

## The Relationship between Binge Watching Korean Dramas and Insomnia Incident in Students at Nusa Cendana University, Kupang, Indonesia

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### ABSTRACT

**Background:** Insomnia is a condition where a person has difficulty in sleeping, especially sleeping at night. Insomnia is a health problem that is often found in all environments, both in developed and developing countries. Binge watching is the activity of continuously watching a program. Because they are used to watching continuously, people can feel uneasy if they miss an episode of the series they are watching. This study aimed to determine the relationship of binge- watching Korean dramas with the incidence of insomnia in students at Nusa Cendana University, Kupang.

**Subjects and Method:** A cross sectional study was conducted at Nusa Cendana University, Kupang, East Nusa Tenggara, Indonesia, from September to October 2022. A total of 428 students were selected in this study. The dependent variable was insomnia and the independent variable was Korean drama. Data were collected using a questionnaire and analyzed with the Spearman correlation statistical test.

**Results:** Binge watching Korean dramas is associated with the incidence of insomnia, and it is statistically significant ( $r= 0.629$ ;  $p<0.001$ ).

**Conclusion:** Binge watching Korean dramas is related to the incidence of insomnia.

**Keywords:** binge watching, korean drama, insomnia, student.

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### BACKGROUND

Sleep is a very important process for humans, because in sleep there is a recovery process. An obstructed recovery process can cause the body's organs to not work optimally, as a result, people with lack of sleep will get tired quickly and experience a decrease in concentration (Ulfiana, 2018).

Insomnia is a sleep disorder generally characterized by temporary or persistent difficulty in initiating or maintaining sleep.

Common causes of insomnia are stress, anxiety, medical conditions, medications and more. Insomnia has a detrimental impact on sufferers, including reducing the quality of life, as a trigger for mental disorders, as well as reducing stamina and productivity (Fitriani, 2018).

According to the Sleep Foundation, the occurrence of insomnia worldwide reaches 67% of 1,508 people in Southeast Asia and 23.8% of insomnia occurs in adole-

scents. In Indonesia, the prevalence rate of insomnia is around 67%, 55.8% had mild insomnia and 23.3% had moderate insomnia (Fernando and Hidayat, 2020).

According to the survey results of the Indonesian Institute of Sciences (LIPI) in August 2020, 91.1% of 924 respondents in 28 cities in Indonesia admitted watching Korean dramas during the pandemic, an increase of 87.8% before the pandemic.

According to the LIPI survey, the average time spent in watching Korean dramas has also increased from 2.7 hours per day before the pandemic to 4.6 hours per day during the pandemic. Korean dramas is an easy watching show with various conflicts in it, which are wrapped in such a way that it is interesting to watch.

Korean dramas have their own charm for students, they often make Korean dramas as an escape from college life. This is because Korean dramas present genres and storylines that are interesting and not long-winded like most Indonesian dramas.

On average, popular Korean dramas have 16 episodes, which keeps the audience from getting bored in watching Korean dramas. Aesthetic setting, stunning cinematography, capable acting and actors who have attractive and fashionable faces attract students' interest to watch Korean dramas with long durations and leave other priorities (Arrahmah, 2020).

Health problems often occur when someone is too fond of technology, for example, unlimited use of the internet makes access easier so that someone will spend all night using and accessing the internet, so that insomnia is often a major problem.

Based on the background, this study aimed to find out the relationship between binge watching Korean dramas and the

incidence of insomnia in students at Nusa Cendana University.

## SUBJECTS AND METHOD

### 1. Study Design

This type of study used a quantitative method with a cross-sectional study design conducted at Nusa Cendana University, Kupang from September to October 2022.

### 2. Population and Sample

The population in this study were students at Nusa Cendana University, Kupang. The samples were 428 students.

### 3. Study Variables

The independent variables was korean drama The dependent variables was insomnia.

### 4. Operational Definition of Variables

**Binge Watching** is excessive watching behavior.

**Insomnia** is a condition in which a person has difficulty in sleeping, especially sleeping at night.

### 5. Study Instruments

The types of data in this study are primary data and secondary data. Primary data were obtained from research questionnaires to students and secondary data were obtained from sources originating from books, websites and articles.

### 6. Data Analysis

Data analysis used univariate and bivariate analysis by using statistical tests of sperm correlation.

## RESULTS

### 1. Sample Characteristic

Table 1 showed the distribution of insomnia by Gender, based on the results of the study, from 428 student respondents at Nusa Cendana University, there were 68 male respondents and 360 female respondents. So, it can be concluded that the majority of respondents in this study were respondents with female gender.

