 1  | 1  | 1  | 0  | 1  | 0  | 2  | 6      | Buruk |
| R55                                      | 2  | 2  | 1  | 0  | 1  | 0  | 2  | 8      | Buruk |
| R56                                      | 1  | 1  | 0  | 0  | 1  | 0  | 2  | 5      | Baik  |
| R57                                      | 0  | 0  | 1  | 1  | 1  | 0  | 2  | 5      | Baik  |
| R58                                      | 1  | 0  | 1  | 0  | 1  | 0  | 1  | 4      | Baik  |
| R59                                      | 3  | 3  | 1  | 0  | 2  | 0  | 1  | 10     | Buruk |
| R60                                      | 1  | 0  | 2  | 0  | 1  | 0  | 1  | 5      | Baik  |
| R61                                      | 1  | 0  | 1  | 0  | 3  | 0  | 1  | 6      | Buruk |
| R62                                      | 3  | 2  | 1  | 0  | 1  | 0  | 1  | 8      | Buruk |
| R63                                      | 1  | 1  | 1  | 0  | 1  | 0  | 1  | 5      | Baik  |
| R64                                      | 1  | 2  | 1  | 1  | 1  | 0  | 2  | 8      | Buruk |
| R65                                      | 1  | 0  | 0  | 1  | 1  | 0  | 2  | 5      | Baik  |
| R66                                      | 1  | 1  | 1  | 0  | 1  | 0  | 1  | 5      | Baik  |
| R67                                      | 1  | 1  | 1  | 2  | 1  | 0  | 2  | 8      | Buruk |
| R68                                      | 1  | 0  | 0  | 0  | 1  | 0  | 1  | 3      | Baik  |
| R69                                      | 1  | 2  | 1  | 2  | 2  | 0  | 1  | 9      | Buruk |
| R70                                      | 1  | 3  | 1  | 0  | 1  | 0  | 2  | 8      | Buruk |
| R71                                      | 1  | 2  | 0  | 0  | 1  | 0  | 2  | 6      | Buruk |
| R72                                      | 2  | 3  | 3  | 0  | 3  | 0  | 2  | 13     | Buruk |
| R73                                      | 2  | 3  | 0  | 0  | 1  | 0  | 2  | 8      | Buruk |
| R74                                      | 2  | 1  | 0  | 3  | 1  | 0  | 2  | 9      | Buruk |
| R75                                      | 1  | 2  | 2  | 3  | 2  | 0  | 2  | 12     | Buruk |

| Tabulasi Kuisioner Kualitas Tidur (PSQI) |    |    |    |    |    |    |    | Jumlah | Hasil |
|------------------------------------------|----|----|----|----|----|----|----|--------|-------|
| No                                       | C1 | C2 | C3 | C4 | C5 | C6 | C7 |        |       |
| R76                                      | 2  | 2  | 1  | 1  | 1  | 0  | 2  | 9      | Buruk |
| R77                                      | 1  | 2  | 2  | 0  | 1  | 0  | 1  | 7      | Buruk |
| R78                                      | 1  | 0  | 1  | 1  | 1  | 0  | 1  | 5      | Baik  |
| R79                                      | 2  | 1  | 0  | 0  | 1  | 0  | 1  | 5      | Baik  |
| R80                                      | 1  | 2  | 1  | 1  | 2  | 0  | 2  | 9      | Buruk |
| R81                                      | 1  | 2  | 3  | 2  | 1  | 0  | 2  | 11     | Buruk |
| R82                                      | 2  | 3  | 1  | 2  | 2  | 0  | 2  | 12     | Buruk |
| R83                                      | 1  | 2  | 1  | 3  | 1  | 0  | 2  | 10     | Buruk |
| R84                                      | 1  | 1  | 0  | 1  | 0  | 0  | 2  | 5      | Baik  |
| R85                                      | 1  | 2  | 1  | 2  | 2  | 0  | 2  | 10     | Buruk |
| R86                                      | 2  | 1  | 1  | 0  | 1  | 0  | 1  | 6      | Buruk |
| R87                                      | 1  | 2  | 1  | 0  | 1  | 0  | 1  | 6      | Buruk |
| R88                                      | 1  | 2  | 1  | 0  | 1  | 0  | 1  | 6      | Buruk |
| R89                                      | 1  | 0  | 0  | 0  | 1  | 0  | 1  | 3      | Baik  |
| R90                                      | 1  | 2  | 1  | 3  | 2  | 0  | 1  | 10     | Buruk |
| R91                                      | 2  | 3  | 3  | 1  | 2  | 3  | 1  | 15     | Buruk |
| R92                                      | 1  | 1  | 0  | 0  | 1  | 0  | 2  | 5      | Baik  |
| R93                                      | 2  | 2  | 3  | 0  | 1  | 0  | 2  | 10     | Buruk |
| R94                                      | 1  | 2  | 0  | 0  | 1  | 0  | 1  | 5      | Baik  |
| R95                                      | 1  | 1  | 1  | 0  | 1  | 0  | 1  | 5      | Baik  |
| R96                                      | 2  | 3  | 1  | 1  | 2  | 0  | 1  | 10     | Buruk |
| R97                                      | 1  | 2  | 2  | 0  | 1  | 0  | 1  | 7      | Buruk |
| R98                                      | 3  | 1  | 1  | 1  | 2  | 0  | 1  | 9      | Buruk |
| R99                                      | 2  | 2  | 2  | 1  | 2  | 0  | 1  | 10     | Buruk |
| R100                                     | 1  | 0  | 0  | 0  | 1  | 0  | 1  | 3      | Baik  |
| R101                                     | 0  | 1  | 1  | 0  | 1  | 0  | 1  | 4      | Baik  |
| R102                                     | 1  | 1  | 1  | 2  | 1  | 0  | 1  | 7      | Buruk |
| R103                                     | 1  | 1  | 0  | 3  | 2  | 0  | 1  | 8      | Buruk |
| R104                                     | 2  | 1  | 0  | 0  | 1  | 0  | 1  | 5      | Baik  |
| R105                                     | 1  | 2  | 2  | 1  | 2  | 0  | 1  | 9      | Buruk |
| R106                                     | 0  | 0  | 1  | 0  | 1  | 0  | 1  | 3      | Baik  |
| R107                                     | 1  | 2  | 2  | 0  | 2  | 0  | 2  | 9      | Buruk |
| R108                                     | 1  | 3  | 3  | 0  | 2  | 0  | 1  | 10     | Buruk |
| R109                                     | 1  | 1  | 0  | 1  | 1  | 0  | 1  | 5      | Baik  |
| R110                                     | 1  | 0  | 1  | 1  | 1  | 0  | 1  | 5      | Baik  |
| R111                                     | 1  | 2  | 1  | 0  | 2  | 0  | 2  | 8      | Buruk |
| R112                                     | 1  | 1  | 0  | 0  | 2  | 0  | 1  | 5      | Baik  |
| R113                                     | 2  | 2  | 2  | 0  | 2  | 0  | 1  | 9      | Buruk |
| R114                                     | 1  | 1  | 2  | 0  | 2  | 0  | 2  | 8      | Buruk |
| R115                                     | 1  | 0  | 1  | 0  | 1  | 0  | 2  | 5      | Baik  |
| R116                                     | 3  | 3  | 1  | 0  | 3  | 0  | 2  | 12     | Buruk |
| R117                                     | 1  | 1  | 1  | 1  | 2  | 0  | 2  | 8      | Buruk |
| R118                                     | 3  | 2  | 3  | 3  | 2  | 0  | 2  | 15     | Buruk |
| R119                                     | 1  | 2  | 2  | 3  | 1  | 0  | 1  | 10     | Buruk |
| R120                                     | 0  | 1  | 1  | 0  | 1  | 0  | 2  | 5      | Baik  |
| R121                                     | 1  | 0  | 1  | 1  | 1  | 0  | 1  | 5      | Baik  |
| R122                                     | 1  | 3  | 1  | 0  | 2  | 0  | 1  | 8      | Buruk |
| R123                                     | 1  | 1  | 0  | 1  | 1  | 0  | 1  | 5      | Baik  |
| R124                                     | 2  | 3  | 1  | 0  | 1  | 1  | 2  | 10     | Buruk |
| R125                                     | 1  | 2  | 3  | 0  | 1  | 0  | 2  | 9      | Buruk |
| R126                                     | 1  | 2  | 1  | 0  | 1  | 0  | 2  | 7      | Buruk |



