

Pengaruh Mahasiswa Keperawatan dalam Penggunaan Internet: Suara Generasi Z

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Abstrak

Generasi Z terhadap menggunakan internet dalam kehidupan akademiknya. Dengan metode survei deskriptif yang melibatkan 103 responden, hasilnya menunjukkan bahwa sebagian besar mahasiswa menggunakan internet secara rutin, baik untuk tujuan akademis maupun menghindari emosi negatif. Sebanyak 78% responden menggunakan internet untuk keperluan akademis, sementara beberapa mengalami dampak negatif, seperti gangguan tidur dan ketidaknyamanan psikologis. Kesimpulannya, penggunaan internet memiliki manfaat yang signifikan dalam mendukung akademis, tetapi juga memerlukan regulasi untuk mencegah dampak negatif, termasuk kecanduan

Kata kunci: Generasi Z, Internet, Mahasiswa Perawat

Abstract

This study aims to describe the experiences of Generation Z university students towards using the internet in their academic life. Using a descriptive survey method involving 103 respondents, the results show that most students use the internet regularly, both for academic purposes and to avoid negative emotions. As many as 78% of respondents use the internet for academic purposes, while some experience negative impacts, such as sleep disturbances and psychological discomfort. In conclusion, internet use has significant benefits in supporting academics, but also requires regulation to prevent negative impacts, including addiction

Keywords: Z Generation, Internet, Nursing Student

1. Pendahuluan

Internet use has become an important part of nursing students' daily lives, especially Generation Z, who often rely on the internet as a source of academic information and to avoid negative emotions. Although most respondents in this survey consider the internet to be essential, some experience negative effects of internet use, such as sleep disturbance and physical and psychological stress, if they do not have access to the internet. Research has shown that excessive internet use, particularly as an escape from stress or as a substitute for face-to-face social interaction, can lead to addiction. However, the internet is also actively used to support academic needs and improve study skills. Respondents' suggestions for overcoming internet addiction include scheduling activities, limiting internet use and increasing physical or offline activities such as exercise.

Respondents who are better at planning their internet use tend to be more self-disciplined and less affected by the negative effects of the internet. The internet brings many benefits, especially in academia, but generally requires awareness and appropriate regulation to minimise negative effects, such as addiction and sleep disturbances.

Information technology, such as the internet, is constantly being used by more and more groups of people. Increased internet use has been linked to several negative psychological and

social consequences. This includes mental health disorders like somatic symptom disorder (SSD), obsessive-compulsive disorder and related disorders, depression, and dissociative disorders, as well as psychiatric disorders like psychosis and introversion. Prevalence estimates range from 2% to 15%, depending on the sociocultural context, sample and assessment criteria used. The internet has become as a serious threat to mental health in Asian countries because to widespread use of broadband, particularly in South Korea and Taiwan.

The majority of them (70.7%) were female, with an average age of 15.47 years (± 1.49 years). About 45.5% of the respondents were classified as internet-addicted users. As of December 2013, approximately 39% of the world's 7 billion people use the Internet. 10 Internet penetration rates, which refer to the proportion of Internet users in the population, vary across world regions. North America has the highest penetration rate (85%) on average. Although Asia has the largest number of Internet users at around 1.3 billion, its average penetration rate is low (32%). Based on data from the Indonesian Central Statistics Agency (I-CSA) in 2021, 33.04% of students and teenagers use the internet to complete school assignments.

Despite its negative effects, the internet is used as the biggest search source to get as much information as possible compared to the library. Thus, in this digital era, students prefer to use e-books or internet-based books that are easier to access. Nursing is a health profession that focuses on the care, treatment, and care of individuals who are sick, injured, or in need of health attention. Nursing students are prospective health workers who need guidance in nursing practice[1] As nursing students, of course, they need more and broader sources to find renewal of nursing action research. Based on the above description, this research is focused on describing nursing students' experience on internet use.

2. Metode Penelitian

This research methodology uses a descriptive case study approach with a survey design to examine nursing students' experience on internet use. Descriptive case study methodology is a research method that uses observation and surveys to study people or things in their natural environment. It's a type of descriptive research that can be useful for identifying solutions to problems, and can help generate hypotheses for future research [2].

