KONSEP KESEHATAN BERSINAR: PENGEMBANGAN KONTEKSTUALISASI PENGARUH KESEHATAN SPASIAL DENGAN KEPERCAYAAN Diri dan Kesejahteraan di Lingkungan Persewaan

HUBUNGAN PERILAKU BINGE WATCHING DENGAN KEJADIAN KELELAHAN PADA MAHASISWA

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ABSTRAK
Binge watching menjadi fenomena terbaru dalam kemajuan teknologi yang memungkinkan pemirsa dapat menonton acara televisi pada jadwal yang dapat ditentukan sendiri. Mahasiswa menghabiskan banyak waktu luangnya untuk binge watching hingga menjadi kecanduan. Mereka merasa perilakunya tidak akan menimbulkan masalah bagi kesehatan. Penelitian ini bertujuan untuk mengetahui hubungan perilaku binge watching dengan kejadian kelelahan pada mahasiswa di Fakultas Keperawatan Universitas Ngudi Waluyo Ungaran. Desain penelitian menggunakan deskriptif korelasi dengan pendekatan cross sectional menggunakan observasi waktu dan kuesioner FAS sebagai alat pengumpul data. Teknik sampel menggunakan nonprobability sebanyak 84 responden. Analisis data menggunakan uji Chi Square. Hasil penelitian didapatkan Mahasiswa yang tidak termasuk dalam kategori binge watching merasa kelelahan, sejumlah 12 orang (63,2%). Mahasiswa dengan perilaku binge watching tingkat sedang, sebagian besar merasa kelelahan, sejumlah 21 orang (61,2%). Sementara, mahasiswa dengan perilaku binge watching tingkat berat, sebagian besar merasa sangat kelelahan, sejumlah 13 orang (41,9%). Berdasarkan uji Chi Square diperoleh p-value 0,002 < α (0,05). Perilaku binge watching berhubungan dengan kejadian kelelahan

Kata kunci: perilaku binge watching, kelelahan

THE CORRELATION BETWEEN THE BEHAVIOR BINGE WATCHING AND FATIGUE IN THE STUDENTS

ABSTRACT
Binge watching is becoming the latest phenomenon in technological advancement that allows viewers to watch television shows on a self-defined schedule. Students spend a lot of their free time to binge watching until they become addicted. They feel that their behavior will not cause health problems. The purpose of this study was to determine the correlation between binge watching behavior with the incidence of fatigue in the students at Nursing Faculty of Ngudi Waluyo University. Method of this research was descriptive correlation with cross sectional approach using time observation and FAS questionnaire as data collecting tool. The type of sampling used nonprobability sampling with purposive sampling technique as many as 84 Data were analyzed by using Chi Square test. The Results of the research Students who were not included in the binge watching category felt tired, a total of 12 people (63,2%). Students with moderate binge watching behavior mostly also felt tired as many as 21 people (61,2%). Meanwhile, students with severe binge watching behavior mostly felt very tired as many as 13 people (41,9%). From result of chi square statistic test obtained p-value 0,002 < α (0,05). There is significant correlation between binge watching behavior with fatigue incident

Keywords: Binge watching behavior, fatigue.
BACKGROUND

Binge watching is a new phenomenon in the golden age of television and technological advances that allow viewers to watch television shows at any time (Pena, 2015). The emergence of Netflix and on-demand services continue to trigger binge watching. The phenomenon of binge watching is the latest trend highlighted in various parts of the world, including in Indonesia. Susanah Griffiths (2013) notes that students are more likely to binge watching than adults. This is because students are not regulated in a regular schedule or are busy spending time with their spouse or children (Wagner, 2016).

According to Widyastuti (2012), he explained the characteristics of students in general, namely stability in personality that began to increase. One characteristic of students, which is to follow the development of technology. Students have a high curiosity towards technological progress, making it easily influenced by emerging trends, including one that binge watching has become the latest watch trend in the past year (Warren, 2016).

Another factor that allows a student to do binge watching is as a means of entertainment. Watching is a cheap, easy and fun entertainment for most students who live far away with their families and must be good at managing finances. McQuail (2010) states that one person motivated to do binge watching is escape or escape. A student has a large study load on the course he takes. The normal learning load of students is 8-9 hours/day, this creates pressure, boredom and stress of a student. So, watching is used as one of their escape to be free from obligation (Exelmans & Bulck, 2017).