| Tabulasi Kuisisioner Kualitas Tidur (PSQI) |    |    |    |    |    |    |    | Jumlah | Hasil |
|--------------------------------------------|----|----|----|----|----|----|----|--------|-------|
| No                                         | C1 | C2 | C3 | C4 | C5 | C6 | C7 |        |       |
| R127                                       | 2  | 1  | 1  | 0  | 1  | 0  | 2  | 7      | Buruk |
| R128                                       | 1  | 1  | 0  | 1  | 1  | 0  | 1  | 5      | Baik  |
| R129                                       | 1  | 3  | 2  | 3  | 2  | 0  | 2  | 13     | Buruk |
| R130                                       | 1  | 2  | 2  | 3  | 2  | 0  | 2  | 12     | Buruk |
| R131                                       | 1  | 1  | 1  | 1  | 1  | 0  | 2  | 7      | Buruk |
| R132                                       | 2  | 1  | 2  | 1  | 2  | 0  | 2  | 10     | Buruk |
| R133                                       | 1  | 1  | 1  | 1  | 1  | 0  | 2  | 7      | Buruk |
| R134                                       | 2  | 0  | 1  | 0  | 1  | 0  | 1  | 5      | Baik  |
| R135                                       | 1  | 0  | 1  | 1  | 1  | 0  | 1  | 5      | Baik  |
| R136                                       | 1  | 1  | 1  | 2  | 1  | 0  | 1  | 7      | Buruk |
| R137                                       | 2  | 1  | 3  | 3  | 2  | 0  | 2  | 13     | Buruk |
| R138                                       | 1  | 1  | 1  | 2  | 2  | 0  | 1  | 8      | Buruk |
| R139                                       | 0  | 3  | 3  | 3  | 3  | 0  | 2  | 14     | Buruk |
| R140                                       | 1  | 1  | 1  | 1  | 2  | 0  | 2  | 8      | Buruk |
| R141                                       | 0  | 1  | 1  | 1  | 2  | 0  | 2  | 7      | Buruk |
| R142                                       | 3  | 2  | 3  | 3  | 3  | 0  | 2  | 16     | Buruk |
| R143                                       | 1  | 1  | 0  | 1  | 0  | 0  | 2  | 5      | Baik  |
| R144                                       | 2  | 3  | 2  | 0  | 2  | 2  | 1  | 12     | Buruk |
| R145                                       | 0  | 1  | 2  | 0  | 1  | 0  | 1  | 5      | Baik  |
| R146                                       | 3  | 3  | 2  | 0  | 3  | 3  | 1  | 15     | Buruk |
| R147                                       | 2  | 1  | 1  | 1  | 1  | 0  | 2  | 8      | Buruk |
| R148                                       | 3  | 3  | 3  | 0  | 2  | 0  | 1  | 12     | Buruk |
| R149                                       | 0  | 1  | 0  | 0  | 1  | 0  | 0  | 2      | Baik  |
| R150                                       | 2  | 2  | 3  | 0  | 2  | 2  | 1  | 12     | Buruk |
| R151                                       | 1  | 1  | 1  | 1  | 2  | 1  | 1  | 8      | Buruk |
| R152                                       | 2  | 1  | 1  | 2  | 1  | 0  | 2  | 9      | Buruk |
| R153                                       | 2  | 0  | 3  | 3  | 2  | 1  | 2  | 13     | Buruk |
| R154                                       | 1  | 0  | 2  | 1  | 1  | 0  | 1  | 6      | Buruk |
| R155                                       | 1  | 1  | 3  | 1  | 1  | 0  | 1  | 8      | Buruk |
| R156                                       | 0  | 0  | 1  | 1  | 1  | 0  | 2  | 5      | Baik  |
| R157                                       | 1  | 1  | 1  | 3  | 1  | 0  | 2  | 9      | Buruk |
| R158                                       | 1  | 0  | 0  | 1  | 2  | 0  | 1  | 5      | Baik  |
| R159                                       | 1  | 1  | 1  | 1  | 1  | 0  | 0  | 5      | Baik  |
| R160                                       | 1  | 1  | 0  | 1  | 1  | 0  | 1  | 5      | Baik  |
| R161                                       | 2  | 1  | 3  | 3  | 1  | 0  | 1  | 11     | Buruk |
| R162                                       | 1  | 1  | 1  | 0  | 1  | 0  | 1  | 5      | Baik  |
| R163                                       | 1  | 0  | 0  | 1  | 1  | 0  | 2  | 5      | Baik  |
| R164                                       | 2  | 1  | 3  | 3  | 1  | 0  | 1  | 11     | Buruk |
| R165                                       | 2  | 1  | 2  | 3  | 1  | 0  | 1  | 10     | Buruk |
| R166                                       | 2  | 1  | 3  | 3  | 1  | 0  | 2  | 12     | Buruk |
| R167                                       | 1  | 1  | 1  | 2  | 1  | 0  | 2  | 8      | Buruk |
| R168                                       | 2  | 1  | 2  | 3  | 1  | 0  | 1  | 10     | Buruk |
| R169                                       | 2  | 1  | 2  | 2  | 1  | 0  | 2  | 10     | Buruk |
| R170                                       | 1  | 1  | 1  | 0  | 2  | 0  | 0  | 5      | Baik  |
| R171                                       | 2  | 1  | 1  | 0  | 1  | 0  | 0  | 5      | Baik  |
| R172                                       | 2  | 1  | 2  | 0  | 0  | 0  | 0  | 5      | Baik  |
| R173                                       | 3  | 3  | 3  | 0  | 3  | 3  | 0  | 15     | Buruk |
| R174                                       | 3  | 3  | 3  | 0  | 3  | 3  | 0  | 15     | Buruk |
| R175                                       | 2  | 2  | 1  | 0  | 1  | 1  | 0  | 7      | Buruk |
| R176                                       | 2  | 2  | 2  | 3  | 1  | 0  | 2  | 12     | Buruk |
| R177                                       | 1  | 0  | 1  | 0  | 1  | 0  | 2  | 5      | Baik  |

