

INTISARI

HUBUNGAN DURASI DAN FREKUENSI BERMAIN *GAME ONLINE* DENGAN MASALAH MENTAL EMOSIONAL REMAJA DI SMP NEGERI 1 JATIPURO KABUPATEN KARANGANYAR

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Latar belakang: *Game online* menjadi permainan yang sangat marak dan sangat digemari. *Game online* memungkinkan pemain untuk bertemu dengan berbagai orang dari berbagai wilayah dan dari berbagai kategori usia. Bermain *game online* yang dilakukan dengan durasi dan frekuensi tinggi dapat mempengaruhi mental emosional pada penggunanya.

Tujuan: Mengetahui hubungan durasi dan frekuensi bermain *game online* dengan masalah mental emosional remaja di SMP Negeri 1 Jatipuro Kabupaten Karanganyar.

Metode: Penelitian kuantitatif dengan desain penelitian analitik korelasi dengan rancangan *Cross Sectional*. Sampel penelitian adalah 66 siswa/siswi kelas VII SMP Negeri 1 Jatipuro Kabupaten Karanganyar dengan teknik pengambilan sampel menggunakan *purposive sampling*. Instrumen penelitian menggunakan kuesioner durasi, frekuensi bermain *game online*, serta penilaian masalah mental emosional menggunakan kuisisioner *SDQ (Strength Difficulties Questionnaire)*. Anallisis data dilakukan dengan menggunakan uji *Kendall tau* dan regresi linier berganda.

Hasil: Sebanyak 27 orang (40,9%) bermain permainan *game online* dengan durasi sedang. sebanyak 27 orang (40,9%) bermain permainan *game online* dengan frekuensi sedang. 30 orang (45,5%) mempunyai masalah mental emosional kategori borderline. Hasil uji Kendall tau durasi dan frekuensi bermain *game online* dengan masalah mental emosional masing-masing diperoleh nilai $p = 0,001$. Hasil uji regresi linier berganda diperoleh nilai $p = 0,001$.

Kesimpulan: Ada hubungan durasi dan frekuensi bermain *game online* dengan masalah mental emosional remaja di SMP Negeri 1 Jatipuro Kabupaten Karanganyar.

Kata kunci: durasi, frekuensi, *game online*, masalah mental emosional, remaja

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ABSTRACT

THE CORRELATION BETWEEN DURATION AND FREQUENCY OF ONLINE GAME PLAYING WITH ADOLESCENT MENTAL PROBLEMS AT STATE JUNIOR HIGH SCHOOL 1 JATIPURO IN KARANGANYAR REGENCY

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Background: Online games are popular games. Online games allow players to meet people from different regions and age categories. Playing online games in high duration and frequency can affect the emotional mentality of the player.

Objectives: To determine the correlation between the duration and frequency of playing online games with mental emotional problems in adolescents at State Junior High School (SMP) 1 Jatipuro in Karanganyar Regency.

Method: Quantitative research with correlation analytic research and a Cross Sectional design. The research sample was 66 class VII students at SMP 1 Jatipuro in Karanganyar Regency. The sampling technique used purposive sampling. The research instrument used a duration questionnaire. Meanwhile, the frequency of playing online games and an assessment of emotional mental problems used the SDQ (Strength Difficulties Questionnaire) questionnaire. Data analysis implemented the Kendall tau test and multiple linear regression.

Results: 27 people (40.9%) played online games of moderate duration. 27 people (40.9%) played online games with moderate frequency. 30 people (45.5%) have mental emotional problems in the borderline category. The results of the Kendall tau test on the duration and frequency of playing online games with mental emotional problems each obtained a value of $p = 0.001$. The multiple linear regression tests' results obtained $p = 0.001$.

Conclusion: There is a correlation between the duration and frequency of playing online games with mental emotional problems in adolescents at SMP 1 of Jatipuro in Karanganyar Regency.

Keywords: Duration, Frequency, Online Games, Emotional Mental Problems, Adolescents

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