

## **GAMBARAN RISIKO KECANDUAN *VIDEO GAME* PADA ANAK SEKOLAH MENENGAH PERTAMA DI KOTA YOGYAKARTA**

**Silvi Alifah Hilmida<sup>1</sup>, Intansari Nurjannah<sup>2</sup>, Sri Warsini<sup>2</sup>**

### **ABSTRAK**

**Latar Belakang:** Kecanduan *video game* memiliki berbagai faktor risiko dan dapat menimbulkan dampak negatif bagi penggunanya, sehingga diperlukan penanganan sejak dini guna mencegah timbulnya berbagai masalah yang lebih serius. Anak SMP merupakan kelompok yang kerap bermain *video game* dan berisiko mengalami kecanduan *video game*.

**Tujuan Penelitian:** Mengetahui gambaran risiko kecanduan *video game* pada anak SMP di Kota Yogyakarta.

**Metode:** Penelitian ini merupakan penelitian deskriptif kuantitatif dengan desain *cross-sectional* yang dilakukan di 15 SMP di Kota Yogyakarta pada bulan Januari sampai Februari 2019. Jumlah responden yaitu 390 anak SMP kelas VIII. Alat ukur yang digunakan adalah *Internet Gaming Disorder Scale-Short-Form (IGDS9-SF)*. Analisa data yang digunakan adalah analisis univariat dan analisis bivariat menggunakan uji statistik Fischer dan *Kolmogorov-Smirnov* untuk mengetahui hubungan antara karakteristik responden dengan risiko kecanduan *video game*.

**Hasil:** Mayoritas responden berjenis kelamin perempuan (53,30%), berusia 12-14 tahun (94,40%), dan pertama kali bermain *video game* pada usia >8 tahun (56,90%). Mayoritas responden bermain *video game online* (80,50%), bermain *video game* menggunakan *smartphone* (67,40%), dan bermain *video game* di rumah (77,90%). Sebagian besar responden bermain *video game* dengan durasi  $\leq 4$  jam dalam sehari (89,50%) dan frekuensi 1-3 hari dalam seminggu (53,10%). Motivasi bermain *video game* mayoritas responden berasal dari internal (66,20%). Terdapat 2 dari 390 responden yang berisiko kecanduan *video game* (0,5%). Hasil uji beda didapatkan tidak ada karakteristik responden yang mempengaruhi risiko kecanduan *video game* ( $p > 0,05$ ).

**Kesimpulan:** Risiko kecanduan *video game* pada anak SMP di Kota Yogyakarta sebesar 0,5% dan karakteristik responden tidak mempengaruhi risiko kecanduan *video game*.

**Kata kunci:** anak SMP, risiko kecanduan *video game*, Kota Yogyakarta.

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### **ABSTRACT**

**Background:** Video game addiction has several risk factors and can trigger negative effects to the users, therefore, an early treatment is needed to prevent various more serious problems from happening. Junior high school children are often deeply involved in playing video games, and are at a risk of experiencing video game addiction.

**Objective:** To determine the description of video game addiction in junior high school children in Yogyakarta City.

**Methods:** This is a descriptive quantitative research with a cross sectional design, the research was conducted in 15 junior high schools in Yogyakarta City from January to February 2019. There were 390 eighth-grade children involved as respondents. The instrument used was the Internet Gaming Disorder Scale-Short-Form (IGDS9-SF). The collected data were analyzed with a univariate analysis and a bivariate analysis using Fischer and Kolmogorov-Smirnov statistics tests to determine the correlation between respondent characteristics and video game addiction.

**Results:** The majority of respondents was females (53,30%), aged between 12-14 years old (94,40%), and first played video games at the age of >6 years old (77,20%). The majority of respondents played video games online (80,50%), played video games on smartphones (67,40%), and played video games at home (77,90%). Most of the respondents played video games with a duration of ≤4 hours a day (89,50%) and with a frequency of 1-3 days a week (53,10%). The motivation to play video games in the majority of respondents came from internal (66,20%). There were 2 out of 390 respondents who had the risk of video game addiction (0,5%). Difference test results showed that there were no respondent characteristics that influenced video game addiction ( $p>0,05$ ).

**Conclusion:** The risk of video game in junior high school children in Yogyakarta City is 0,5% and the respondent characteristics do not influence the risk of video game addiction.

**Keywords:** junior high school children, video game addiction risk, Yogyakarta City.

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