The study was conducted by involving 100 respondents randomly selected from nursing study programs in several universities. The participants were nursing students with birth years ranging from 1996 to 2012 who used the internet as a source of information. A questionnaire developed based on nursing students' experience on internet use will be distributed online. The data collected will be analyzed using descriptive and inferential statistics to determine the relationship between internet use and other demographic variables. In this way, this study aims to delve deeper into the phenomenon of internet use and its impact on the academic life of nursing students. We will also take three participants who fill out questions that are answered in an essay by the respondent, to find out the respondent's subjective opinion on our topic.

2.1 Data Participant

The survey, which was conducted online from October 13-31, 2024, provided results in the form of:

Table 1. Respondents obtained by the researcher

Category	Number of respondents	Percentage
Female	87	84.50%
Male	16	15.50%
Total	103	100%

There were a total of 103 respondents obtained by the researcher, of which 87 (84.5%) respondents were female, and 16 (15.5%) were male.

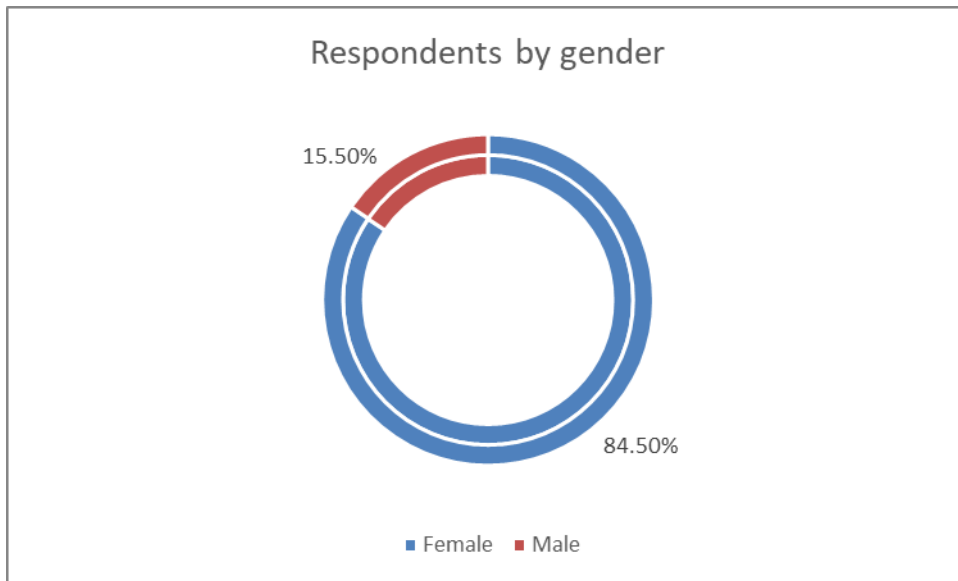


Table 2. Respondents researcher by study Programs

Study Program	Number of respondents	Percentage
D3	5	4.9%
D4	78	75.7%
S1	16	15.5%
Profesi	4	3.9%
	103	100%

From the data obtained, there were 5 (4.9%) respondents with D3 study programs, 78 (75.7%) D4 respondents, 16 (15.5%) S1 respondents, and 4 (3.9%) Professional respondents.