| Tabulasi Kuisioner Kualitas Tidur (PSQI) |    |    |    |    |    |    |    | Jumlah | Hasil |
|------------------------------------------|----|----|----|----|----|----|----|--------|-------|
| No                                       | C1 | C2 | C3 | C4 | C5 | C6 | C7 |        |       |
| R178                                     | 1  | 1  | 2  | 0  | 1  | 0  | 1  | 6      | Buruk |
| R179                                     | 1  | 1  | 1  | 0  | 1  | 0  | 1  | 5      | Baik  |
| R180                                     | 1  | 1  | 1  | 0  | 1  | 0  | 1  | 5      | Baik  |
| R181                                     | 1  | 1  | 2  | 2  | 1  | 0  | 1  | 8      | Buruk |
| R182                                     | 0  | 0  | 2  | 0  | 1  | 1  | 1  | 5      | Baik  |
| R183                                     | 1  | 1  | 1  | 0  | 1  | 0  | 1  | 5      | Baik  |
| R184                                     | 0  | 0  | 2  | 1  | 1  | 0  | 1  | 5      | Baik  |
| R185                                     | 0  | 1  | 0  | 2  | 1  | 0  | 1  | 5      | Baik  |
| R186                                     | 2  | 1  | 3  | 3  | 2  | 1  | 2  | 14     | Buruk |
| R187                                     | 2  | 0  | 1  | 3  | 1  | 0  | 2  | 9      | Buruk |
| R188                                     | 1  | 1  | 1  | 0  | 1  | 0  | 1  | 5      | Baik  |
| R189                                     | 1  | 1  | 2  | 3  | 1  | 0  | 1  | 9      | Buruk |
| R190                                     | 2  | 2  | 3  | 3  | 1  | 1  | 1  | 13     | Buruk |
| R191                                     | 1  | 1  | 2  | 1  | 1  | 0  | 1  | 7      | Buruk |
| R192                                     | 2  | 0  | 2  | 0  | 1  | 0  | 1  | 6      | Buruk |
| R193                                     | 3  | 1  | 3  | 3  | 2  | 1  | 1  | 14     | Buruk |
| R194                                     | 1  | 1  | 1  | 0  | 1  | 0  | 2  | 6      | Buruk |
| R195                                     | 0  | 1  | 0  | 2  | 1  | 0  | 1  | 5      | Baik  |
| R196                                     | 1  | 2  | 2  | 1  | 1  | 0  | 1  | 8      | Buruk |
| R197                                     | 3  | 1  | 3  | 2  | 1  | 0  | 2  | 12     | Buruk |
| R198                                     | 0  | 1  | 1  | 1  | 1  | 0  | 1  | 5      | Baik  |
| R199                                     | 2  | 1  | 2  | 0  | 1  | 0  | 1  | 7      | Buruk |
| R200                                     | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 7      | Buruk |
| R201                                     | 2  | 1  | 2  | 0  | 0  | 1  | 1  | 7      | Buruk |
| R202                                     | 0  | 0  | 1  | 0  | 0  | 0  | 1  | 2      | Baik  |
| R203                                     | 2  | 1  | 0  | 0  | 1  | 0  | 1  | 5      | Baik  |
| R204                                     | 2  | 2  | 1  | 0  | 1  | 0  | 1  | 7      | Buruk |
| R205                                     | 2  | 1  | 1  | 0  | 1  | 0  | 1  | 6      | Buruk |
| R206                                     | 0  | 0  | 1  | 0  | 0  | 0  | 1  | 2      | Baik  |
| R207                                     | 1  | 1  | 1  | 0  | 1  | 0  | 2  | 6      | Buruk |
| R208                                     | 3  | 1  | 3  | 1  | 1  | 1  | 1  | 11     | Buruk |
| R209                                     | 2  | 2  | 2  | 1  | 1  | 0  | 1  | 9      | Buruk |
| R210                                     | 1  | 2  | 2  | 1  | 1  | 0  | 2  | 9      | Buruk |
| R211                                     | 1  | 2  | 1  | 2  | 1  | 0  | 2  | 9      | Buruk |
| R212                                     | 0  | 2  | 1  | 3  | 1  | 0  | 1  | 8      | Buruk |
| R213                                     | 1  | 0  | 1  | 0  | 1  | 0  | 1  | 4      | Baik  |
| R214                                     | 0  | 2  | 1  | 2  | 1  | 0  | 2  | 8      | Buruk |
| R215                                     | 1  | 0  | 0  | 0  | 1  | 0  | 2  | 4      | Baik  |
| R216                                     | 2  | 1  | 2  | 3  | 1  | 0  | 2  | 11     | Buruk |
| R217                                     | 2  | 2  | 2  | 3  | 2  | 0  | 2  | 13     | Buruk |
| R218                                     | 3  | 1  | 2  | 0  | 2  | 0  | 2  | 10     | Buruk |
| R219                                     | 0  | 0  | 1  | 1  | 1  | 0  | 1  | 4      | Baik  |
| R220                                     | 3  | 1  | 2  | 1  | 1  | 1  | 2  | 11     | Buruk |
| R221                                     | 2  | 1  | 1  | 2  | 1  | 0  | 2  | 9      | Buruk |
| R222                                     | 1  | 1  | 1  | 0  | 1  | 0  | 1  | 5      | Baik  |
| R223                                     | 2  | 1  | 2  | 2  | 1  | 0  | 1  | 9      | Buruk |
| R224                                     | 1  | 0  | 1  | 0  | 1  | 0  | 2  | 5      | Baik  |
| R225                                     | 2  | 1  | 1  | 2  | 2  | 0  | 2  | 10     | Buruk |
| R226                                     | 1  | 1  | 2  | 2  | 1  | 0  | 2  | 9      | Buruk |
| R227                                     | 0  | 0  | 1  | 1  | 0  | 0  | 2  | 4      | Baik  |
| R228                                     | 1  | 1  | 1  | 0  | 1  | 0  | 2  | 6      | Buruk |

