The Relationship Between Binge Watching and Sleep Quality of Undergraduate Nursing Students at Makassar Health Science College

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Article Info	ABSTRACT
	Binge watching, or binge watching a series at a time, is an increasingly common phenomenon among college students and has the potential to affect sleep quality. Poor sleep quality can have a negative impact on students' physical, mental health and academic performance. This study aims to determine the relationship between binge watching behavior and sleep quality in undergraduate nursing students at the Makassar Health Sciences College. This study used quantitative methods with an analytic observational design and a cross-sectional approach. The study population was all 133 nursing students, with a sample of 100 respondents selected using total sampling technique. Data were collected using binge watching behavior questionnaire and Pittsburgh Sleep Quality Index (PSQI). Data analysis was performed using Kolmogorov-Smirnov test. The results showed a significant relationship between binge watching behavior and students' sleep quality (p = 0.036; p < 0.05). It can be concluded that binge watching behavior affects students' sleep quality, so it is recommended to reduce this habit to improve quality of life and academic achievement.

INTRODUCTION

Binge watching, defined as the activity of watching several episodes of a television series at a time in sequence, has become a widespread phenomenon, especially among adolescents and university students (Merikivi et al., 2020; Wulandari et al., 2019). This behavior is driven by the rapid development of digital technology and the availability of video streaming platforms such as Netflix, Amazon Prime, and Disney+ that allow individuals to access content at their convenience (Viens et al., 2021).

The increase in binge watching behavior raises concerns about its impact on physical and mental health, especially sleep quality. Sleep is an essential physiological need to support neurocognitive function, emotional regulation, and academic productivity (Novianti et al., 2022). Poor sleep quality is associated with decreased concentration, increased fatigue, and mood disturbances that can interfere with academic performance.

Several international studies have demonstrated the potential negative impact of binge watching on sleep quality. For example, studies in the United States found that most adolescents and young adults often sacrifice sleep to continue watching streaming content (Stoll, 2019;

Carollo, 2023). Similarly, a Portuguese study found a significant association between binge watching and poor sleep quality in 18-25 years old university students (Bastos et al., 2024).

Despite the growing international literature on this topic, local studies that specifically explore this phenomenon in the Indonesian context - especially in the South Sulawesi region - are limited. Some previous studies in Makassar have mostly discussed digital media use in general, but have not specifically examined binge watching as a behavioral pattern related to sleep disorders (Kasim et al., 2018; Burhanuddin, 2020). Given the easy access to streaming services and the academic pressure experienced by nursing students, it is important to examine how this behavior may affect their sleep patterns.

Therefore, this study aims to analyze the relationship between binge watching behavior and sleep quality in undergraduate nursing students at the Makassar College of Health Sciences. The results of this study are expected to be the basis for developing health education strategies to encourage healthier digital consumption behavior among students.

METHODS

The type of research used in this study used quantitative methods with a correlative descriptive design and a cross-sectional approach. The study population was all students of S1 Nursing Study Program at Makassar Health Sciences College as many as 133 people, with 100 respondents selected through total sampling technique. Data were collected using two instruments, namely the bingewatching behavior questionnaire and the Pittsburgh Sleep Quality Index (PSQI) to assess sleep quality. Data collection was conducted online and offline through questionnaires that were self-administered by the respondents. Data were analyzed using the Kolmogorov-Smirnov test for normality and non-parametric statistical tests with a significance level of $p < 0.05$ to determine the relationship between binge watching and sleep quality.

RESULTS

Based on table 1 above, the majority of respondents were in the age range of 20 years, as many as 41 people (41.0%), followed by 21 years (27.0%) and 19 years (13.0%). The ages with the least proportion were 24 and 25 years old, each representing only 1.0% of the total respondents. In terms of gender, most of the respondents were female, as many as 82 people (82.0%), while only 18 people (18.0%) were male. When viewed by semester, the majority of students are in semester 3 with 28 people (28.0%), followed by semester 7 (26.0%) and semester 5 and 8 which each account for 23.0%.