According to Gustiana (2008) in Widayati (2009) writes that the body's inability to produce cortisol, thyroid, estrogen and testosterone hormones also contributes significantly to fatigue. The mechanism of disturbance that occurs is complex. In addition stress is referred to as the main cause of fatigue syndrome. Watching that was originally considered as an entertainer, but with excessive viewing duration (binge watching behavior) actually accelerates the onset of fatigue syndrome in students (Palmer, 2015).

There are more than half the number of students at the Faculty of Nursing at Ngudi Waluyo University spending their free time watching the programs they enjoy. Binge watching is included in the secondary activity which is contrary to the healthy community movement. This research was conducted to compare existing theories with current reality. This is in accordance with the research requirements according to Sudiyogo Sastroasemoro where research must be interesting, noveling, ethical and relevant so that it can be used to develop existing knowledge.

The expected behavior of the community in Indonesia Sehat 2025 is behavior that is proactive to maintain and improve health, prevent the risk of disease, protect themselves from the threat of diseases and other health problems, be aware of the law, and actively participate in public health movements, including organizing healthy communities and safe (Ministry of Health RI, 2015). Here we have emphasized on promotive and preventive actions for the future. This is one of the interests of researchers to conduct this research.

METHODS

The design of this study uses descriptive correlation research with a cross-sectional approach using time observation and FAS questionnaire as a data collection tool. The population is 491 students who like watching movies / TV. The type of sampling used is nonprobability sampling type with purposive sampling technique as many as 84 students in the Faculty of Nursing at Ngudi Waluyo University in April 2018. Data were analyzed using Chi Square test.

RESULT

Univariate Analysis

Univariate analysis of the results of this study are presented in the following table.
### Table 1.
Duration of Binge Watching Behavior (n=84)

<table>
<thead>
<tr>
<th>Binge Watching Behavior</th>
<th>f</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Binge Watching (&gt; 2 hours)</td>
<td>19</td>
<td>22.6</td>
</tr>
<tr>
<td>Medium (2-4 hours)</td>
<td>34</td>
<td>40.5</td>
</tr>
<tr>
<td>Weight (&gt; 4 hours)</td>
<td>31</td>
<td>36.9</td>
</tr>
</tbody>
</table>

Based on table 1 it can be seen that the nursing faculty students at Ngudi Waluyo University who were in the binge watching category were 65 people (77.4%).

### Table 2.
Fatigue Events (n=84)

<table>
<thead>
<tr>
<th>Fatigue Event</th>
<th>f</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>23</td>
<td>27.4</td>
</tr>
<tr>
<td>Fatigue</td>
<td>45</td>
<td>53.6</td>
</tr>
<tr>
<td>Very fatigue</td>
<td>16</td>
<td>19.0</td>
</tr>
</tbody>
</table>

Based on Table 2 it can be seen that most of the nursing faculty students at Ngudi Waluyo University Ungaran experienced fatigue, namely 61 people (72.6%).

### Table 3.
The Correlation Between The Behavior Binge Watching And Fatigue In The Students (n=84)

<table>
<thead>
<tr>
<th>Binge Watching Behavior</th>
<th>Normal</th>
<th>Fatigue</th>
<th>Very Fatigue</th>
<th>Amount</th>
<th>p-Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Binge Watching</td>
<td>6</td>
<td>12</td>
<td>1</td>
<td>19</td>
<td>0.002</td>
</tr>
<tr>
<td>Medium</td>
<td>11</td>
<td>21</td>
<td>2</td>
<td>34</td>
<td></td>
</tr>
<tr>
<td>Good</td>
<td>6</td>
<td>12</td>
<td>13</td>
<td>31</td>
<td></td>
</tr>
</tbody>
</table>

Based on table 3 the results of data analysis with Chi Square analysis obtained p-value 0.002 <α (0.05). It can be concluded that there is a significant relationship between binge watching behavior and the incidence of fatigue in students in the nursing faculty of Ngudi Waluyo University.

### DISCUSSION

**A description A description of binge watching behavior in students**

Based on the results of the analysis in Table 1 shows that the nursing faculty students at Ngudi Waluyo University who were included in the binge watching category were 65 respondents (77.4%) and the remaining 19 respondents (22.6%) were declared not binge watching. This proves that the binge watching behavior of the Faculty of Nursing students at Ngudi Waluyo University is quite high as the number of moderate and heavy categories is more dominating than the number with normal watching time.