| Tabulasi Kuisioner Kualitas Tidur (PSQI) |    |    |    |    |    |    |    | Jumlah | Hasil |
|------------------------------------------|----|----|----|----|----|----|----|--------|-------|
| No                                       | C1 | C2 | C3 | C4 | C5 | C6 | C7 |        |       |
| R229                                     | 2  | 1  | 2  | 0  | 0  | 0  | 2  | 7      | Buruk |
| R230                                     | 2  | 1  | 1  | 0  | 1  | 0  | 2  | 7      | Buruk |
| R231                                     | 2  | 2  | 1  | 0  | 1  | 0  | 2  | 8      | Buruk |
| R232                                     | 2  | 2  | 2  | 3  | 1  | 0  | 2  | 12     | Buruk |
| R233                                     | 2  | 1  | 2  | 2  | 0  | 0  | 2  | 9      | Buruk |
| R234                                     | 1  | 1  | 1  | 0  | 1  | 0  | 1  | 5      | Baik  |
| R235                                     | 0  | 0  | 1  | 1  | 0  | 0  | 1  | 3      | Baik  |
| R236                                     | 3  | 2  | 1  | 1  | 1  | 1  | 1  | 10     | Buruk |
| R237                                     | 2  | 1  | 1  | 1  | 1  | 0  | 2  | 8      | Buruk |
| R238                                     | 0  | 0  | 1  | 1  | 1  | 0  | 1  | 4      | Baik  |
| R239                                     | 2  | 1  | 2  | 0  | 1  | 0  | 2  | 8      | Buruk |
| R240                                     | 2  | 0  | 1  | 0  | 1  | 0  | 1  | 5      | Baik  |
| R241                                     | 1  | 1  | 1  | 1  | 1  | 0  | 2  | 7      | Buruk |
| R242                                     | 2  | 2  | 2  | 3  | 1  | 0  | 2  | 12     | Buruk |
| R243                                     | 0  | 0  | 0  | 1  | 1  | 0  | 2  | 4      | Baik  |
| R244                                     | 3  | 2  | 3  | 3  | 1  | 1  | 1  | 14     | Buruk |
| R245                                     | 2  | 1  | 3  | 3  | 1  | 0  | 1  | 11     | Buruk |
| R246                                     | 2  | 0  | 3  | 3  | 1  | 0  | 1  | 10     | Buruk |
| R247                                     | 1  | 1  | 2  | 3  | 1  | 0  | 2  | 10     | Buruk |
| R248                                     | 1  | 1  | 0  | 1  | 1  | 0  | 1  | 5      | Baik  |
| R249                                     | 2  | 1  | 2  | 3  | 1  | 0  | 0  | 9      | Buruk |
| R250                                     | 1  | 1  | 0  | 0  | 1  | 0  | 1  | 4      | Baik  |
| R251                                     | 1  | 1  | 2  | 3  | 1  | 0  | 1  | 9      | Buruk |
| R252                                     | 1  | 1  | 2  | 3  | 1  | 0  | 2  | 10     | Buruk |
| R253                                     | 2  | 3  | 2  | 2  | 2  | 0  | 2  | 13     | Buruk |
| R254                                     | 3  | 3  | 2  | 0  | 2  | 0  | 1  | 11     | Buruk |
| R255                                     | 3  | 1  | 3  | 3  | 1  | 0  | 1  | 12     | Buruk |
| R256                                     | 2  | 2  | 2  | 2  | 1  | 0  | 2  | 11     | Buruk |
| R257                                     | 3  | 3  | 3  | 0  | 2  | 0  | 2  | 13     | Buruk |
| R258                                     | 3  | 3  | 2  | 0  | 2  | 0  | 1  | 11     | Buruk |
| R259                                     | 1  | 2  | 2  | 3  | 1  | 0  | 0  | 9      | Buruk |
| R260                                     | 3  | 3  | 3  | 0  | 3  | 3  | 1  | 16     | Buruk |
| R261                                     | 3  | 3  | 2  | 0  | 2  | 0  | 1  | 11     | Buruk |
| R262                                     | 1  | 1  | 2  | 0  | 1  | 0  | 2  | 7      | Buruk |
| R263                                     | 3  | 1  | 3  | 1  | 2  | 0  | 2  | 12     | Buruk |
| R264                                     | 2  | 2  | 1  | 0  | 1  | 0  | 1  | 7      | Buruk |
| R265                                     | 0  | 1  | 2  | 3  | 1  | 0  | 1  | 8      | Buruk |
| R266                                     | 0  | 1  | 1  | 2  | 1  | 0  | 2  | 7      | Buruk |
| R267                                     | 0  | 1  | 0  | 2  | 1  | 0  | 2  | 6      | Buruk |
| R268                                     | 3  | 2  | 3  | 3  | 2  | 0  | 1  | 14     | Buruk |
| R269                                     | 1  | 1  | 2  | 2  | 1  | 0  | 2  | 9      | Buruk |
| R270                                     | 1  | 1  | 1  | 0  | 1  | 0  | 0  | 4      | Baik  |
| R271                                     | 1  | 1  | 0  | 1  | 1  | 0  | 0  | 4      | Baik  |
| R272                                     | 2  | 2  | 2  | 2  | 1  | 0  | 0  | 9      | Buruk |
| R273                                     | 0  | 1  | 1  | 2  | 1  | 0  | 0  | 5      | Baik  |
| R274                                     | 0  | 0  | 1  | 2  | 1  | 0  | 0  | 4      | Baik  |
| R275                                     | 1  | 1  | 1  | 1  | 2  | 0  | 0  | 6      | Buruk |
| R276                                     | 0  | 0  | 0  | 0  | 1  | 0  | 2  | 3      | Baik  |
| R277                                     | 3  | 3  | 3  | 0  | 2  | 0  | 2  | 13     | Buruk |
| R278                                     | 3  | 3  | 3  | 0  | 2  | 0  | 1  | 12     | Buruk |
| R279                                     | 3  | 2  | 0  | 1  | 1  | 0  | 1  | 8      | Buruk |