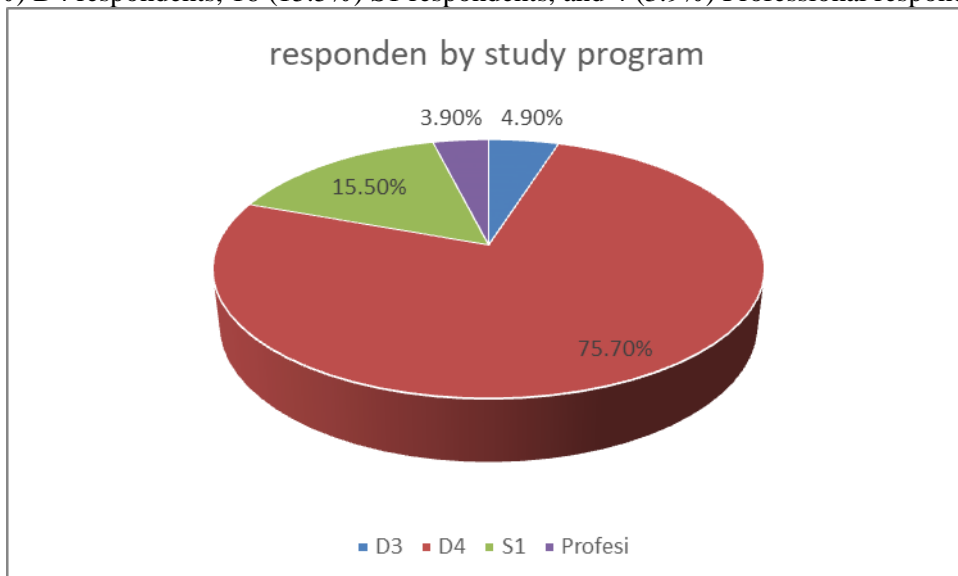
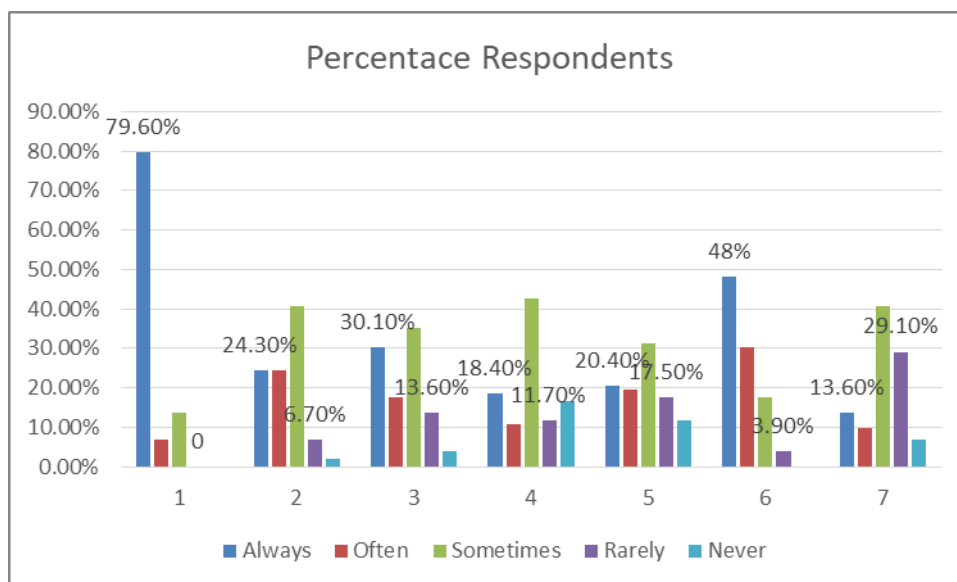


Table 3. Percentase Respondents researcher

Question	Persentence of respondents					Average
	Always	Often	Sometimes	Rarely	Never	
1	79.6%	6.8%	13.6%	0	0	20%
2	24.3%	24.3%	40.8%	6.7%	2%	19.6%
3	30.1%	17.5%	35%	13.6%	3.9%	20.0%
4	18.4%	10.7%	42.7%	11.7%	16.5%	20%
5	20.4%	19.4%	31.1%	17.5%	11.7%	20.02%
6	48%	30.4%	17.6%	3.9%	0	20%
7	13.6%	9.7%	40.8%	29.1%	6.8%	20%

