

Hubungan Kecanduan Bermain *Game Online* Dengan Kualitas Tidur Pada Remaja Di SMP Muhammadiyah 1 Gamping Sleman

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INTISARI

Latar Belakang: Perasaan tertantang saat memainkan *Game Online* tanpa disadari membuat remaja kecanduan dan mereka menggunakan banyak waktu hanya untuk bermain permainan *Online* di *Gadget* mereka (Khatijah, 2021). Karena perilaku bermain *game online* tidak mengenal waktu kebutuhan fisik remaja seperti tidur menjadi terabaikan. Pernyataan dari Abraham Maslow kebutuhan dasar sebagai contoh kebutuhan tidur harus dipenuhi, dampak *negative* akan timbul jika kebutuhan tersebut tidak terpenuhi. Sayangnya *adiksi* remaja *Game Online* ini membuat kualitas tidur mereka kurang baik (Ariyanto, 2021).

Tujuan: Untuk memahami korelasi antara kecanduan *Game Online* dengan kualitas tidur pada remaja di SMP Muhammadiyah 1 Gamping Sleman.

Metode: Desain pada penelitian ini adalah desain kuantitatif yang menerapkan pendekatan *cross sectional study* dengan sampel sebanyak 60. Responden menggunakan pendekatan Teknik *non probability sampling* dan analisis data menggunakan analisis bivariat. Instrument penelitian ini menggunakan kuisioner PSQI dan IAT

Hasil: Diketahui bahwa karakteristik responden berdasarkan jenis kelamin mayoritas pada jenis kelamin perempuan (60%), dengan rata-rata usia 14 tahun. Berdasarkan uji korelasi kendal tau-b diketahui bahwa nilai p value adalah $0,000 < 0,01$ yang dapat disimpulkan bahwa H_a dalam penelitian ini diterima dan H_o ditolak yang berarti terdapat hubungan antara kecanduan game online dengan kualitas tidur siswa SMP Muhammadiyah 1 Gamping.

Kesimpulan: Terdapat hubungan antara kecanduan game online dengan kualitas tidur siswa SMP Muhammadiyah 1 Gamping.

Kata kunci: Kecanduan Game Online, Kualitas Tidur

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Relationship Between Online Game Addiction and Sleep Quality in Adolescents at SMP Muhammadiyah 1 Gamping Sleman

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ABSTRACT

Background: The feeling of being challenged when playing Online Games unknowingly makes teenagers addicted and they spend a lot of time just playing Online games on their Gadgets (Khatijah, 2021). Because online gaming behavior does not recognize time, adolescents' physical needs such as sleep are neglected. Abraham Maslow's statement that basic needs such as the need for sleep must be met, negative impacts will arise if these needs are not met. Unfortunately, this adolescent addiction to Online Games makes their sleep quality poor (Ariyanto, 2021).

Objective: To understand the correlation between Online Game addiction and sleep quality in adolescents at SMP Muhammadiyah 1 Gamping Sleman.

Method: The design in this study is a quantitative design that applies a cross-sectional study approach with a sample of 60. Respondents used a non-probability sampling technique approach and data analysis used bivariate analysis. The research instrument used the PSQI and IAT questionnaires

Results: It is known that the characteristics of respondents based on gender are predominantly female (60%), with an average age of 14 years. Based on the tau-b Kendal correlation test, it is known that the p value is $0.000 < 0.01$ which can be concluded that H_a in this study is accepted and H_o is rejected, which means there is a relationship between online game addiction and sleep quality of students at SMP Muhammadiyah 1 Gamping.

Conclusion: There is a relationship between online game addiction and sleep quality of students at SMP Muhammadiyah 1 Gamping.

Keywords: Online Game Addiction, Sleep Quality

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