Based on table 2, the results showed that most students showed severe bingewatching behavior, as many as 58 people (58.0%). A total of 36 people (36.0%) were in the moderate category, and only 6 people (6.0%) were in the mild category. Regarding sleep quality, 84 respondents (84.0%) claimed to experience poor sleep quality, while only 16 people (16.0%) claimed to have good sleep quality. This data indicates that the majority of students experience sleep disturbances, which may be related to the intensity of *binge watching.*

Table 3 shows that the results of statistical analysis using the Kolmogorov-Smirnov test resulted in a p value of 0.036 (smaller than 0.05), which means that there is a statistically

significant relationship between binge watching behavior and sleep quality.

Table 1. Characteristics of Student Respondents at Makassar Health Sciences College in 2024

Variables		n	%
Age (Years)	19	13	13,0
	20	41	41,0
	21	27	27,0
	22	11	11,0
	23	6	6,0
	24	1	1,0
	25	1	1,0
Gender	Male	18	18,0
	Female	82	82,0
Semester	3	28	28,0
	5	23	23,0
	7	26	26,0
	8	23	23,0
Total		**100**	**100,0**

Source: Primary Data (Proccesing), 2024

Table 2. Distribution of Characteristics of Research Variables at Makassar Health Science College in 2024

Variables		n	%
Binge Watching	Heavy	58	58,0
	Meoderat	36	36,0
	Light	6	6,0
Sleep Quality	Poor Sleep Quality	84	84,0
	Good Sleep Quality	16	16,0
Total		**100**	**100,0**

Source: Primary Data (Proccesing), 2024

Table 3. Distribution of the Relationship of *Binge Watching* with Sleep Quality in Undergraduate Nursing Program Students of Makassar Health Sciences College in 2024

Binge Watching	Sleep Quality				Total		p-Value
	Good Sleep Quality		Poor Sleep Quality				
	n	%	n	%	n	%	
Heavy	6	100,0	0	0,0	6	100,0	
Meoderat	20	55,6	16	44,4	36	100,0	0,036
Light	58	100,0	0	0,0	58	100,0	
Total	**84**	**84,0**	**16**	**16,0**	**100**	**100,0**	

Source: Primary Data (Proccesing), 2024

DISCUSSION

Based on the results of the study, the majority of respondents showed high levels of binge watching, with 58% in the severe category, 36% moderate, and 6% mild. This finding supports the theory of Libriani et al. (2020) that this behavior is triggered by various motivations, such as entertainment, efficiency, emotional attachment, escape from pressure, and social influence. Rafif (2022) also added that this activity is often used to fill spare time and relieve boredom.

This research is in line with the study of Muhammad et al. (2021), which shows that respondents watch more often at night in an emotionally intense and individualized manner. Meanwhile, Desi et al. (2022) revealed that excessive viewing duration can lead to mood disorders and impulsive behavior. In terms of sleep quality, 84% of respondents experienced sleep disturbances. This is supported by Maulida et al. (2017) which states that the use of devices without control, especially at night, contributes to disruption of the sleep cycle.

This condition has an impact on students' concentration, energy, and academic performance. Clariska (2020) and Muhammad et al. (2017) noted that irregular sleep patterns, due to digital activities at night, cause fatigue and reduce learning focus. In theory, these sleep disturbances can be explained through the concepts of sleep debt and sleep homeostat (Dudley, 2019), where the body naturally demands compensation for sleep deprivation. The statistical test results also showed a significant association between the level of binge watching and sleep quality (p = 0.036), indicating that the higher the viewing intensity, the greater the risk of experiencing sleep disturbances.

CONCLUSION

This study shows a significant relationship between binge watching behavior and sleep quality in college students. The higher the intensity of binge watching, the greater the tendency for students to experience sleep disorders, such as difficulty falling asleep, insufficient sleep duration, and decreased quality of rest. This condition can have a negative impact on cognitive function, emotional stability, and concentration in academic activities.

These findings underscore the importance of student awareness in regulating viewing habits, especially at night, as well as the need for education on the health impacts of uncontrolled digital media consumption. Campus-based promotive and preventive interventions can be a strategy to encourage healthier lifestyles and support optimal academic achievement.

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