Based on the survey results above, it can be concluded that the majority of respondents (58.6%), namely 50 people, use the internet to avoid negative emotions. The distribution of using the internet to avoid negative emotions is: 25% always, 24.3% often, 40.8% a few times, 8.7% rarely, and 1.9% never. Respondents spent 21 hours per week playing the internet to achieve the same satisfaction. The distribution of the use of internet playing time is: 30.1% always, 17.5% often, 35% a few times, 13.6% rarely, and 3.9% never. With an average of 21 hours per week, the distribution of experiences of physical or psychological discomfort without the internet was: 19% always, 11% often, 44% some of the time, 12% rarely, and 17% never. The distribution of experiences of the internet interfering with learning ability was: 20.4% always, 19.4% often, 31.1% a few times, 17.5% rarely, and 11.7% never. A total of 78% of respondents use the internet for academic purposes such as researching or completing assignments. The distribution of internet use as an academic purpose is: 48% always, 30.4% often, 17.6% a few times, and 3.9% rarely. The distribution of internet addiction experience affecting sleep quality is: 13.6% always, 9.7% often, 40.8% a few times, 29.1% rarely, and 6.8% never felt the bad influence of the internet on their sleep quality.



Thus, the results show that the internet has become integral in the respondents' daily lives, with most of them using the internet regularly for various purposes, including avoiding negative emotions and as a source of academic information. However, there were still a number of respondents who experienced physical or psychological discomfort without the internet and some who felt the adverse effects of internet on their sleep quality.

In addition to the numerical survey, the researcher also gave the respondents the opportunity to give some opinions and views in the last 2 questions, here we took 3 samples from 103 other respondents, which we found interesting to study further. For the questions “What are the factors that influence you to be addicted to playing the internet this semester?” answer obtained

P1: “because of the amount of interesting content on the internet”

P2 : “The factors that influence me to play the internet this semester may be because the learning time is more flexible compared to the previous semester so that I use a lot of free time to play social media.”

P3 : “the factors influencing internet addiction this semester include academic needs, social connections, easy access, stress relief, engaging content, and daily habits.”

Through the short answer research design, there is a significant positive view of the factors that influence the need to use the internet this semester. Most students consider that the factors that influence the need to use the internet this semester are more flexible study time compared to the previous semester. For the question “How do you overcome your internet addiction?” based on some answers from respondents,

P1: “By setting time limits for using the internet, scheduling daily activities in order, and focusing on academic goals.” Some people said that the way they overcome internet addiction is by scheduling daily activities in order.

P2: “There may be several ways that can be done, namely making a priority scale so that we have a target activity every day and not continuously using the internet. In addition, we can also find other physical activities such as exercising, reading books and others. And most importantly, we have a circle of friends who support each other so that we are not addicted to the internet.” Some people also said how to internet addiction by prioritizing in order to have a target activity every day that makes using the internet constantly.

P3: “Prioritize tasks and focus on academic or personal goals, take breaks and engage in offline activities, such as exercise or hobbies, use productivity tools to block distracting websites, seek support from friends or professionals if needed, balancing online and offline life is key to reducing dependency.” while there are also those who say how to overcome addiction to playing the internet by seeking support from friends, taking breaks and engaging in offline activities, such as sports

3. Hasil dan Pembahasan

Generation Z or gen Z or also commonly referred to as centennials, is a generation born in 1997-2012, precisely after the millennium generation or generation Y. In addition, generation Z is a group of generations born in 1998 to 2009 [4]. In general, these statements are true given that generation Z is the generation born after 1996 [5]. On average, Generation Z is currently in college, while others have entered the workforce in 2020. This is in accordance with the data obtained in our research, namely, this study involved 103 active nursing students, with the majority of these respondents aged 20 years. This means that our respondents have a birth year range of 2003-2004, which falls into generation Z.

Generation Z and technology seem to be inseparable because during the development of their lives, generation Z also witnessed the development of technology in the world. It is also possible about the vastness of the internet network. Therefore, they are also dubbed as the internet generation or iGeneration [6][7]. With the help of technological developments, they are more capable of doing all activities at one time (multitasking) than previous generations[8][9].