| Tabulasi Kuisioner Kualitas Tidur (PSQI) |     |     |     |    |     |    |     | Jumlah | Hasil |
|------------------------------------------|-----|-----|-----|----|-----|----|-----|--------|-------|
| No                                       | C1  | C2  | C3  | C4 | C5  | C6 | C7  |        |       |
| R280                                     | 3   | 2   | 3   | 1  | 1   | 0  | 1   | 11     | Buruk |
| R281                                     | 3   | 0   | 2   | 1  | 1   | 0  | 1   | 8      | Buruk |
| R282                                     | 3   | 2   | 3   | 0  | 1   | 0  | 1   | 10     | Buruk |
| R283                                     | 3   | 1   | 3   | 0  | 2   | 0  | 1   | 10     | Buruk |
| R284                                     | 2   | 2   | 3   | 0  | 2   | 2  | 1   | 12     | Buruk |
| R285                                     | 1   | 1   | 2   | 3  | 1   | 0  | 1   | 9      | Buruk |
| R286                                     | 1   | 3   | 2   | 3  | 1   | 0  | 2   | 12     | Buruk |
| R287                                     | 1   | 0   | 2   | 2  | 1   | 0  | 2   | 8      | Buruk |
| R288                                     | 1   | 3   | 1   | 2  | 1   | 0  | 1   | 9      | Buruk |
| R289                                     | 1   | 1   | 3   | 3  | 1   | 0  | 1   | 10     | Buruk |
| R290                                     | 1   | 1   | 2   | 3  | 1   | 0  | 1   | 9      | Buruk |
| R291                                     | 0   | 1   | 1   | 2  | 1   | 0  | 1   | 6      | Buruk |
| R292                                     | 1   | 3   | 2   | 3  | 1   | 0  | 1   | 11     | Buruk |
| R293                                     | 2   | 2   | 2   | 3  | 1   | 0  | 1   | 11     | Buruk |
| R294                                     | 2   | 2   | 2   | 3  | 2   | 0  | 2   | 13     | Buruk |
| R295                                     | 2   | 1   | 2   | 3  | 1   | 0  | 2   | 11     | Buruk |
| R296                                     | 1   | 2   | 1   | 3  | 2   | 0  | 1   | 10     | Buruk |
| R297                                     | 0   | 1   | 1   | 2  | 1   | 0  | 2   | 7      | Buruk |
| R298                                     | 0   | 1   | 1   | 2  | 1   | 0  | 1   | 6      | Buruk |
| R299                                     | 0   | 1   | 0   | 0  | 1   | 0  | 1   | 3      | Baik  |
| R300                                     | 0   | 1   | 0   | 1  | 1   | 0  | 1   | 4      | Baik  |
| R301                                     | 0   | 0   | 1   | 0  | 1   | 0  | 1   | 3      | Baik  |
| R302                                     | 1   | 1   | 1   | 2  | 1   | 0  | 1   | 7      | Buruk |
| R303                                     | 2   | 0   | 2   | 0  | 0   | 0  | 1   | 5      | Baik  |
| R304                                     | 2   | 2   | 2   | 0  | 1   | 0  | 0   | 7      | Buruk |
| R305                                     | 3   | 3   | 3   | 0  | 2   | 0  | 0   | 11     | Buruk |
| R306                                     | 3   | 3   | 2   | 0  | 1   | 0  | 0   | 9      | Buruk |
| R307                                     | 3   | 3   | 2   | 0  | 1   | 0  | 1   | 10     | Buruk |
| R308                                     | 3   | 2   | 3   | 1  | 2   | 0  | 2   | 13     | Buruk |
| R309                                     | 3   | 3   | 2   | 1  | 2   | 0  | 2   | 13     | Buruk |
| R310                                     | 1   | 1   | 1   | 0  | 1   | 0  | 1   | 5      | Baik  |
| R311                                     | 3   | 3   | 3   | 0  | 3   | 3  | 1   | 16     | Buruk |
| R312                                     | 2   | 1   | 2   | 0  | 1   | 0  | 2   | 8      | Buruk |
| R313                                     | 1   | 1   | 1   | 0  | 1   | 0  | 1   | 5      | Baik  |
| R314                                     | 1   | 0   | 1   | 0  | 1   | 0  | 2   | 5      | Baik  |
| R315                                     | 1   | 1   | 2   | 0  | 2   | 0  | 2   | 8      | Buruk |
| R316                                     | 1   | 1   | 1   | 0  | 1   | 0  | 1   | 5      | Baik  |
| R317                                     | 2   | 3   | 2   | 0  | 2   | 0  | 2   | 11     | Buruk |
| R318                                     | 1   | 1   | 1   | 0  | 1   | 0  | 1   | 5      | Baik  |
| R319                                     | 3   | 3   | 3   | 0  | 2   | 3  | 2   | 16     | Buruk |
| R320                                     | 1   | 1   | 0   | 0  | 1   | 0  | 1   | 4      | Baik  |
| R321                                     | 2   | 2   | 2   | 0  | 2   | 0  | 1   | 9      | Buruk |
| R322                                     | 1   | 1   | 1   | 0  | 1   | 0  | 2   | 6      | Buruk |
| R323                                     | 1   | 0   | 0   | 0  | 1   | 0  | 2   | 4      | Baik  |
| R324                                     | 1   | 1   | 1   | 1  | 1   | 0  | 2   | 7      | Buruk |
| R325                                     | 1   | 1   | 2   | 0  | 1   | 0  | 2   | 7      | Buruk |
| R326                                     | 1   | 1   | 2   | 2  | 1   | 0  | 1   | 8      | Buruk |
| Total                                    | 456 | 434 | 466 | 70 | 406 | 46 | 437 | 2577   |       |

