

**HUBUNGAN INTENSITAS PENGGUNAAN *GADGET* DENGAN RISIKO
GANGGUAN PEMUSATAN PERHATIAN DAN HIPERAKTIVITAS
PADA ANAK DI RA MASYITHOH TARUBAN**

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INTISARI

Latar Belakang: Salah satu tahap perkembangan manusia adalah tahap prasekolah yang harus dilalui dan sangat berpengaruh pada perkembangan fisik maupun psikologis. Gangguan tumbuh kembang pada anak usia prasekolah antara lain gangguan pemusatan perhatian dan hiperaktivitas. Kecanduan *gadget* dapat mempengaruhi perkembangan otak anak karena produksi hormon *dopamine* yang berlebihan mengganggu kematangan fungsi prefrontal korteks yaitu mengontrol emosi, kontrol diri, sehingga dapat menimbulkan gangguan pemusatan perhatian dan hiperaktivitas.

Tujuan: Mengetahui hubungan intensitas penggunaan *gadget* dengan risiko hiperaktivitas pada anak di RA Masyithoh Taruban

Metode: Jenis penelitian ini adalah deskriptif korelasional dengan desain penelitian *cross-sectional*. Sample diambil dengan teknik *simple random sampling* sebanyak 45 anak di RA Masyithoh Taruban. Instrument penelitian berupa kuesioner intensitas penggunaan *gadget* dan *Abbreviated Conners Rating Scale*.

Hasil: Intensitas penggunaan *gadget* pada anak di RA Masyithoh Taruban sebagian besar sangat tinggi yaitu sebanyak 24 anak (53,3%). Risiko hiperaktivitas di RA Masyithoh Taruban paling banyak kategori normal yaitu sebanyak 25 anak (55,6%). Nilai $p (0,012) < 0,05$.

Kesimpulan: Ada hubungan antara intensitas penggunaan *gadget* dengan risiko hiperaktivitas pada anak di RA Masyithoh Taruban

Kata kunci: hiperaktivitas, anak, pra sekolah, *gadget*

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**CORRELATION BETWEEN INTENSITY OF GADGET USE WITH THE
ATTENTION DEFICIT HYPERACTIVITY DISORDER RISK IN
CHILDREN AT RA MASYITHOH TARUBAN**

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ABSTRACT

Background: One of the stages of human development is the preschool stage that must be passed and is very influential on physical and psychological development. Developmental disorders in preschool children include impaired concentration of attention and hyperactivity. Gadget addiction can affect children's brain development because excessive dopamine hormone production interferes with the maturity of the prefrontal cortex function, namely controlling emotions, self-control, so that it can cause disruption of concentration of attention and hyperactivity.

Research purposes: to determine the correlation between the intensity of gadget use and the risk of hyperactivity in children in RA Masyithoh Taruban

Methods: This type of research is descriptive correlational with a cross-sectional research design. Samples were taken using simple random sampling technique as many as 45 children in RA Masyithoh Taruban. The research instrument was a questionnaire on the intensity of gadget use and the Abbreviated Conners Rating Scale.

Results: The intensity of the use of gadgets in children in RA Masyithoh Taruban is mostly very high, as many as 24 children (53.3%). The risk of ADHD in RA Masyithoh Taruban was mostly in the normal category, namely 25 children (55.6%) and the P value (0.012) <0.05.

Conclusion: there is a correlation between the intensity of gadget use and the risk of hyperactivity in children in RA Masyithoh Taruban

Keywords: hyperactivity, children, pre-school, gadgets

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