The Indonesian Internet Service Providers Association (APJII) announced that the number of Indonesian internet users in 2024 will reach 221,563,479 out of a total population of 278,696,200 Indonesians in 2023. From the results of the 2024 Indonesian internet penetration survey released by APJII, the Indonesian internet penetration rate touched 79.5%. Compared to the previous period, there was an increase of 1.4%. Gen Z accounts for 34.40% of internet usage in Indonesia. This is quite in line with the data we got that 79.6% or equivalent to 82 of our

respondents consider that the internet is very important in their lives and certainly becomes frequently used. Data reported by the Indonesian Internet Service Providers Association (APJII) states that the number of internet users in Indonesia reached 88.1 million users in 2014. This number was five times greater than in 2005 when the number of internet accessors at that time was only around 16 million people. The problem is that Internet usage in Indonesia is not focused on information seeking. Data shows that the number of active Internet users is around 88.1 million, directly proportional to the number of social media users today. Based on APJII data (2015), there are around 79 million active social media users in Indonesia. When compared to the total population, about 30 percent of Indonesia's population are active users of social media[10].

Rapid Growth in Internet Users, As of 2024, the number of internet users in Indonesia reached 221.6 million, according to data from the Indonesian Internet Service Providers Association (APJII). This figure reflects a significant portion—nearly 80%—of Indonesia's total population of 278.7 million in 2023. The steady rise in users showcases Indonesia's growing digital infrastructure and increasing public access to internet services nationwide.

Internet Penetration Continues to Rise, Indonesia's internet penetration rate has now reached 79.5%, marking a 1.4% increase from the previous year. This growth indicates improved access across both urban and rural regions, driven by efforts to expand mobile networks and digital services. The upward trend signals a maturing digital ecosystem that supports economic, educational, and social activities.

Gen Z Leads Digital Engagement, Generation Z (born approximately 1995–2012) represents 34.4% of all internet users in Indonesia. Known for their digital fluency and strong online presence, Gen Z's dominance underscores how the internet has become deeply embedded in the daily lives of younger Indonesians. Their behavior is reshaping online trends, especially in content creation, e-commerce, and social networking.

High Perceived Importance of the Internet, Survey results reinforce this trend, with 79.6% of respondents—equivalent to 82 individuals—indicating that the internet is very important in their daily lives. This reflects not only increased access but also a cultural shift in how Indonesians value the internet as a tool for communication, productivity, and personal fulfillment.

Long-Term Growth Trajectory Since 2005, Indonesia's digital evolution has been particularly notable over the past two decades. In 2005, only 16 million people had internet access. By 2014, this figure had surged to 88.1 million users—more than a fivefold increase. This historical data illustrates the transformative impact of technological development and mobile internet adoption across the country.

Social Media as a Primary Online Activity, The rise in internet users closely mirrors the increase in social media engagement. APJII data from 2015 reported 79 million active social media users—a number nearly equivalent to the total internet users at the time. This suggests that social media platforms are often the primary entry point for internet use, especially among younger demographics.

Limited Focus on Information-Seeking Behavior, Despite widespread access, the internet in Indonesia is predominantly used for social interaction and entertainment, rather than information-seeking or educational purposes. This presents a challenge for stakeholders aiming to enhance digital literacy and shift usage patterns toward more productive and knowledge-based activities that can support national development goals.

Broadly speaking, questions 2, 3, 4, and 7 discuss the impact that internet users can feel on their health. From the data we got, 86.4% of the data we collected claimed to feel the negative effects of the internet. The first study conducted by Mareta et al. in 2018 which is attached to Mareta et al., (2020) that adolescents use the internet more often at home than elsewhere, with social media being the most widely used internet service at 88.2% [11]. When teenagers are offline or do not have internet access, they often feel bored, restless, lonely, and unhappy. Other results show that 50% of teens neglect work or other tasks due to using the internet.

Internet use in adolescents has a tendency to increase and tend to be excessive, and in the long run it can cause mental disorders such as anti-social disorders, anxiety disorders, and stress disorders in its users [12]. In addition, there is research conducted by the first study conducted by Mareta et al. in 2018 which is attached to Mareta et al., (2020) to the positive and negative impacts that respondents get after using the internet. 55.9% of teenagers use the internet to escape from unpleasant feelings or problems, and 76.5% of teenagers have tried to control their internet use[13].

