

The Influence of Binge-Watching on Bedtime Procrastination in Emerging Adulthood in Jabodetabek

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ARTICLE INFORMATION	ABSTRACT
Article History: Received, 25-08-2024 Accepted, 09-10-2024 Published, 07-12-2024	<i>This study aims to determine the effect between binge-watching and bedtime procrastination in emerging adulthood in Jabodetabek. The research method used in this study is quantitative method. The data collection technique was carried out by distributing research instruments in the form of google forms. There are criteria that must be met by respondents, namely being 18-25 years old, domiciled in Jabodetabek, and in the last 6 months watching several episodes of the series in a row through television or certain platforms. Based on these criteria, there were 156 respondents who met the criteria. The measuring instrument used to measure binge-watching is the Binge-Watching Engagement and Symptoms Questionnaire (BWESQ) and to measure bedtime procrastination is the Bedtime Procrastination Scale. The results showed a significance value (Sig.) of $0.005 < 0.05$; which means there is an influence between Binge-Watching and Bedtime Procrastination on Emerging Adulthood in Jabodetabek. Then, based on the regression equation, binge-watching has a positive effect on bedtime procrastination, which means that the higher the level of binge-watching, the higher the bedtime procrastination.</i>
Keywords: <i>Binge-Watching; Bedtime Procrastination; Emerging Adulthood</i>	

INTRODUCTION

Sleep is a basic human need. Through sleep, a person gives his or her body time to be able to remove all waste substances from the muscles, repair cells, store or restore energy, strengthen the immune system, or restore abilities lost in one day (Wade et al., 2016). However, people often procrastinate their sleep. Procrastination is a common and problematic phenomenon that is usually related to academic behavior. Kroese et al. (2014) associated procrastination with health-related behaviors, hence the term bedtime procrastination, which is defined as failing to go to bed at the appointed time, while there are no external circumstances preventing one from doing so. Bedtime procrastination is considered health-related as it leads to sleep deprivation. The causes of bedtime procrastination are varied, but most studies that discuss bedtime

procrastination reveal that bedtime procrastination can occur due to low self-regulation, as stated by Kroese et al. (2016). Another interesting aspect of bedtime procrastination is that it usually involves voluntarily postponing unpleasant tasks (Steel in Kroese et al., 2014). Sleep is generally not perceived as something unpleasant. Kroese et al. (2014) then speculate that bedtime procrastination is not a matter of not wanting to sleep, but rather not wanting to quit other activities.

With the development of electronic devices and the entertainment industry, it is likely that people today have more distractions than in the past. These distractions could also be a plausible cause of bedtime procrastination, with procrastinators having greater difficulty adhering to their planned bedtime compared to non-procrastinators (Kroese et al., 2014). One example of the development of electronic devices, namely in a study conducted by Chung et al. (2020) showed that the high bedtime procrastination group spent significantly more time on leisure and social activities (mainly using media) compared to the low bedtime procrastination group. With regard to specific types of media, in this study, the media concerned was smartphones, where smartphone use increased in the high bedtime procrastination group closer to bedtime. Followed by developments in the entertainment industry that may affect bedtime procrastination, one type of entertainment that is in great demand these days is watching movies or series.

Moreover, there are currently quite a number of platforms that provide movie and series streaming services that can be accessed anytime and anywhere, such as Netflix, Disney+, Viu, iQIYI, Vidio, HBO Go, and the like. A film observer, Hikmat Darmawan, in an interview with Antaranews (Zhaifira, 2021) said that the many legal movie streaming services that have emerged have formed a behavior in society, namely binge-watching. The word 'binge' is usually associated with an excessive action, such as binge eating (Anghelcev et al., 2020). If the context is changed to viewing behavior, becoming binge-watching, then binge-watching can be interpreted as excessive watching. In 2013, the Netflix platform, the originator of the term binge-watching, conducted an online survey of around 1,500 television users, adults in the United States who watch TV shows at least once a week, and found that binge-watching behavior among this group was 61%. The majority of respondents (73%) defined binge-watching as watching between 2 and 6 episodes of the same TV show in one sitting.