## FORM BUKTI MENJADI OPONEN



Fakultas Keperawatan  
Universitas  
Bhakti Kencana

Jl. Soekarno Hatta No 754 Bandung  
☎ 022 7830 760, 022 7830 768  
✉ bku.ac.id contact@bku.ac.id

Lampiran 14

## LEMBAR OPONEN

Nama Mahasiswa : Mayang Ayodya Kusumah  
NIM : 191FK 03048

| No | Hari/<br>Tanggal              | Penyaji          | Judul Proposal Penelitian                                                                              | Ttd<br>Moderator |
|----|-------------------------------|------------------|--------------------------------------------------------------------------------------------------------|------------------|
| 1. | Senin,<br>09 Januari<br>2023  | M. Azril         | Hubungan Beban kerja<br>dengan perilaku caring<br>perawat menurut persepsi<br>pasien di IGD RSUD Laswi |                  |
| 2. | Kamis,<br>12 Januari<br>2023  | Widilah          | Hubungan supervisi<br>kepada ruangan dengan<br>kualitas Handover di<br>Ruang rawat RSUD Laswi          |                  |
| 3. | Jum'at<br>03 Februari<br>2023 | Cinda AE         | Perilaku Remaja mengkon-<br>sumsi minuman beralkohol<br>di desa nagreg kendan                          |                  |
| 4. | Jum'at<br>31 Maret<br>2023    | Zulfa<br>Nabilah | Hubungan peran orang tua<br>terhadap hospitalisasi<br>pada anak pra sekolah                            |                  |
| 5. |                               |                  |                                                                                                        |                  |

## CATATAN BIMBINGAN SKRIPSI

Dosen Pembimbing Utama : Lia Nurlianawati, S.Kep., Ners., M.Kep

Lampiran 13

**Fakultas Keperawatan  
Universitas  
Bhakti Kencana**

Jl. Soekarno Hatta No 754 Bandung  
022 7830 760, 022 7830 761  
bku.ac.id contact@bku.ac.id

**LEMBAR BIMBINGAN**

Nama Mahasiswa : Mayang Ayodya Kusumah  
NIM : 191FK03048  
Judul Skripsi : Hubungan Fomo dengan kualitas tidur Mahasiswa Keperawatan UBK  
Pembimbing Utama : Lia Nurlianawati, S.Kep., Ners., M.Kep  
Pembimbing Pendamping : Imam Abidin, S.Kep., Ners., M.Kep

| No | Hari/<br>Tanggal    | Catatan Pembimbing                                                                                                                                                     | Paraf<br>Pembimbing |
|----|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| 1. | Senin<br>7/11/22    | - Judul mengarah ke psikologi<br>Cari yg lebih ke dunia keperawatan jiwa / komunitas<br><br>- cari faktor 3 yg mempengaruhi variabel, ambil ke arah dunia keperawatan. |                     |
| 2. | Rabu<br>16/11/22    | - Stufen tanda gejala dan dampak fomo & kualitas tidur<br><br>- tambahkan faktor ketertarikan atau penjelasan mengenai kaitan fomo dengan kualitas tidur.              |                     |
| 3. | sabtu<br>26/11/2022 | - lanjut bab 2 dan 3                                                                                                                                                   |                     |
| 4. | 23/12/2022<br>Jumat | - lengkapi populasi dan sampel di bab 3.                                                                                                                               |                     |
| 5. |                     | - teknik pengambil sampel.<br><del>random</del> purposive tp perhatikan kriteria inklusi / eksklusi<br><br>- random → Tk?, Prodi?<br>Justifikasi                       |                     |



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Jl. Soekarno Hatta No 754 Bandung  
022 7830 760, 022 7830 768  
bku.ac.id contact@bku.ac.id

