

ABSTRAK

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Program Studi : Kedokteran
Judul Skripsi : Hubungan Adiksi Internet yang Dinilai Menggunakan *Internet Addiction Test* versi Bahasa Indonesia (IAT-Ina) dengan Fungsi Eksekutif pada Mahasiswa Kedokteran dan Tinjauannya Menurut Pandangan Islam

Latar Belakang: Peningkatan penggunaan internet di kalangan mahasiswa kedokteran menimbulkan risiko terjadinya adiksi internet yang berpotensi memengaruhi fungsi eksekutif. Fungsi eksekutif memiliki peran penting dalam perencanaan, pengambilan keputusan, kontrol impuls, dan pengelolaan perilaku, yang sangat dibutuhkan dalam proses pendidikan kedokteran. Selain aspek neurokognitif, Islam menekankan pentingnya pemeliharaan akal (*hifzh al-‘aql*) serta etika penggunaan teknologi digital sebagai upaya menjaga kualitas fungsi akal.

Metode: Penelitian ini merupakan penelitian analitik observasional dengan desain *cross-sectional* yang melibatkan 121 mahasiswa kedokteran. Tingkat adiksi internet diukur menggunakan *Internet Addiction Test* versi Bahasa Indonesia (IAT-Ina). Fungsi eksekutif dinilai menggunakan domain fungsi eksekutif pada *Montreal Cognitive Assessment* versi Indonesia (MoCA-Ina), *Trail Making Test A* dan B (TMT A dan TMT B), *Verbal Fluency* CERAD, serta *Backward Digit Span*. Analisis data dilakukan secara univariat dan bivariat menggunakan uji Korelasi Spearman.

Hasil: Rata-rata skor adiksi internet responden berada pada kategori adiksi ringan. Tidak ditemukan hubungan yang signifikan antara adiksi internet dengan domain kalkulasi MoCA-Ina ($p = 0,716$), abstraksi MoCA-Ina ($p = 0,397$), bahasa MoCA-Ina ($p = 0,904$), *verbal fluency* ($p = 0,730$), TMT A ($p = 0,701$), dan TMT B ($p = 0,489$). Namun, terdapat hubungan negatif yang signifikan antara adiksi internet dan *Backward Digit Span* ($r = -0,199$; $p = 0,029$).

Kesimpulan: Adiksi internet tidak berhubungan dengan fungsi eksekutif secara umum pada mahasiswa kedokteran, namun berhubungan secara negatif dengan kemampuan memori kerja yang dinilai menggunakan *Backward Digit Span*. Dalam perspektif Islam, pengendalian penggunaan internet merupakan bagian dari upaya pemeliharaan akal (*hifzh al-‘aql*) agar fungsi kognitif tetap terjaga.

Kata Kunci: adiksi internet, fungsi eksekutif, *Backward Digit Span*, mahasiswa kedokteran, *hifzh al-‘aql*, etika digital

ABSTRACT

Name : Putri Nur Bella Wandy
Study Major : Medicine
Title : *The Relationship Between Internet Addiction Assessed Using the Indonesian Version of the Internet Addiction Test (IAT-Ina) and Executive Function in Medical Students, and Its Review from an Islamic Perspective*

Background: *The increasing use of the internet among medical students poses a risk of internet addiction, which may adversely affect executive functions. Executive functions play a crucial role in planning, decision-making, impulse control, and behavioral regulation, all of which are essential in medical education. Beyond neurocognitive aspects, Islam emphasizes the preservation of intellect (hifzh al-‘aql) and ethical digital behavior as efforts to maintain cognitive integrity.*

Methodology: *This study employed an analytic observational design with a cross-sectional approach involving 121 medical students. Internet addiction was assessed using the Indonesian version of the Internet Addiction Test (IAT-Ina). Executive functions were evaluated using the executive function domain of the Indonesian version of the Montreal Cognitive Assessment (MoCA-Ina), Trail Making Test A and B (TMT A and TMT B), Verbal Fluency CERAD, and Backward Digit Span. Data were analyzed using univariate and bivariate analyses with Spearman’s correlation test.*

Results: *The mean internet addiction score indicated a mild level of internet addiction among respondents. No significant association was found between internet addiction and most executive function domains, including MoCA-Ina calculation ($p = 0.716$), abstraction ($p = 0.397$), language ($p = 0.904$), verbal fluency ($p = 0.730$), TMT A ($p = 0.701$), and TMT B ($p = 0.489$). However, a significant negative correlation was observed between internet addiction and Backward Digit Span ($r = -0.199$; $p = 0.029$).*

Conclusion: *Internet addiction was not associated with overall executive function among medical students but showed a significant negative association with working memory as measured by the Backward Digit Span. From an Islamic perspective, regulating internet use constitutes an essential effort in preserving intellect (hifzh al-‘aql) to maintain optimal cognitive function.*

Keywords: *internet addiction, executive function, Backward Digit Span, medical students, hifzh al-‘aql, digital ethics*