Ted Sarandos (Netflix, 2013), Netflix's chief content officer, says that the majority of viewers prefer when entire seasons of shows are available to watch at their convenience. Ted also said that Netflix has pioneered viewer choice in programming and has helped free consumers from the limitations of linear television. In fact, Netflix original series are made for multi-episodic viewing, aligning content with the new norm of audience control for the first time. Furthermore, there were some additional findings in this survey, one of which was that 76% of respondents said that watching a few episodes of a good TV show was a good refuge from their busy lives (Netflix, 2013). However, excessive watching is not a good thing to do. Because this can lead to bedtime procrastination behavior, which can cause a person to experience sleep deprivation and it certainly makes a person's sleep quality decrease. Based on research conducted by Hismayanti et al. (2022) on UM Parepare students, binge-watching habits have an impact on sleep quality. This is because the respondents do watching activities for hours. The respondents also tend to watch additional episodes after the previous episode ends or continues because of curiosity and a sense of responsibility to watch the continuation of the episode. In fact, to get good quality sleep a person must sleep on average for 7 to 9 hours per day (Puji, 2021).

In a study titled *The Relation Between Bedtime Procrastination and Online Streaming Frequency in Adults* conducted by Ciroth (2020), it was determined that bedtime procrastination is a phenomenon experienced to some extent in respondents and is predicted by streaming

frequency. More specifically, it is predicted by the number of episodes watched consecutively and the number of hours in a day that respondents stream online. To find out whether the phenomenon of binge-watching and bedtime procrastination is true, especially in early adulthood, researchers conducted a random survey. From a total of 20 respondents, ranging in age from 19 to 23 years old, it was found that 35% of respondents watched more than 2 episodes or movie titles in a day.

Then, 70% of respondents stated that the activity of watching movies or series made them delay sleep at night. The survey results prove that the phenomenon of binge-watching and bedtime procrastination in early adulthood does occur. Almost all respondents said the reason they delayed sleep was because they were still curious about the continuation of the story. Seeing some of the research that has been done before mostly comes from abroad and in Indonesia itself there is not much that discusses binge-watching and bedtime procrastination, therefore, researchers are interested in conducting this research. The subjects in this study were early adults, precisely 18-25 years old (emerging adulthood), considering that previous studies, related to binge-watching and bedtime procrastination, mostly involved adults. To facilitate the research, the domicile of the subjects was limited to the Greater Jakarta area.

METHOD

The type of research used in this study is quantitative research. Quantitative research is research conducted to explain, test the relationship between variables, determine the causality of variables, test theories, and seek generalizations that have predictive value (Purnia & Alawiyah, 2020).

The subjects in this study were emerging adulthood in Jabodetabek. In determining the sample, a non-probability sampling technique is used, precisely Purposive Sampling, where the sample is selected specifically according to the research objectives (Hardani et al., 2020). There are several criteria needed for prospective respondents, namely: 1) 18 to 25 years old; 2) Domiciled in Jabodetabek; and 3) In the last 6 months watched several episodes of a serialized show (drama, TV Series) consecutively via television or certain platforms (Youtube, Netflix, Disney+, Viu, iQIYI, etc.)

The data collection technique used in this study was to distribute a google form containing a scale about binge-watching and bedtime procrastination. To measure bedtime procrastination, the Bedtime Procrastination scale developed by Kroese et al. (2014). To measure binge-watching, the Binge-Watching Engagement and Symptoms Questionnaire (BWESQ) scale developed by Flayelle et al. (2019).

Data Analysis Technique

Assumption Test

- a. Normality test, conducted to test whether the data in the study is normally distributed or not (Raharjo, 2021a).
- b. Linearity test, conducted to determine whether there is a significant linear relationship or not between the two variables in the study (Raharjo, 2021b).

Hypothesis Test

Hypothesis testing in this study uses a simple linear regression analysis test which aims to determine the magnitude of the influence of the independent variable on the dependent variable (Raharjo, 2017).

