

**PENGARUH *BEDTIME PROCRASTINATION* DAN *DOOMSCROLLING*
TERHADAP *ANXIETY* PADA GENERASI Z DI SURABAYA**

SKRIPSI



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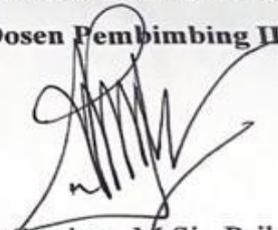
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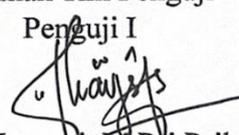
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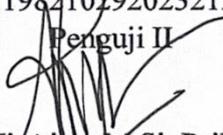
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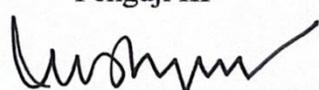
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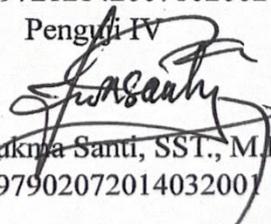
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ABSTRACT

Generation Z in Surabaya often exhibits a tendency to delay bedtime and spend excessive time consuming negative content on digital media. These behavioral patterns indicate an increased vulnerability to anxiety, considering that bedtime procrastination and doomscrolling can disrupt emotional regulation and individual sleep quality. This study aims to determine the effect of bedtime procrastination and doomscrolling on anxiety levels in Generation Z in Surabaya. The study subjects were 350 individuals using a simple random sampling technique. The method used was a quantitative correlational approach with multiple linear regression analysis. Three instruments were used in this study: the Beck Anxiety Inventory Scale, the Bedtime Procrastination Scale, and the Doomscrolling Scale. The results showed that bedtime procrastination and doomscrolling significantly influenced anxiety both partially and simultaneously. Both variables contribute significantly to increasing anxiety tendencies in Generation Z. However, this study has limitations in the form of sample characteristics that do not fully represent the Generation Z population in Surabaya, so further research needs to use a wider sample coverage for more representative results.

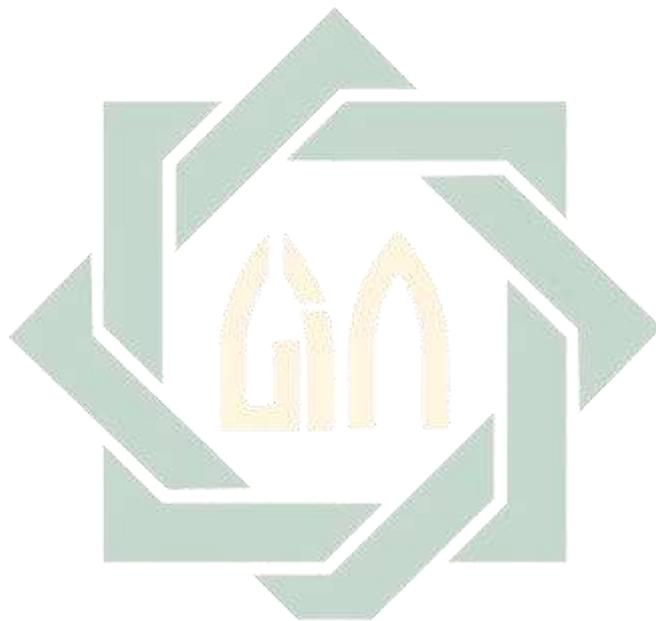
Keywords: anxiety, bedtime procrastination, doomscrolling

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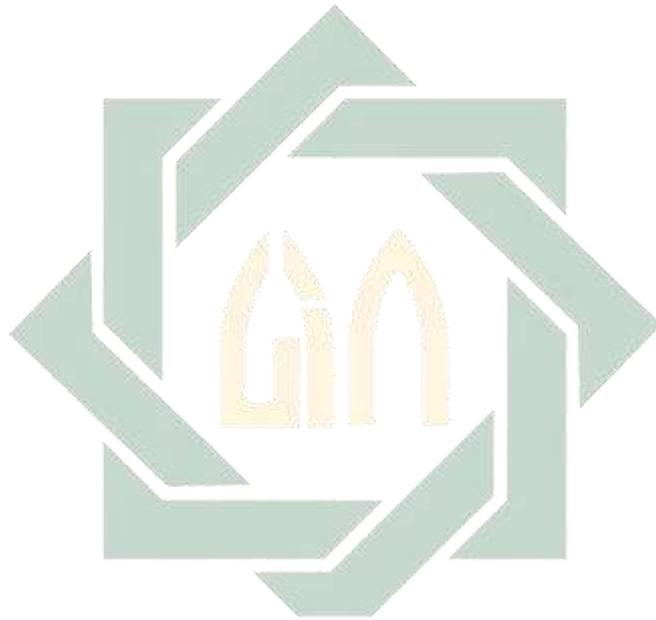
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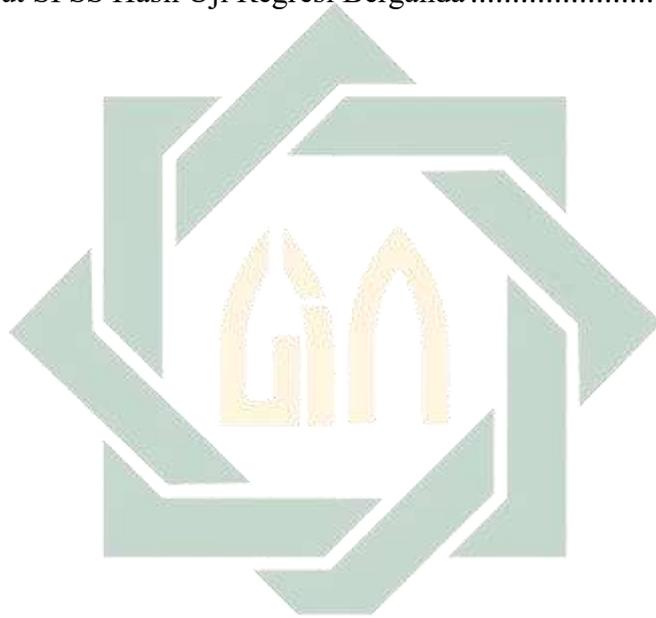
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