Duration becomes the main measuring tool in assessing whether someone has done binge watching behavior or not (Wagner, 2016). This is inseparable from the notion of binge watching which is interpreted as a party watching between 2-6 episodes or even more in one occasion (Warren, 2016). Of the 84 respondents, 81 respondents (96.4%) stated that they became a binge watching serial event simultaneously (in one watch > 2 episodes or > 2 hours) by downloading / streaming rather than having to wait every day / week to be aired according to the television schedule. This is supported by Devasagayam’s (2014) study that fans of television series are more vulnerable to media bingeing because of the ability to follow characters and plot seamlessly from one episode to the next (Oberschmidt, 2017). In addition, this result is in line with the writings of Oberschmidt (2017) which states that the series or bingeing watch is most convenient, namely by streaming rather than having to depend on the television schedule.

In the Swanti Panda study (2017) it was explained that what influences a student spends more time on binge watching among social influences, escaping, and accessibility of TV shows through various media / media that
makes it easy for them. A student is motivated to spend more time binge watching on the grounds that they can be involved in the social environment and avoid the feeling of being abandoned, so that they imitate the behavior of their friends and consider spending excessive watching time as an acceptable behavior (Daniels, Tephen, Benuc Irwin, Christakis, & Dennison, 2012).

In this study found other factors that motivate a student to be involved in binge watching behavior, including the habitual factor in which 47 respondents (56%) every day used to watch / stream television shows. Unintentional factors become the second factor for someone to spend a lot of time watching, as many as 56 respondents (66.7%) and entertainment factors become the highest factor as a person's motivation to watch as many as 57 respondents (67.9%) where students prefer watching as entertainment from in other activities. This can be because the majority of students are migrants who are far from their families and must be good at managing finances, so they choose to watch as cheap entertainment, not spending a lot of energy and fun. So it can be concluded that students can be involved in binge watching behavior because watching habits as entertainment leads to addiction.

Exelmans (2017) in his research stated that a binge watching agent did not realize that he stayed up late and caused changes in sleep habits. This is in line with the results of this study, where as many as 65 respondents (77.4%) stated that at least 1-2 times stayed up late until the morning when binge watching and 53 respondents (63.1%) claimed to be more happy watching a dark room (lights turn off). So it can be concluded that they often do binge watching at night (Exelmans & Bulck, 2017).

Based on the results of the study it is also known that out of 84 respondents, 66 respondents (78.6%) used laptops and 16 respondents (19.0%) used cellphones as a medium for binge watching. According to Goodman (2001) in Wagner's writings (2016) laptops became more popular in the 1990s and 2000s, children and teenagers spent longer periods of time on personal screens and spent an average of two hours a day online. Goodavage (2013) in Wagner's (2016) article states that 50% of those who watch television do it on their computers / laptops or cellular devices, because they are considered to increase the ease of access to cellular and portable technology wherever they want. In addition, 69 respondents (82.1%) lived in boarding houses / rented houses, most of which did not have TV facilities. This is the reason why binger uses more laptops and cellphones than TV.

**A description of the incidence of fatigue in students**

Based on the results of the analysis in table 2 shows that most of the nursing faculty students at Ngudi Waluyo University experienced fatigue, namely 61 people (72.6%). The results found that the fatigue factor felt by students at the Faculty of Nursing at Ngudi Waluyo University was largely influenced by sedentary life factors such as the use of leisure time with binge watching. Anoraga (2009) in Arini (2015), states that fatigue is closely related to feeling bored due to monotonous activities. The same activities that are carried out repeatedly from day to day without variation can cause a sense of boredom, boredom and fatigue (Arini, 2015). Williamson et al (2011) cited in Zuraida (2014) in the conceptual model describing the level of fatigue influenced by work time, task characteristics, length of time a person is awake and the effect of recovery time. Fatigue is also influenced by circadian factors, homeostatic factors, and factors related to the task (Jakubowski, Faigenbaum, & Lindberg, 2015). Fatigue is very susceptible to people who have solid activities, one of them is a student.

From the results of the study, the fatigue questionnaire obtained 46.79% of the respondents stated to have physical fatigue, 41.79% were declared to have psychological fatigue and the remaining 11.42% were in a state of fatigue (normal). Physical fatigue in this study can be seen from 83 respondents (98.8%) who stated that it was difficult to concentrate while doing activities. While mental fatigue in this study was seen from 75 respondents (89.3%) said they felt lazy to do various activities after binge watching.