In addition to health, researchers also examined the impact of the internet on students' educational lives. In questions 1, 5, and 6, it mainly asks about how important the internet is for education. The positive impact of using the Internet makes teenagers' insights increase because by using the internet they can search for useful information that can add to their insights, the internet also makes it easier for teenagers to communicate with friends, family and relatives who are far away because with the internet communication will be easier because they can communicate remotely using Whatsap, Instagram, Facebook, and many more media provided that can be accessed to facilitate long-distance communication. The negative impact after teenagers know and freely access the internet, their social level decreases because they are too busy playing the internet which makes them too often in the house and even only in the room so that they rarely interact socially with people and rarely move outside the house, thus it is certain that their social level will decrease because they no longer do social activities as before[14]. Aside from its negative effects, the internet can actually be utilized, one of which is to support education. This is evidenced by 49 (48%) respondents claiming to always use the internet for academic purposes. Medical students use the Internet to search for relevant medical literature and information. The results of a preliminary survey conducted in May 2020 among PreClick students of the Faculty of Medicine, Nusa Cendana University revealed that 93.8% of respondents used at least one video per day to access learning media, social media, online games, etc. This is in accordance with the results of a study conducted in May 2020 among PreClick students. This is in accordance with the results of research conducted [15], that individuals who use the internet the most are early adults, namely students. Students tend to experience internet addiction problems more easily because students work more often with the internet.

A study of 1722 Chinese adolescents conducted by found that 40% experienced significant negative impacts on sleep, such as difficulty falling asleep causing irregular sleep patterns suggesting that it can cause cancer and affect sleep quality[16]. Factors affecting internet play addiction this semester. Teenagers spend a lot of time online on social media, including at night. This can also interfere with the sleep process, resulting in poor sleep quality and patterns, as well as sleep without the burden of thoughts. In fact, when they are about to go to sleep, they still ignore notifications from their cell phones/smartphones or are still on their social media for a long time, which affects the quality of sleep.

Sleep quality is the measure by which a person's ease in initiating sleep and to maintain sleep, the quality of a person's sleep can be described by the length of sleep time, and complaints that are felt during sleep or after waking up. Quality good sleep quality will result in freshness and fitness when awakened, whereas inadequate sleep and poor quality sleep can result in various disturbances in physiological balance physiological balance thus affecting health because adequate sleep time (negligible 7 sticks in a day), when a person can sleep in sufficient time enough time, then someone will be ready to do the activities that must be to do when they wake up [9]. Of the three interviewees' opinions that we got, there were 3 people who had the most interesting answers. This relates to the addiction of playing on the internet this semester. The internet has a positive influence on students' tedious learning, mainly because it provides more flexible study time compared to the previous semester. Most students stated that the main reason they use the internet is to support the learning process. The Internet is used for learning nursing students will increase the ability to read, think critically, and integrate or associate reading sources with one another[17].

Of the three interviewees we got, there were 3 who had the most interesting answers. This relates to how to overcome the internet. The rapid digitalization in various aspects and the birth of several social media have made Generation Z the oldest age group to access social media every day. Gen Z is known as a generation with strong digital connections[18][19]. Some people overcome the internet by scheduling their daily activities regularly and prioritizing to set targets. In addition, they also seek support from friends, take breaks, and engage in offline activities, such as sports, to reduce excessive internet use. Internet users who have high self-control are able to regulate internet use so that they are not immersed in the internet, able to use the internet as needed, able to integrate online activities with other activities in their lives [3].

4. Kesimpulan

Internet use has become an important part of nursing students' daily lives, especially Generation Z who often rely on the Internet as a source of academic information and to avoid negative emotions. Although most respondents in this survey believe that the Internet is essential, some people may also experience negative impacts from Internet use, such as sleep disturbances or physical or psychological stress, if they do not have access to the Internet. Research shows that excessive Internet use, especially as an escape from stress or as a substitute for face-to-face social interaction, can lead to addiction. However, the Internet is also actively used to support academic needs and improve learning skills. Respondents' suggestions to overcome internet addiction include scheduling activities, limiting internet use, and increasing physical or offline activities such as exercising. Respondents who are good at managing their internet use tend to be more self-controlled and less vulnerable to the negative impacts of the internet. The internet offers many benefits, especially purposes, but for generally academic requires awareness and proper regulation to minimize negative impacts such as addiction and sleep disturbances

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