Lampiran 13

#### LEMBAR BIMBINGAN

Nama Mahasiswa : Mayang Ayodya  
NIM :  
Judul Skripsi :  
Pembimbing Utama : Liza Murdanawati, Skep., Ners., M.Keep  
Pembimbing Pendamping :

| No | Hari/<br>Tanggal          | Catatan Pembimbing                                                                                                                                                                                                                                                                                                                | Paraf<br>Pembimbing |
|----|---------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
|    | Jum'at<br>24/2023<br>Feb  | Revisi UP                                                                                                                                                                                                                                                                                                                         |                     |
|    | 15/2023<br>Maret          | Bimbingan sampel penelitian                                                                                                                                                                                                                                                                                                       |                     |
|    | Jum'at<br>23/2023<br>Juni | - Pembahasan<br>→ ① indikator yg merongol<br>dari 1 ten penguasaan<br>yg memiliki skor T/b<br>diberi arti<br><br>② <del>skor</del> konsep penemuan<br>v/ indikator 1 Hub dan<br>tumbang tenaga/ konsep<br><br>③ Hasil penelitian <u>sekarang</u><br>dan <u>tujuan</u> - dan <u>kesimpulan</u><br><br>④ <u>konstruksi</u> abstrak. |                     |





### LEMBAR BIMBINGAN

| No | Hari/<br>Tanggal | Catatan Pembimbing | Paraf<br>Pembimbing                                                                |
|----|------------------|--------------------|------------------------------------------------------------------------------------|
|    |                  | Acc Sidney Akhū    |  |



Dosen Pembimbing Pendamping : Imam Abidin, S.Kep., Ners., M.Kep



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022 7830 760, 022 7830 768  
bku.ac.id contact@bku.ac.id

Lampiran 13

LEMBAR BIMBINGAN

Nama Mahasiswa : Mayang Ayodya kusumah  
NIM : 191FK03048  
Judul Skripsi : Hubungan Fomo dengan kualitas tidur Mahasiswa UBR  
Pembimbing Utama : Lia Nurlianawati, S.Kep, Ners, M.Kep  
Pembimbing Pendamping : Imam Abidin, S.Kep, Ners, M.Kep

| No | Hari/<br>Tanggal | Catatan Pembimbing                                                                                                                                          | Paraf<br>Pembimbing |
|----|------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| 1. | 12/12/2022       | - Mahasiswa belumlah ada.<br>- data f. kep. hrs<br>- Pemin Umm - thni<br>- data & sumber terban.<br>- Tema ace.                                             |                     |
|    | 28/12            | - FOMO di Indonesia<br>- Penuasan<br>- kesimpulan peneliti<br>- data insomnia remaja / mahasiswa<br>- kajian pustaka<br>- Dampak negatif, Positif Internet. |                     |
|    | 3/Jan 2023       | - Teknik sampling<br>- Justifikasi                                                                                                                          |                     |
|    | 4/Jan 2023       | Ace nday.                                                                                                                                                   |                     |



LEMBAR BIMBINGAN

Nama Mahasiswa :  
NIM :  
Judul Skripsi :

Pembimbing Utama :  
Pembimbing Pendamping :

| No | Hari/<br>Tanggal           | Catatan Pembimbing                                                       | Paraf<br>Pembimbing |
|----|----------------------------|--------------------------------------------------------------------------|---------------------|
|    | 15/3 <sup>23</sup><br>Rabu | - Revisi up                                                              |                     |
|    | Selasa<br>11/2023<br>4     | - Sampel<br>- konsultasi instrumen penerapan                             |                     |
|    | 26/2023<br>5               | - revisi pembahasan<br>- cari intervensi untuk<br>meningkatkan k. trauma |                     |
|    | 05/2023<br>06              | See cidang km perbaikan                                                  |                     |

# Matriks Evaluasi UP dan Sidang Akhir Skripsi

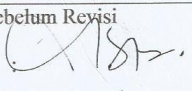
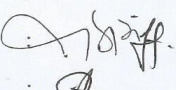
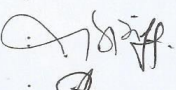
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## Matriks Evaluasi Skripsi Program Studi Sarjana Keperawatan Tahun Akademik 2022/2023

Nama Mahasiswa : Mayang Ayodya Kusumah  
NIM : 191FK03048  
Pembimbing : Lia Nurlianawati, S.Kep., Ners., M.Kep  
Penguji : Nur Intan Hayati Husnul Khotimah, S.Kep., Ners., M.Kep

| Perbaikan / Masukan<br>(diisi pada saat ujian oleh Penguji)                                                                                                                                             | Hasil Revisi<br>(diisi oleh Mahasiswa sebagai bentuk jawaban<br>perbaikan/masukan Penguji)                                                                                                                        |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Bab 1</p> <ul style="list-style-type: none"> <li>- Lebih fokus ke masalah yang akan diambil</li> <li>- Justifikasi sampel</li> <li>- Hasil studi pendahuluan tanda tanda fomo</li> </ul>             | <p>Masalah yang diambil sudah disesuaikan dan dengan judul yaitu fomo dan kualitas tidur pada mahasiswa di universitas bhakti kencana</p>                                                                         |
| <p>Bab 2</p> <ul style="list-style-type: none"> <li>- Kajian pustaka kualitas tidur</li> <li>- Kerangka konseptual</li> </ul>                                                                           | <p>Kajian pustaka mengenai kualitas tidur sudah ditambahkan</p> <p>Kerangka konsep sudah di revisi</p>                                                                                                            |
| <p>Bab 3</p> <ul style="list-style-type: none"> <li>- Instrumen asli ke 2 variabel</li> <li>- Definisi operasional skala ukur dan hasil ukur diperjelas</li> <li>- Teknik pengambilan sampel</li> </ul> | <p>Instrumen sudah disesuaikan dengan kebutuhan penelitian mengacu pada instrumen asli</p> <p>Skala ukur ke 2 variabel adalah ordinal</p> <p>Teknik pengambilan sampel menggunakan stratified random sampling</p> |
| <p>Bab 4</p> <ul style="list-style-type: none"> <li>- Buat tabel seluruh waktu penelitian</li> </ul>                                                                                                    | <p>Tabel penelitian</p>                                                                                                                                                                                           |

Mengetahui,

| Sebelum Revisi                                                                                      | Setelah Revisi                                                                                       |
|-----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| 1. Mahasiswa :   | 1. Mahasiswa :   |
| 2. Pembimbing :  | 2. Pembimbing :  |
| 3. Penguji :     | 3. Penguji :    |



