Hubungan Adiksi Bermain Game Online dan Aktivitas Fisik dengan Risiko Obesitas Sentral pada Remaja
SMP Negeri 2 Kalibawang, Kulon Progo
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HUBUNGAN ADIKSI BERMAIN *GAME ONLINE* DAN AKTIVITAS FISIK DENGAN RISIKO OBESITAS SENTRAL PADA REMAJA SMP NEGERI 2 KALIBAWANG, KULON PROGO

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INTISARI

Latar Belakang: Obesitas sentral pada remaja merupakan faktor risiko penyakit kardiometabolik jangka panjang. Adiksi *game online* dan rendahnya aktivitas fisik diduga berkontribusi terhadap peningkatan risiko obesitas sentral melalui mekanisme sedentari, gangguan neuroendokrin, dan disregulasi pola tidur. Namun, bukti empiris mengenai hubungan antarvariabel tersebut pada remaja di wilayah semi-pedesaan Indonesia masih terbatas.
Tujuan: Mengetahui hubungan adiksi *game online* dan aktivitas fisik dengan risiko obesitas sentral berdasarkan rasio lingkar pinggang terhadap tinggi badan (RLPTB) pada remaja di SMP Negeri 2 Kalibawang.
Metode: Penelitian observasional analitik dengan pendekatan *cross-sectional* pada 176 remaja yang dipilih menggunakan *consecutive sampling*. Adiksi *game online* diukur menggunakan *Indonesian Online Game Addiction Questionnaire* (IOGAQ), aktivitas fisik diukur menggunakan *Physical Activity Questionnaire for Children* (PAQ-C), dan risiko obesitas sentral dinilai berdasarkan RLPTB dengan *cut-off* ≥0,5. Analisis data meliputi uji *Mann-Whitney*, uji korelasi *Spearman*, dan regresi logistik biner.
Hasil: Prevalensi risiko obesitas sentral sebesar 10,2%. Mayoritas responden memiliki tingkat adiksi *game online* rendah hingga sedang, dan tingkat aktivitas fisik sedang. Laki-laki memiliki rerata skor adiksi *game online* (p = 0,019) dan aktivitas fisik (p = 0,003) yang lebih tinggi daripada perempuan. Laki-laki juga mendominasi frekuensi bermain (p < 0,001), durasi bermain (p = 0,014), dan perilaku *top up in-game* (p < 0,001). Tidak terdapat hubungan yang bermakna antara adiksi *game online* dengan risiko obesitas sentral, aktivitas fisik dengan risiko obesitas sentral, maupun adiksi *game online* dengan aktivitas fisik pada kedua jenis kelamin.
Kesimpulan: Tidak terdapat hubungan bermakna antara adiksi *game online* dan aktivitas fisik dengan risiko obesitas sentral pada remaja di SMP Negeri 2 Kalibawang.

Kata Kunci: Adiksi *Game Online*; Aktivitas Fisik; Obesitas Sentral; Rasio Lingkar Pinggang terhadap Tinggi Badan; Remaja.

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THE RELATIONSHIP BETWEEN ONLINE GAME ADDICTION, PHYSICAL ACTIVITY, AND THE RISK OF CENTRAL OBESITY AMONG ADOLESCENTS AT SMP NEGERI 2 KALIBAWANG, KULON PROGO

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ABSTRACT

Background: *Central obesity in adolescents is a risk factor for long-term cardiometabolic disease. Online game addiction and low physical activity are hypothesized to contribute to increased central obesity risk through sedentary behavior, neuroendocrine disruption, and sleep pattern dysregulation. However, empirical evidence regarding the relationship between these variables among adolescents in semi-rural areas of Indonesia remains limited.*
Objective: *This study aimed to determine the relationship between online game addicction, physical activity, and the risk of central obesity based on the waist-to-height ratio (WHtR) among students of SMP Negeri 2 Kalibawang.*
Methods: *An observational analytic study with a cross-sectional design was conducted on 176 adolescents, selected using consecutive sampling. Online game addiction was measured using the Indonesian Online Game Addiction Questionnaire (IOGAQ), physical activity was measured using the Physical Activity Questionnaire for Children (PAQ-C), and central obesity risk was assessed using WHtR with a cut-off of ≥0.5. Data analysis included the Mann-Whitney test, Spearman correlation, and binary logistic regression.*
Results: *The prevalence of central obesity risk was 10.2%. Most respondents had low to moderate levels of online game addiction and moderate physical activity levels. Males had significantly higher mean scores than females for both online game addiction ($p = 0.019$) and physical activity ($p = 0.003$). Males also predominated in playing frequency ($p < 0.001$), playing duration ($p = 0.014$), and in-game top-up behavior ($p < 0.001$). No significant relationship was found between online game addiction and central obesity risk, between physical activity and central obesity risk, or between online game addiction and physical activity, in either sex.*
Conclusion: *There was no significant relationship between online game addiction and physical activity with central obesity risk among adolescents at SMP Negeri 2 Kalibawang.*

Keywords: *Adolescents; Central Obesity; Online Game Addiction; Physical Activity; Waist-to-Height Ratio.*