RESULTS AND DISCUSSION

Overview of Research Respondents

Overview of Research Respondents Based on Gender

Jenis Kelamin	Jumlah	Persentase
Laki-laki	14	9%
Perempuan	142	91%
Total	156	100%

From the table above, it is known that the number of respondents in this study were 156 respondents. There are 14 people (9%) who are male and 142 people (91%) who are female.

Descriptive Statistics

	N	Range	Minimum	Maximum	Mean	Std. Deviation	Variance
Usia	156	7	18	25	21.44	1.832	3.357
Valid N (listwise)	156						

Overview of Research Respondents Based on Age

The table above shows that the number of respondents (N) is 156 people. Then, the minimum value is 18 and the maximum value is 25. The Range value is the difference between the minimum and maximum values, which is 7. The average (Mean) age of respondents is 21.44 with a Standard Deviation of 1.832. It is also known that the variance is 3.357.

Overview of Research Respondents Based on Domicile

Domisili	Jumlah	Persentase
Jakarta	63	40,4%
Bogor	16	10,3%
Depok	20	12,8%
Tangerang	23	14,7%
Bekasi	34	21,8%
Total	156	100%

From the table above, based on domicile, it is known that 63 people (40.4%) live in Jakarta, 16 people (10.3%) live in Bogor, 20 people (12.8%) live in Depok, 23 people (14.7%) live in Tangerang, and 34 people (21.8%) live in Bekasi.

Overview of Research Respondents Based on Status

Status	Jumlah	Persentase
Pelajar/Mahasiswa	104	66,7%
Bekerja	38	24,4%
Belum Bekerja	14	9%
Total	156	100%

From the table above, based on status, it is known that 104 people (66.7%) are students, 38 people (24.4%) are employed, and 14 people (9%) are unemployed.

Overview of Research Respondents Based on Media or Platform Used to Watch

Media atau Platform	Jumlah	Persentase
Disney+ Hotstar	8	5,13%
iQIYI	2	1,28%
Netflix	98	62,82%
Prime Video	1	0,64%
Televisi (channel tVN, KBS, K+, AXN, dll)	6	3,85%
Vidio	2	1,28%
VIU	17	10,9%
WeTV	8	5,13%
Youtube	7	4,49%
Lainnya	7	4,49%
Total	156	100%

From the table above, based on the media or platform used to watch, it is known that there are 8 people (5.13%) using Disney+ Hotstar, 2 people (1.28%) using iQIYI, 98 people (62.82%) using Netflix. 1 person (0.64%) used Prime Video, 6 people (3.85%) used Television, 2 people (1.28%) used Vidio, 17 people (10.9%) used VIU, 8 people (5.13%) used WeTV, 7 people (4.49%) used Youtube, and 7 people (4.49%) used other media or platforms.

Overview of Research Respondents Based on the Country of Origin of the Series Watched

Asal Negara Serial	Jumlah	Persentase
Barat	27	17,31%
China	2	1,28%
Indonesia	9	5,77%
Jepang	6	3,85%
Korea	108	69,23%
Thailand	4	2,56%
Total	156	100%

From the table above, based on the country of origin of the series watched, it is known that 27 people (17.31%) watched Western series, 2 people (1.28%) watched Chinese series, 9 people (5.77%) watched Indonesian series, 6 people (3.85%) watched Japanese series, 108 people (69.23%) watched Korean series, and 4 people (2.56%) watched Thai series.

Overview of Research Respondents Based on Genre of Series Watched

Media atau Platform	Jumlah	Persentase
Action	19	12,18%
Comedy	2	1,28%
Crime	2	1,28%
Drama	45	28,85%
Fantasy	12	7,69%
Historical	2	1,28%
Kartun	1	0,64%
Romance	37	23,72%
Thriller	32	20,51%
Semua Genre	4	2,56%
Total	156	100%

From the table above, based on the genre of the series watched, it is known that there are 19 people (12.18%) watching the action genre, 2 people (1.28%) watching the comedy genre, 2 people (1.28%) watching the crime genre, 45 people (28.85%) watching the drama genre, 12 people (7.69%) watched the fantasy genre, 2 people (1.28%) watched the historical genre, 1 person (0.64%) watched the cartoon genre, 37 people (23.72%) watched the romance genre, 32 people (20.51%) watched the thriller genre, and 4 people (2.6%) watched all genres.