**MATRIKS EVALUASI SKRIPSI**  
**PROGRAM STUDI SARJANA KEPERAWATAN**  
**TAHUN AKADEMIK 2022/2023**

Nama Mahasiswa : Mayang Ayodya Kusumah  
NIM : 191FK03048  
Pembimbing : Imam Abidin, S.Kep., Ners., M.Kep  
Penguji : Andri Nurmansyah, S.Kep., Ners., M.Kep

| Perbaikan / Masukan<br>(diisi pada saat ujian oleh Penguji)                                                                                                                                     | Hasil Revisi<br>(diisi oleh Mahasiswa sebagai bentuk jawaban<br>perbaikan/masukan Penguji)                                                                                                         |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Bab 1<br><ul style="list-style-type: none"><li>- Lebih fokus ke masalah yang akan diambil</li><li>- Justifikasi sampel</li><li>- Hasil studi pendahuluan tanda tanda fomo</li></ul>             | Masalah yang diambil sudah disesuaikan dan dengan judul, judul yaitu fomo dan kualitas tidur pada mahasiswa di universitas bhakti kencana                                                          |
| Bab 2<br><ul style="list-style-type: none"><li>- Kajian pustaka kualitas tidur</li><li>- Kerangka konseptual</li></ul>                                                                          | Kajian pustaka mengenai kualitas tidur sudah ditambahkan<br>Kerangka konsep sudah di revisi                                                                                                        |
| Bab 3<br><ul style="list-style-type: none"><li>- Instrumen asli ke 2 variabel</li><li>- Definisi operasional skala ukur dan hasil ukur diperjelas</li><li>- Teknik pengambilan sampel</li></ul> | Instrumen sudah disesuaikan dengan kebutuhan penelitian mengacu pada instrumen asli<br>Skala ukur ke 2 variabel adalah ordinal<br>Teknik pengambilan sampel menggunakan stratified random sampling |
| Bab 4<br><ul style="list-style-type: none"><li>- Buat tabel seluruh waktu penelitian</li></ul>                                                                                                  | Tabel penelitian                                                                                                                                                                                   |

Mengetahui,

| Sebelum Revisi                                    | Setelah Revisi                                    |
|---------------------------------------------------|---------------------------------------------------|
| 1. Mahasiswa :<br>2. Pembimbing :<br>3. Penguji : | 1. Mahasiswa :<br>2. Pembimbing :<br>3. Penguji : |



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**PROGRAM STUDI SARJANA KEPERAWATAN**  
**TAHUN AKADEMIK 2022/2023**

Nama : Mayang Ayodya Kusumah  
NIM : 191FK03048  
Program Studi : Sarjana Keperawatan  
Penguji I : Nur Intan Khusnul Khotimah, S.Kep, Ners, M.Kep

| No | Perbaikan / Masukan<br>(diisi pada saat ujian oleh Penguji) | Hasil Revisi<br>(diisi oleh mahasiswa sebagai bentuk jawaban<br>perbaikan/masukan penguji) |
|----|-------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| 1  | Lengkapi ABSTRAK                                            | Halaman v - vi                                                                             |
| 2  | Angka yang tidak fomo dengan kualitas tidur di lapangan     | Halaman 90                                                                                 |
| 3  | Pembeda dengan penelitian lain                              | Halaman 12                                                                                 |
| 4  | Saran related dengan pembahasan                             | Halaman 91 dan 98                                                                          |
|    |                                                             |                                                                                            |
|    |                                                             |                                                                                            |

Mengetahui,

| Sebelum Revisi |   | Setelah Revisi |   |
|----------------|---|----------------|---|
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| 2. Pembimbing  | : | 2. Pembimbing  | : |
| 3. Penguji     | : | 3. Penguji     | : |



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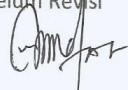
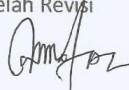
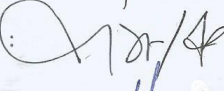
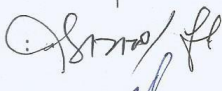


**MATRIKS EVALUASI UJIAN SIDANG AKHIR / SKRIPSI**  
**PROGRAM STUDI SARJANA KEPERAWATAN**  
**TAHUN AKADEMIK 2022/2023**

Nama : Mayang Ayodya Kusumah  
NIM : 191FK03048  
Program Studi : Sarjana Keperawatan  
Penguji II : Andri Nurmansyah, S.Kep, Ners, M.Kep

| No | Perbaikan / Masukan<br>(diisi pada saat ujian oleh Penguji) | Hasil Revisi<br>(diisi oleh mahasiswa sebagai bentuk jawaban<br>perbaikan/masukan penguji) |
|----|-------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| 1  | Abstrak disatukan tanpa paragraf                            | Halaman v – vi                                                                             |
| 2  | Telaah lagi variabel fomo                                   | Halaman 1 - 12                                                                             |
| 3  | Lengkapi tahapan penelitian                                 | Halaman 69-70                                                                              |
|    |                                                             |                                                                                            |
|    |                                                             |                                                                                            |
|    |                                                             |                                                                                            |

Mengetahui,

| Sebelum Revisi |                                                                                       | Setelah Revisi |                                                                                         |
|----------------|---------------------------------------------------------------------------------------|----------------|-----------------------------------------------------------------------------------------|
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| 2. Pembimbing  | :  | 2. Pembimbing  | :   |
| 3. Penguji     | :  | 3. Penguji     | :  |

**DAFTAR RIWAYAT HIDUP**



Nama : Mayang Ayodya Kusumah

NIM : 191FK03048

Tempat/Tanggal Lahir : Bandung, 25 Maret 2002

Alamat : Kp. Ciekek RT 001 RW 001 Desa. Talun Kec.  
Ibun Kab. Bandung, Jawa Barat

No Handphone / Gmail : 082320457747 / mayang.ayodya281@gmail.com

**Pendidikan :**

1. SDN Wiwitan : Tahun 2007 – 2013
2. SMP KP Cieuri : Tahun 2013 – 2016
3. SMK Bhakti Kencana Majalaya : Tahun 2016 – 2019
4. Universitas Bhakti Kencana : Tahun 2019 – 2023

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