

## Hubungan Skor Depresi Dengan Adiksi Internet pada Siswa Sekolah Menengah Pertama Daerah Istimewa Yogyakarta

### INTISARI

#### 1. Latar Belakang:

Adiksi internet merupakan masalah yang ada sejak lama, namun kembali menjadi perhatian khusus dengan dicetuskannya diagnosis *Internet Gaming Disorder* pada *Diagnostic and Statistical Manual of Mental Disorders 5<sup>th</sup> edition* (DSM 5). Adiksi internet merupakan masalah yang sangat penting diatasi pada masa remaja, karena dapat mengakibatkan berbagai masalah psikososial, depresi, kecemasan, impulsifitas, dan berkorelasi dengan metode koping yang buruk. Jika tidak diatasi, populasi ini merupakan populasi yang rentan mengalami masalah kejiwaan yang lebih berat, misalnya psikosis atau perilaku bunuh diri. Masih diperlukan lebih banyak penelitian untuk mengetahui lebih lanjut hubungan timbal balik depresi dengan adiksi internet.

#### 2. Tujuan Penelitian:

Mengetahui hubungan antara skor depresi dengan adiksi internet

#### 3. Metode Penelitian:

Subyek merupakan siswa dari sekolah menengah pertama yang diambil secara purposive sampling untuk mewakili sekolah di pedesaan dan perkotaan Daerah Istimewa Yogyakarta. Siswa discreening menggunakan kuesioner Game Addiction Scale-7 item (GAS-7). Dilakukan assesmen lanjutan bagi Siswa yang terjaring dengan kuesioner Children's Depression Inventory. Skor total CDI dan subskalanya diuji dengan menggunakan uji korelasi Chi square untuk kemudian dilakukan uji regresi logistik.

#### 4. Hasil:

Tidak terdapat hubungan antara skor depresi dan ide bunuh diri terhadap adiksi internet. Terdapat hubungan signifikan antara adiksi internet dengan usia ( $\chi^2 = 10,093$ ,  $p = 0,001$ ), durasi berinternet ( $\chi^2 = 12,656$ ,  $p = 0,000$ ), dan subskala *negative mood* ( $\chi^2 = 7,197$ ,  $p = 0,007$ ). Regresi logistik menunjukkan bahwa usia ( $\text{Exp}(B) = 4,237$ ,  $p = 0,014$ ), durasi berinternet ( $\text{Exp}(B) = 6,641$ ,  $p = 0,000$ ), dan subskala *negative mood* ( $\text{Exp}(B) = 3,312$ ,  $p = 0,026$ ) dapat secara signifikan memprediksi adiksi internet. Model ini dapat memprediksi sekitar 72,1% variansi.

#### 5. Kesimpulan:

Tidak terdapat hubungan antara depresi dengan adiksi internet, tetapi terdapat hubungan signifikan antara subskala *negative mood*, usia, dan durasi berinternet dengan adiksi internet.

**Keyword:** Depresi, Adiksi internet, Remaja, Sekolah menengah pertama

Association of Depression Score and Internet Addiction in Middle School  
Students in Special Region of Yogyakarta

**ABSTRACT**

**1. Background:**

Internet addiction is a problem that has existed for a long time, but there is still no optimal solution. It regained attention after the addition of 'Internet Gaming Disorder' diagnosis on Diagnostic and Statistical Manual of Mental Disorders 5<sup>th</sup> edition (DSM 5). This problem is especially detrimental for adolescents, as it could result in various psychosocial problems, depression, impulsivity, and facilitate poor *coping* mechanism. When handled poorly, it could cause more severe mental health problems such as psychosis or even suicide. More research is needed to understand association between depression and internet addiction.

**2. Aim:**

To understand association between depression score and internet addiction.

**3. Method:**

Research subjects were students from middle schools selected to represent school in rural area and school in the city of Special Region of Yogyakarta. All students who could participate were screened for Internet Addiction using Game Addiction Scale-7 item (GAS-7). Selected students were further assessed using children's depression inventory. Total score of CDI, subscales, and suicidal intent were analyzed using chi square test to understand the association with internet addiction and will be further analyzed with logistic regression.

**4. Result:**

There is no significant association between depression or suicidal ideation with internet addiction. There is significant association between internet addiction with age ( $\chi^2 = 10.093$ ,  $p = 0.001$ ), internet access duration ( $\chi^2 = 12.656$ ,  $p = 0.000$ ), and negative mood subscale ( $\chi^2 = 7.197$ ,  $p = 0.007$ ). Logistic regression showed that age ( $\text{Exp}(B) = 4.237$ ,  $p = 0.014$ ), internet access duration ( $\text{Exp}(B) = 6.641$ ,  $p = 0.000$ ), and negative mood ( $\text{Exp}(B) = 3.312$ ,  $p = 0.026$ ) remains significant predictors of internet addiction. This model can predict up to 72.1% variance.

**5. Conclusion:**

There is no association between depression with internet addiction. There is significant association between negative mood subscale, age, and internet access duration with internet addiction.

**Keywords:** Depression, internet addiction, teenagers, Middle school