

**GAMBARAN GANGGUAN TIDUR PADA SISWA KELAS 4 DAN 5  
YANG BERMAIN GAME ONLINE DI SD NEGERI 1 SEWON BANTUL  
YOGYAKARTA**

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**INTISARI**

**Latar Belakang:** Maraknya permainan game online menyebabkan pemain menjadi kecanduan terhadap permainan tersebut. Kecanduan bermain game online dapat menyebabkan gangguan tidur yaitu kumpulan gejala yang ditandai oleh gangguan dalam jumlah, kualitas dan waktu tidur pada seseorang. Dampak gangguan tidur pada kehidupan anak meliputi konsentrasi dan berkurangnya waktu reaksi yang melambat, kewaspadaan yang berkurang, serta penurunan fungsi eksekutif.

**Tujuan Penelitian:** Mengetahui gambaran gangguan tidur pada siswa kelas 4 dan 5 yang bermain game online di SD N 1 Sewon Bantul Yogyakarta

**Metode Penelitian:** Jenis penelitian ini adalah kuantitatif dengan rancangan penelitian deskriptif. Pengambilan sampel dengan teknik total sampel sebanyak 57 anak. Instrument penelitian menggunakan kuesioner *sleep disturbances scale for children* (SDSC).

**Hasil Penelitian:** Sebanyak 35,1% anak yang bermain game online mengalami gangguan pola tidur. 29,8% anak mengalami gangguan memulai dan mempertahankan, 36,8% mengalami gangguan pernafasaan saat tidur, 38,6% mengalami gangguan kesadaran saat tidur, 29,8% mengalami gangguan transisi bangun tidur, 38,6% mengalami gangguan somnolen berlebih dan 35,1% mengalami gangguan hiperhidrosis

**Kesimpulan:** Anak usia sekolah yang bermain game online dapat mengalami gangguan tidur berupa gangguan pola tidur, gangguan memulai dan mempertahankan tidur, gangguan pernafasan, gangguan kesadaran, gangguan transisi tidur bangun, gangguan somnolen berlebih dan gangguan hiperhidrosis

**Kata kunci:** gangguan tidur, anak, game online

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**DESCRIPTION OF SLEEP DISORDERS IN GRADE 4 AND 5 STUDENTS  
PLAYING ONLINE GAMES IN SD STATE 1 SEWON BANTUL**

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**ABSTRAK**

**Background:** The rise of online gaming causes players to become addicted to these games. Addiction to playing online games can cause sleep disorders, which is a collection of symptoms characterized by disturbances in the amount, quality and time of sleep in a person. The impact of sleep disturbances on a child's life includes reduced concentration and reduced reaction times, reduced alertness and decreased executive function

**Research Purposes:** Knowing the description of sleep disorders in grade 4 and 5 students who play online games at SD N 1 Sewon Bantul Yogyakarta.

**Research Methods:** This type of research is quantitative with a descriptive research design. Sampling with a total sample technique of 57 children. The research instrument used a sleep disturbances scale for children (SDSC) questionnaire.

**Research Result:** As many as 35.1% of children who play online games have disturbed sleep patterns. 29.8% of children had trouble starting and maintaining, 36.8% had breathing problems during sleep, 38.6% had disturbed consciousness during sleep, 29.8% had sleep transition disorder, 38.6% had excessive somnolence and 35.1% had hyperhidrosis

**Conclusion:** School-age children who play online games can experience sleep disorders in the form of sleep patterns, sleep initiation and maintenance disorders, respiratory problems, awareness disorders, sleep-wake transition disorders, excessive somnolence and hyperhidrosis.

**Keywords:** sleep disorders, children, online games

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