Categorization of Research Variables

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Rendah	21	13.5	13.5	13.5
	Sedang	109	69.9	69.9	83.3
	Tinggi	26	16.7	16.7	100.0
	Total	156	100.0	100.0	

Based on the table above, it is known that respondents who do Binge-Watching in the low category are 21 people (13.5%), in the medium category are 109 people (69.9%), and in the high category are 26 people (16.7%). So it can be concluded that the categorization of the Binge-Watching variable is moderate.

Normality Test

The Normality Test is carried out to test whether the data in the study is normally distributed or not. Raharjo (2021a) states that in the Kolmogorov-Smirnov normality test there is a basis for decision making as follows: a) If the significance value of $p > 0.05$; then the residual value is normally distributed and b) If the significance value of $p < 0.05$; then the residual values are not normally distributed.

One-Sample Kolmogorov-Smirnov Test			Unstandardized Residual
N			156
Normal Parameters ^{a, b}	Mean		.0000000
	Std. Deviation		6.21312795
Most Extreme Differences	Absolute		.066
	Positive		.040
	Negative		-.066
Test Statistic			.066
Asymp. Sig. (2-tailed) ^c			.091
Monte Carlo Sig. (2-tailed) ^d	Sig.		.097
	99% Confidence Interval	Lower Bound	.089
		Upper Bound	.104

a. Test distribution is Normal.

b. Calculated from data.

c. Lilliefors Significance Correction.

d. Lilliefors' method based on 10000 Monte Carlo samples with starting seed 2000000.

Based on the results of the Kolmogorov-Smirnov normality test analysis on the Binge-Watching and Bedtime Procrastination variables, the p value = 0.091 was obtained. It can be concluded that the data distribution is normally distributed because the p value (0.091) $> \alpha$ (0.05).

Linearity Test

The linearity test is carried out to determine whether there is a significant linear relationship or not between the two variables in the study. Raharjo (2021b) states that the way to make decisions on the linearity test is by comparing the Significance value (Sig.) with 0.05. The conditions are as follows: a) If the value of Deviation from Linearity Sig. > 0.05; then there is a significantly linear relationship between the independent variable and the dependent variable and b) If the value of Deviation from Linearity Sig. <0.05; then there is no significant linear relationship between the independent variable and the dependent variable.

		Sum of Squares	df	Mean Square	F	Sig.
Bedtime Procrastination * Binge-Watching	Between Groups	(Combined)	2035.188	58	35.089	.798
		Linearity	316.516	1	316.516	7.199
		Deviation from Linearity	1718.653	57	30.152	.886
	Within Groups		4264.806	97	43.967	
	Total		6299.974	155		

Based on the results of the linearity test, it is known that the Sig. Deviation from Linearity of 0.939 > 0.05, so it can be concluded that there is a linear relationship between Binge-Watching and Bedtime Procrastination.

Hypothesis Test

Hypothesis testing in this study uses a simple linear regression analysis test with the aim of knowing the magnitude of the influence of the independent variable (independent) on the dependent variable (dependent).

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	21.867	2.888		7.570	<.001
	Binge-Watching	.076	.027	.224	2.854	.005

a. Dependent Variable: Bedtime Procrastination

In general, the simple linear regression equation formula is $Y = a + bX$. Based on the results of the simple linear regression analysis test, a which is a constant number of unstandardized coefficients is known to have a value of 21.867. It means that if there is no Binge-Watching, the consistent value of Bedtime Procrastination is 21.867. Then, it is also known that b, which is the regression coefficient number, has a value of 0.076. It means that every additional 1% level of Binge-Watching, Bedtime Procrastination will increase by 0.076.

