

HUBUNGAN INTENSITAS BERMAIN *GAME ONLINE* DENGAN KUALITAS TIDUR PADA REMAJA DI SMP NEGERI 2 GAMPING SLEMAN

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INTISARI

Latar Belakang: *Game online* adalah permainan yang dapat diakses internet. Akan tetapi *game online* dapat berdampak seseorang akan mengalami kualitas tidur yang buruk jika dilakukan secara terus menerus. Dampak positif berguna mengenal dunia teknologi dan dapat melatih perkembangan kognitif, dampak negatif menurunnya prestasi belajar dan meningkatkan perilaku agresif.

Tujuan: Untuk mengetahui bagaimana hubungan intensitas bermain *game online* dengan kualitas tidur pada remaja di SMP Negeri 2 Gamping Sleman

Metode: Desain penelitian yang digunakan adalah korelasi analitik dengan cross-sectional. Menggunakan teknik *purposive sampling* dengan 66 responden. Analisis data yang digunakan dengan kendal tau.

Hasil: Hubungan intensitas bermain *game online* dengan kualitas tidur pada remaja SMP Negeri 2 Gamping Sleman. Hasil intensitas bermain *game online* kategori selalu, sebanyak 27 (40,9%) responden sedangkan kualitas tidur dengan kategori buruk 39 (59%) responden. Maka didapatkan hasil signifikan sebesar ($p=0,002 < 0,05$). Keeratan yang didapatkan termasuk kedalam kategori rendah dengan Tingkat koefisien korelasi (r) sebesar -0,337 yang menunjukkan hubungan negatif yang berarti arah korelasi terbalik dimana semakin tinggi intensitas bermain *game online* maka semakin buruk kualitas tidur remaja dengan tingkat keeratan rendah.

Kesimpulan: Ada hubungan yang signifikan antara intensitas bermain *game online* dengan kualitas tidur pada remaja SMP Negeri 2 Gamping Sleman.

Kata Kunci: Intensitas Bermain *game online*, Kualitas Tidur

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THE CORRELATION INTENSITY OF PLAYING ONLINE GAME WITH SLEEP QUALITY IN ADOLESCENTS IN SMP NEGERI 2 GAMPING SLEMAN

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ABSTRACT

Background: Game Online are games that can be accessed by a variety of games where the machines used by players are connected by the internet. Online games can cause a person to experience poor sleep quality if done continuously. Positive impact is useful to know the world of technology and can train cognitive development, the negative impact of decreased learning achievement and increase aggressive behavior.

Objective: To find out how the relationship between the intensity of playing online games with the quality of sleep in adolescents in SMP Negeri 2 Gamping Sleman

Method: The study design used was analytic correlation with cross-sectional. Using a purposive sampling technique with 66 responses. Analysis of the data used by control.

Results: The relationship between the intensity of playing online games with sleep quality in adolescents of SMP Negeri 2 Gamping Sleman. The results of the intensity of playing online games are always 27 categories (40.9%) of respondents while the quality of sleep with poor categories is 39 (59%) of respondents. Then obtained significant results of ($p = 0.002 < 0.05$). The closeness obtained is included in the low category with a correlation coefficient level (r) of -0.333 which shows a negative relationship which means the direction of the inverse correlation where the higher the intensity of playing online games, the worse the sleep quality of adolescents with low closeness.

Conclusion: There is a significant relationship between the intensity of playing online games with sleep quality in teenagers of SMP Negeri 2 Gamping Sleman.

Keywords: Intensity to play online games, Quality of Sleep

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