HUBUNGAN *INTERNET GAMING DISORDER* DENGAN ASTHENOPIA PADA PELAJAR SMP DI YOGYAKARTA

Dewa Ayu Citra*, Indarwati Setyaningsih**, Paryono**
*Peserta PPDS 1 Departemen Neurologi FKKMK UGM/RSUP Dr. Sardjito
** Staf Pengajar PPDS 1 Departemen Neurologi FKKMK UGM/RSUP Dr. Sardjito

ABSTRAK

Latar belakang : Sebuah studi nasional pemuda di Amerika Serikat anak-anak yang berusia antara 8 sampai 18 tahun terdapat 88% bermain game secara elektronik dan 68% dari mereka bermain game minimal setiap minggu dan 23% bermain setiap hari. Penggunaan game internet di seluruh dunia sangat pesat, akibatnya *Internet Gaming Disorder* (IGD) telah menjadi topik dan masalah sosial utama yang penting. Sebuah studi epidemiologi sebelumnya di Hong Kong melaporkan bahwa 15,6 % siswa kelas 8 hingga kelas 11 memiliki kecanduan video game online. Meskipun sebagian besar permainan videogame tidak berbahaya akan tetapi bermain yang berlebihan dapat menyebabkan masalah psikososial dan bahkan menyebabkan masalah kesehatan pada beberapa individu. Asthenopia merupkan salah satu gejala visual akibat dari penggunaan berbagai media elektronik dan bermain video game.

Tujuan: membuktikan adanya hubungan antara *Internet Gaming Disorder* dengan asthenopia pada remaja SMP di Yogyakarta.

Metode: Studi potong lintang, *cluster random sampling*

Hasil: Terdapat 114 subjek anak sekolah usia 12-16 tahun dengan rerata usia 13,9 ± 0,5. Sebanyak 57 subjek dengan IGD dan 57 subjek non IGD. Pada analisis bivariat penelitian ini didapatkan adanya hubungan yang signifikan antara IGD dan kejadian asthenopia dengan nilai (p=0,002). Asthenopia pada IGD sebesar 50,9% dan pada non IGD 22,8%. Analisis bivariat variabel lain yang yang menunjukkan adanya hubungan yang signifikan yaitu jarak tatap layar saat bermain (p= 0.033) dan durasi bermain game (0,046). Pada uji regresi logistik didapatkan hasil adanya hubungan yang signifikan antara IGD dengan asthenopia (p=0,019) dengan OR 4,08 dan jarak bermain game dengan asthenopia (p= 0,045) dengan OR 2,35.

Kesimpulan: Pada penelitian ini terbukti bahwa *Internet gaming disorder* (IGD) berhubungan dengan asthenopia secara independen

Kata kunci: *Internet Gaming Disorder*, Asthenopia, Mata Lelah, *Computer Vision Syndrome, Digital Eye Strain*
Korespindensi: Dewa Ayu Citra, email: citra_dewa37@yahoo.com

THE RELATHIONSHIP INTERNET GAMING DISORDER WITH ASTHENOPIA AMONG HIGH JUNIOR SCHOOL IN YOGYAKARTA

Dewa Ayu Citra*, Indarwati Setyaningsih**, Paryono**
*Resident of Neurology Depart. Faculty of Medicine, Public Health and Nursing Universitas Gadjah Mada / Dr. Sardjito Hospital
**Staf of Neurology Depart. Faculty of Medicine, Public Health and Nursing Universitas Gadjah Mada / Dr. Sardjito Hospital

ABSTRACT

Background: A national study of youth in the United States of children aged between 8 to 18 years there were 88% playing games electronically and 68% of them playing games at least weekly and 23% playing every day. The use of internet games throughout the world is very fast, consequently Internet Gaming Disorder (IGD) has become a major topic and important social problem. An earlier epidemiological study in Hong Kong reported that 15.6% of students in grades 8 through grade 11 were addicted to online video games. Although most videogame games are harmless, excessive play can cause psychosocial problems and even cause health problems in some individuals. Asthenopia is one of the visual symptoms of using various electronic media and playing video games.

Objective: To prove the relationship between Internet Gaming Disorder with asthenopia in junior high school adolescents in Yogyakarta.

Method: Cross-sectional study, cluster random sampling

Results: There were 114 subjects of school children aged 12-16 years with a mean age of 13.9 ± 0.5. A total of 57 subjects with IGD and 57 non-IGD subjects. In the bivariate analysis, this study had significant relationship between the IGD and the incidence of asthenopia with values ($p = 0.002$). Asthenopia in IGD was 50.9% and non-IGD was 22.8%. Bivariate analysis of other variables that showed significant relationship was the distance to the screen when playing ($p = 0.033$), the game increased play time (0.046). In the logistic regression test results obtained significant relationship between IGD with asthenopia ($p = 0.019$) with OR 4.08 and playing distance games with asthenopia ($p = 0.045$) with OR 2.35.

Conclusion: In this study it was proven that Internet Game Disorders (IGD) associated with asthenopia were completely independent

Keywords : Internet Gaming Disorder, Asthenopia, Eye Vatigue, Computer Vision Syndrome, Digital Eye Strains
Correspondence : Dewa Ayu Citra , email: citra_dewa37@yahoo.com