**Table 1. Sample Characteristics**

| Variables | Categoris                 | Frequency (n) | Percentage (%) |
|-----------|---------------------------|---------------|----------------|
| Male      | Not Experiencing Insomnia | 33            | 48.5           |
|           | Experiencing Insomnia     | 35            | 51.5           |
| Female    | Not Experiencing Insomnia | 68            | 100            |
|           | Experiencing Insomnia     | 186           | 51.7           |

**Table 2. Overall Distribution of Insomnia**

| Categories                | Frequency (n) | Percentage (%) |
|---------------------------|---------------|----------------|
| Not Experiencing Insomnia | 219           | 51.2%          |
| Experiencing Insomnia     | 209           | 48.8%          |
| <b>Total</b>              | 428           | 100%           |

**Table 3. Distribution of Binge-Watching Korean Dramas by Gender**

| Categories | Mean | SD   | Min | Max |
|------------|------|------|-----|-----|
| Male       | 37.3 | 17.8 | 16  | 16  |
| Female     | 42.2 | 13.8 | 62  | 64  |

Based on table 1, the results of the study showed that of the 68 male respondents, there were 48.5% who did not experience insomnia, and those who experienced insomnia were 51.5%, while of the 360 female respondents, there were 51.7% who did not experience insomnia, and those who experienced insomnia were 48.3%.

Table 2 showed the results of the study showed that 48.7% experienced insomnia

and 51.2% did not experience insomnia and table 3 showed the characteristic of study subjects (continuous data).

**2. Bivariate Analysis**

Based on table 4 through Spearman's correlation statistical test, there was a relationship between Binge Watching Korean dramas and the incidence of insomnia in Nusa Cendana University students, Kupang, East Nusa Tenggara ( $r= 0.629$ ;  $p<0.001$ ).

**Table 4. The Relationship between Binge Watching and Insomnia in Students at Nusa Cendana University, Kupang, East Nusa Tenggara**

| Variable       | r     | p      |
|----------------|-------|--------|
| Binge Watching | 0.629 | <0.001 |

**DISCUSSION**

**Binge Watching Korean Dramas with Insomnia Incident in Nusa Cendana University Students, Kupang**

Insomnia is a condition where a person has difficulty in sleeping, especially sleeping at night. Insomnia is a health problem that is often found in all environments, both in developed and developing countries. Insomnia sufferers are not limited to a certain age range. All ages are prone to insomnia, it can happen among infants, children, adoles-

scent, adults and the elderly (Widya, 2015).

Binge watching is a behavior of watching excessively. The phenomenon of Binge Watching is a ninja's way of looking for entertainment. But on the other hand, watching marathons is a habit that also has a bad impact on our health. Bad impact of Binge Watching can occur on physical and mental health.

### **Relationship between Binge-Watching Korean Dramas and Insomnia Incident in Students at Nusa Cendana University, Kupang**

The results of this study indicate that there is a relationship between binge watching Korean dramas and the incidence of insomnia in students at Nusa Cendana University, Kupang. The results of this study are in line with research conducted by Gracea Zefany Gunawan in 2020, where the majority of Sutopo Surabaya DIII Nursing Study Program students who are addicted to watching Korean dramas experience sleep pattern disturbances, and most of them experience moderate sleep pattern disturbances.

The results of this study indicate that between male and female respondents who experience insomnia, the most are male respondents by 51.5% while female respondents are 48.3%. While the results of the study for Binge Watching behavior in Korean dramas, those who carried out the Binge-watching behavior the most were female respondents with an average total score of 42.2 and male with an average total score of 37.3.

In terms of psychological health, insomnia in students can cause a decrease in enthusiasm in carrying out daily activities so that it can affect the decrease their quality of life (Ulfiana, 2018).

Some experts agree that it's not good to overdo the Binge-watching routine. This is because a person's physical and mental will be very easily affected and adversely affected. The adverse effects that will occur are eye pain, addiction and anxiety, experiencing sleep disturbances, blood clots, and decreased cognitive function of the brain.

The conclusion of this study is that binge watching Korean dramas can affect the quality of students' sleep which can lead

to insomnia. In this study, there is a relationship between Binge Watching Korean dramas and the incidence of insomnia in students at Nusa Cendana University, Kupang, East Nusa Tenggara.

With a coefficient value of 0.629, the level of relationship between X variable and Y variable is strong. Therefore, it can be concluded that there is a strong level of relationship between binge watching Korean dramas and the incidence of insomnia in students at Nusa Cendana University.

#### **AUTHOR CONTRIBUTION**

Florensiana Hariyati Eho is the main researcher, Indriati A. Tedju Hinga and R. Pasifikus Ch. Wijaya played a role in writing the publication manuscript.

#### **FUNDING AND SPONSORSHIP**

This study is self-funded.

#### **CONFLICT OF INTEREST**

There is no conflict of interest in this study.

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