

ABSTRAK

Latar belakang: Beberapa dampak buruk akibat kecanduan *games online* pada remaja adalah menjadi anti-sosial, lebih mementingkan *games*, seringkali mengabaikan kesehatan diri sendiri dan mudah emosi bahkan menimbulkan depresi. Prevalensi gangguan mental emosional pada penduduk berusia lebih dari 15 tahun di Provinsi Sumatera Selatan mengalami peningkatan sejak tahun 2013 hingga tahun 2018.

Tujuan: Penelitian ini mengidentifikasi hubungan tingkat kecanduan *games online* terhadap kejadian depresi pada siswa SMP di Kota Palembang.

Metode: Penelitian ini menggunakan metode kuantitatif desain observasional analitik rancangan *cross sectional* dan dilaksanakan di tiga SMP di Kota Palembang. Pengambilan sampel menggunakan teknik *stratified random sampling* dengan total sampel sebanyak 364 responden. Pengukuran tingkat kecanduan *games online* menggunakan IGD Scale dan pengukuran depresi menggunakan CESD-R.

Hasil dan Pembahasan: Prevalensi tingkat kecanduan bermain *games online* pada siswa SMP di Kota Palembang adalah 39,24%. Lebih dari setengah responden mengalami konflik dikarenakan bermain *games online*. Ditemukan sebanyak 15 orang responden memainkan *games* yang terindikasi sebagai judi *online*. Prevalensi kejadian berpotensi depresi berat pada siswa SMP di Kota Palembang yang kecanduan *games online* adalah 70,57%. Responden yang bermain *games online* paling banyak mengalami depresi dalam domain pemikiran/ konsentrasi serta terdapat 39 orang responden yang memiliki ide bunuh diri.

Kesimpulan: Diketahui ada hubungan antara tingkat kecanduan *games online* terhadap kejadian depresi setelah dipengaruhi oleh variabel *confounding* ($p < 0,05$), yaitu responden yang bermain bersama rekan yang belum dikenali/ orang asing. Pemberian edukasi secara komprehensif terkait penggunaan *games online* dengan bijak di kalangan siswa dan pengembangan regulasi penanganan kejadian depresi di sekolah harus dapat terlaksana dengan baik secara merata demi mewujudkan generasi Indonesia yang sehat jiwa.

Kata Kunci: Kecanduan *games online*; depresi; remaja

ABSTRACT

Background: *Some of the bad effects of online game addiction in adolescents are that they become anti-social, prioritize games more often, often ignore their own health and become easily emotional and even cause depression. The prevalence of emotional mental disorders in residents aged over 15 years in South Sumatra Province has increased from 2013 to 2018.*

Objective: *This study identifies the relationship between the level of online game addiction and the incidence of depression in junior high school students in Palembang City.*

Method: *This research used a quantitative method, analytical observational design, cross sectional design and was carried out in three junior high schools in Palembang City. Sampling used a stratified random sampling technique with a total sample of 364 respondents. Measuring the level of online game addiction uses the IGD Scale and measuring depression using the CESD-R.*

Results and Discussion: *The prevalence of addiction to playing online games among junior high school students in Palembang City is 39,24%. More than half of respondents experienced conflict due to playing online games. It was found that 15 respondents played games that were indicated as online gambling. The prevalence of potentially severe depression in junior high school students in Palembang City who are addicted to online games is 70,57%. Respondents who played online games most often experienced depression in the thinking/concentration domain and there were 39 respondents who had suicidal ideas.*

Conclusion: *It is known that there is a relationship between the level of addiction to online games and the incidence of depression after being influenced by confounding variables ($p < 0.05$), namely respondents who play with friends they don't know before/ strangers. Providing comprehensive education regarding the wise use of online games among students and developing regulations for handling depression incidents in schools must be implemented well and evenly in order to create a mentally healthy generation of Indonesians.*

Keywords: *Online games addiction; depression; adolescents*