

# HUBUNGAN KECANDUAN GAME ONLINE DENGAN TINGKAT STRES PADA REMAJA DI SMK N 1 SEYEGAN

Alfina Joganita<sup>1</sup> Sujono Riyadi<sup>2</sup>

## INTISARI

**Latar Belakang:** Masa remaja adalah masa perkembangan dan kemajuan pribadi yang pesat. Kelompok usia yang paling rentan dalam penggunaan internet adalah remaja, khususnya mereka yang berusia antara 15 dan 17 tahun. Di antara pengguna tersebut, 91% telah menyelesaikan setidaknya sekolah menengah atas, dan 17,1% menggunakannya untuk bermain game online. Berdasarkan penelitian awal yang telah dilakukan di SMK N 1 Seyegan pada tanggal 29 Mei 2024 terdapat 15 siswa dari total 25 siswa kelas XI jurusan Teknik Sepeda Motor 2 di SMK N 1 Seyegan, dari 15 siswa tersebut 7 diantaranya bermain *game online* lebih dari 5 jam, 4 diantaranya bermain *game online* 2-5 jam, sedangkan 4 diantaranya bermain *game online* 1-2 jam dengan frekuensi bermain game yang sama yaitu, 3-4 kali sehari, dari 15 siswa tersebut 8 diantaranya tinggal dengan kedua orang tua, 3 diantaranya tinggal dengan salah satu orang tua, dan 4 diantaranya tinggal sendiri atau kost.

**Tujuan:** Diketahui hubungan kecanduan *game online* dengan tingkat stres pada remaja di SMK N 1 Seyegan.

**Metode:** Desain penelitian deskriptif analitis, menggunakan desain *cross-sectional*. Populasi siswa jumlah 125 siswa, setelah dilakukan pengambilan sampel dengan rumus slovin, didapat sampel 55 responden. Teknik sampling *purposive sampling*. Penelitian telah dilakukan di SMK 1 Seyegan, pada bulan Februari s.d Juli 2024. Analisa data univariate dan bivariate menggunakan Uji peringkat *Spearman Rank*

**Hasil:** Pada variabel kecanduan game online, sebanyak 26 responden (47,3%) dengan kecanduan ringan, sebanyak 14 responden (25,5%) dengan kecanduan sedang dan sebanyak 15 responden (27,3%) dengan kecanduan berat. Variabel stress, sebanyak 20 responden (36,4%) dengan stress sedang, sebanyak 14 responden (25,5%) dengan stress ringan dan berat, dan sebanyak 7 responden (12,7%) dengan keadaan tidak stress atau normal. Hasil uji *spearman rank* didapat nilai *p-value*  $0,001 < 0,05$

**Kesimpulan:** Ada hubungan kecanduan game online dengan tingkat stres pada remaja di SMK N 1 Seyegan. Dari hasil penelitian ini, diharapkan para responden dapat lebih meminimalisir penggunaan smartphone mereka saat bermain gameonline dan meningkatkan gaya hidup yang baik.

**Kata Kunci:** Kecanduan Game Online, Tingkat Stres, Remaja

<sup>1</sup> Mahasiswa Universitas Jenderal Achmad Yani Yogyakarta

<sup>2</sup> Dosen Universitas Jenderal Achmad Yani Yogyakarta

# THE RELATIONSHIP OF ONLINE GAME ADDICTION WITH STRESS LEVELS IN ADOLESCENTS AT SMK N 1 SEYEGAN

Alfina Joganita<sup>1</sup> Sujono Riyadi<sup>2</sup>

## ABSTRACT

**Background:** Adolescence is a time of rapid personal development and progress. The age group most vulnerable to internet use is teenagers, especially those aged between 15 and 17 years. Among those users, 91% had completed at least high school, and 17.1% used it to play online games. Based on initial research conducted at SMK N 1 Seyegan on May 29 2024, there were 15 students out of a total of 25 class 4 of them play online games for 2-5 hours, while 4 of them play online games for 1-2 hours with the same frequency of playing games, namely, 3-4 times a day, of the 15 students, 8 of them live with both parents, 3 of them live with one parent, and 4 of them live alone or in a boarding house.

**Objective:** To find out the relationship between online game addiction and stress levels in teenagers at SMK N 1 Seyegan.

**Method:** Analytical descriptive research design, using cross-selective design. The population of students in classes X and Pulpposive sampling technique. The research was conducted at SMK 1 Seeyengan, from February to July 2024. Univariate and bivariate data analysis used the Spelarman ranking ranking

**Results:** In the online game addiction variable, as many as 26 respondents (47.3%) had mild addiction, as many as 14 respondents (25.5%) had moderate addiction, and as many as 15 respondents (27.3%) had severe addiction. Stress variables, as many as 20 respondents (36.4%) had moderate stress, as many as 14 respondents (25.5%) had mild and severe stress, and as many as 7 respondents (12.7%) had no stress or normal conditions. The results of the Spelarman rank test obtained a p-value of  $0.001 < 0.05$

**Conclusion:** There is a problem with online gaming addiction and stress levels among teenagers at SMK N 1 Selyelgan. From the results of this research, it is hoped that respondents can further minimize their use of smartphones when playing online games and improve their lifestyle.

**Keywords:** Online Game Addiction, Stress Level, Teenagers

<sup>1</sup> Student at Jenderal Achmad Yani University Yogyakarta

<sup>2</sup> Lecturers at Jenderal Achmad Yani University, Yogyakarta