Because the regression coefficient value is plus (+), it can be said that Binge-Watching has a positive effect on Bedtime Procrastination, so the regression equation is $Y = 21.867 + 0.076X$.

Based on the table of simple linear regression analysis test results, it is known that the significance value (Sig.) is 0.005 < 0.05; so it can be concluded that H_0 is rejected and H_a is accepted, which means that there is an influence between Binge-Watching and Bedtime Procrastination on Emerging Adulthood in Jabodetabek.

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.224 ^a	.050	.044	6.233

a. Predictors: (Constant), Binge-Watching

Furthermore, for the amount of contribution between Binge-Watching to Bedtime Procrastination, it is known that the contribution of Binge-Watching to Bedtime Procrastination is 5%, while 95% of Bedtime Procrastination is influenced by other variables that are not studied.

Discussion

This study aims to determine the influence between binge-watching and bedtime procrastination in emerging adulthood in Jakarta, Bogor, Depok, Tangerang, and Bekasi (Jabodetabek). Bedtime Procrastination is defined as failing to go to bed at the appointed time, while there are no external circumstances preventing one from doing so. Usually procrastination involves voluntarily postponing unpleasant tasks (Steel in Kroese et al., 2014). Sleep is generally not perceived as something unpleasant. Kroese et al. (2014) then speculated that bedtime procrastination is not a matter of not wanting to sleep, but rather not wanting to stop from other activities. With the development of electronic devices and the entertainment industry, it is likely that people today have more choices compared to people in the past. One example of the developments in the entertainment industry that may affect bedtime procrastination is the entertainment that is in high demand these days, namely watching movies or series. Moreover, there are currently quite a number of platforms that provide streaming movie and series services that can be accessed anytime and anywhere. According to a film observer,

Hikmat Darmawan, binge-watching can occur because of the many legal movie streaming services that have sprung up (Zhafira, 2021). The word 'binge' is usually associated with an excessive action, such as binge eating (Anghelcev et al., 2020). If the context is changed to viewing behavior, becoming binge-watching, then binge-watching can be interpreted as excessive viewing. Based on hypothesis testing using simple linear regression analysis test, the regression coefficient is 0.076. These results indicate that there is a positive and significant influence between Binge-Watching and Bedtime Procrastination, if the level of Binge-Watching is high, then the level of Bedtime Procrastination is also high, and vice versa. These results are in line with research conducted by Pandey (2023) found a significant positive correlation between online binge-watching and bedtime procrastination ($r=0.674$, $p<0.001$). Then, in the hypothesis test, it is also known that the significance value is 0.005; which shows that $0.005 < 0.05$; so it can be concluded that H_a is accepted.

This shows that there is an influence between Binge-Watching and Bedtime Procrastination on Emerging Adulthood in Jabodetabek. These results are also in line with Selma's research (2019), which shows that there is an influence between smartphone addiction and academic procrastination. The total respondents in this study were 156 people, consisting of 14 men and 142 women. It can be seen that the frequency of female respondents is more than that of male respondents. Similar results were also found in Merrill and Rubenking's (2019) study titled "Influences on binge watching frequency and duration among college students", where in the study more female respondents binge-watched, with a longer duration as well, compared to male respondents.

CONCLUSION

Based on the results of research on the influence of Binge-Watching on Bedtime Procrastination in Emerging Adulthood in Jabodetabek, it can be concluded that there is a significant influence between Binge-Watching and Bedtime Procrastination in Emerging Adulthood in Jabodetabek. Based on the simple linear regression analysis test, Binge-Watching has a positive effect on Bedtime Procrastination. This shows that the higher the level of Binge-Watching, the higher the level of Bedtime Procrastination in Emerging Adulthood in Jabodetabek. In this study, it is also known that female respondents are more involved than male respondents. Then, it is known that Binge-Watching contributes 5% to Bedtime Procrastination, while 95% of Bedtime Procrastination is influenced by other variables that are not studied.

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