

## HUBUNGAN ANTARA KEBIASAAN AKTIVITAS FISIK DAN RISIKO GANGGUAN EMOSI PADA SISWA SD DENGAN KECENDERUNGAN ADIKSI *SMARTPHONE* DI SLEMAN

### INTISARI

**Latar Belakang:** Penggunaan *smartphone* pada populasi anak di Indonesia mencapai 33,44%. Namun, penggunaan *smartphone* secara berlebih terbukti memiliki negatif terhadap perkembangan anak. Pada usia sekolah dan remaja awal juga ditemukan adanya hubungan antara penggunaan *smartphone* berlebih terhadap munculnya gangguan emosi. Penelitian terdahulu menunjukkan adanya hubungan antara aktivitas fisik dan gangguan emosi. Oleh karena itu, analisis hubungan kebiasaan aktivitas fisik terhadap risiko gangguan emosi pada siswa SD dengan kecenderungan adiksi *smartphone* menarik untuk diteliti.

**Tujuan Penelitian:** Untuk mengidentifikasi hubungan antara kebiasaan aktivitas fisik terhadap risiko gangguan emosi pada siswa SD dengan kecenderungan adiksi *smartphone* di Sleman.

**Metode Penelitian:** Penelitian ini dilakukan dengan uji analitik observasional dengan pendekatan potong lintang. Subjek penelitian adalah para siswa di tiga SD di wilayah Yogyakarta. Pengambilan sampel dilakukan dengan cara *purposive sampling*. Kecenderungan adiksi *smartphone* dinilai menggunakan kuesioner SAS-SV, kebiasaan aktivitas fisik dinilai menggunakan kuesioner PAQ-C, dan risiko gangguan emosi dinilai menggunakan kuesioner SDQ. Ketiga kuesioner yang digunakan merupakan versi Bahasa Indonesia. Analisis data menggunakan uji *Chi Square* atau *Fisher's Exact* dan regresi logistik, dengan tingkat kemaknaan yang disepakati signifikan secara statistik adalah nilai  $p < 0,05$ .

**Hasil Penelitian:** Terdapat 60 subjek penelitian yang diikuti dalam analisis data penelitian. Terdapat hubungan antara kebiasaan aktivitas fisik dan risiko gangguan emosi pada siswa SD dengan kecenderungan adiksi *smartphone* di Sleman ( $p < 0,001$ ). Analisis multivariat menunjukkan bahwa variabel yang paling berpengaruh terhadap risiko gangguan emosi adalah kebiasaan aktivitas fisik yang memberikan kontribusi pengaruh terhadap risiko gangguan emosi sebanyak 49,6%

**Kesimpulan:** Terdapat hubungan yang signifikan antara kebiasaan aktivitas fisik dan risiko gangguan emosi pada siswa SD dengan kecenderungan adiksi *smartphone* di Sleman.

**Kata Kunci:** adiksi *smartphone*, aktivitas fisik, gangguan emosi, siswa SD

## THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY HABITS AND THE RISK OF EMOTIONAL DISORDERS IN ELEMENTARY SCHOOL STUDENTS WITH SMARTPHONE ADDICTION TENDENCIES IN SLEMAN

### ABSTRACT

**Background:** The use of smartphones among children in Indonesia has reached 33.44%. However, excessive smartphone use has been proven to negatively affect child development. Among school-age children and early adolescents, excessive smartphone use has also been linked to the emergence of emotional disorders. Previous studies have shown a relationship between physical activity and emotional problems. Therefore, analyzing the relationship between physical activity habits and the risk of emotional disorders among elementary school students with a tendency toward smartphone addiction is an interesting topic to explore

**Objective:** To identify the relationship between physical activity habits and the risk of emotional disorders among elementary school students with a tendency toward smartphone addiction in Sleman.

**Methods:** This study employed an observational analytic design with a cross-sectional approach. The research subjects were students from three elementary schools in the Yogyakarta area. Sampling was conducted using a purposive sampling technique. The tendency toward smartphone addiction was assessed using the Smartphone Addiction Scale–Short Version (SAS-SV), physical activity habits were assessed using the Physical Activity Questionnaire for Children (PAQ-C), and the risk of emotional disorders was assessed using the Strengths and Difficulties Questionnaire (SDQ). All three instruments used were the Indonesian versions. Data were analyzed using the Chi-square test or Fisher’s Exact test and logistic regression, with statistical significance set at  $p < 0.05$ .

**Result:** A total of 60 subjects were included in the data analysis. There was a significant relationship between physical activity habits and the risk of emotional disorders among elementary school students with a tendency toward smartphone addiction in Sleman ( $p < 0.001$ ). Multivariate analysis showed that the most influential variable on the risk of emotional disorders was physical activity habits, contributing 49.6% to the variance in emotional disorder risk.

**Conclusion:** There is a significant relationship between physical activity habits and the risk of emotional disorders among elementary school students with a tendency toward smartphone addiction in Sleman.

**Keywords:** elementary school students, emotional disorders, smartphone addiction, physical activity,