These results are reinforced by the opinion of Michielsen (2004) in Rahman's (2015) study
that exhaustion is divided into physical and mental. Physical fatigue is fatigue which is characterized by fatigue, saturation, muscle tension and the emergence of new behaviors. While psychic fatigue is fatigue that occurs due to dissatisfaction with oneself, work and life in harmony, and feeling inferior (Michielsen, De Vries, Van Heck, Van de Vijver, & Sijtsma, 2004).

The Correlation Between The Behavior Binge Watching And Fatigue In The Students

Based on the results of the chi square statistical test in table 3 shows that students at the Faculty of Nursing at Ngudi Waluyo University Ungaran obtained the p-value of 0.002 <α (0.05). It can be concluded that there is a significant relationship between binge watching behavior and the incidence of fatigue in students in the nursing faculty of Ngudi Waluyo University.

The results of this study indicate that students who were not included in the binge watching category, most felt tired, a total of 12 people (63.2%). Students with moderate level binge watching behavior, most of them also felt tired, a total of 21 people (61.2%). Meanwhile, students with severe binge watching behavior, most felt very tired, a total of 13 people (41.9%). This result is inversely proportional to the results of the preliminary study, where students who like binge watching think they will not experience significant problems if they do it continuously. Without them knowing they are actually in the category of tired, but they do not know it and if fatigue continues it will have an impact in the future.

Students at the Faculty of Nursing at Ngudi Waluyo University stated that 77.4% of the total respondents were active binger. This is seen in the results of the study, a total of 81 respondents (96.4%) stated that in one week at least 1-2 times watching / streaming such as film, soap operas / serial dramas, sports events, talk shows, etc. more than 2 hours / watching (binge watching). In addition, a total of 48 respondents (57.1%) stated that he had become a binger more than the last year, the remaining 1-3 months and the last 4-6 months. The results also showed that 83 respondents (98.8%) stated that they preferred to use their free time by watching TV / streaming as entertainment rather than doing other activities such as sports.

The results of this study were reinforced in previous studies belonging to M. Dien Iqbal (2017) which stated that the majority of students fill their free time with passive activities or activities that do not require much movement such as sitting while working, watching TV, playing laptops, or lying down (Iqbal, 2017).

While WHO recommends that you do physical activity or exercise for at least 150 minutes per week or 30 minutes per day. According to WHO (2016), someone who is active in physical activity has a lower mortality rate caused by coronary heart disease, stroke, type 2 diabetes, colon cancer, breast cancer, and depression (WHO, 2016). In this study found gaps that show data that students who fall into the category of heavy binge watching (watching> 4 hours) but did not feel tired as many as 6 respondents (19.4%) and as many as 69% of respondents said they still did college activities as usual even though they have stayed up late for binge watching. This is inversely proportional to the Slameto theory (2003) in the M.A. Rahman Hakim (2015) writes that fatigue can affect a student's learning process and results. So that someone can learn well then should avoid the causes of fatigue (Hakim, 2015).

The results of this study can occur because of the factors of learning enthusiasm of someone who is different in fulfilling his obligations as a student. This is in line with the opinion of Hakim (2017) that in his research most students were not affected by the spirit of learning and fulfilled their obligations as students even though their physical condition experienced fatigue, but it was still stated that fatigue factors affect achievement or learning outcomes (Hakim, 2017).

This research has been carried out in accordance with scientific procedures, but still has some limitations. This study only measures binge watching behavior with time observation so that there are several factors that cannot be controlled such as position, distance and intensity of lighting while watching. In this study the researcher only asked whether sitting / lying down became a dominant position
while watching, the researcher could not control directly whether for 2 hours the respondent really did not make changes in position or not the results would affect someone's fatigue (Young et al., 2016).

CONCLUSION
Most of the binge watching behavior of Faculty of Nursing students at Ngudi Waluyo University Ungaran was in the binge watching category of 65 respondents (77.4%). This is seen from the number of medium and heavy categories that are more dominating than the number with normal viewing time. Most of the Faculty of Nursing students at Ngudi Waluyo University Ungaran experienced fatigue, namely 61 people (72.6%). This is influenced by sedentarylife factors, such as the use of free time by binge watching. There is a significant relationship between binge watching behavior and the incidence of fatigue in students at the Faculty of Nursing at Ngudi Waluyo Ungaran University, where the p-value is 0.002 <α (0.05).

BIBLIOGRAFI


