



INTISARI

Latar Belakang: Peningkatan bermain *game online* menimbulkan berbagai kekhawatiran publik tentang penggunaan yang tidak terkontrol dan dilakukan secara berlebihan yang disebut sebagai *internet gaming disorder*. *Internet gaming disorder* diketahui dapat menyebabkan berbagai masalah dalam kehidupan remaja.

Tujuan penelitian: Mengetahui hubungan antara *internet gaming disorder* dengan gangguan tidur pada remaja di Kota Yogyakarta.

Metode: Penelitian dengan rancangan *cross sectional* dilakukan kepada 429 remaja SMP dan SMA di Kota Yogyakarta pada bulan Januari-Maret 2020, dengan teknik *consecutive sampling*. Pengambilan data menggunakan kuesioner *The Indonesian Online Game Addiction Questionnaire* dan *Insomnia Severity Index*. Analisa data menggunakan uji *somer's d*.

Hasil: Terdapat 17,5% remaja SMP dan SMA di Kota Yogyakarta yang mengalami *internet gaming disorder*. Ditemukan pula prevalensi gangguan tidur yaitu sebanyak 47,6% responden mengalami gangguan tidur ringan, 13,1% gangguan tidur sedang, dan 2,1% gangguan tidur berat. Hasil Penelitian ini menunjukkan bahwa terdapat hubungan yang bermakna antara *internet gaming disorder* dengan gangguan tidur dengan taraf signifikansi sebesar 0,001 ($p > 0,05$). Selanjutnya terdapat korelasi lemah positif dengan nilai koefisien korelasi (r) sebesar 0,269, hal ini membuktikan bahwa semakin remaja mengalami *internet gaming disorder* maka skor gangguan tidur ikut meningkat.

Kesimpulan: Terdapat hubungan *internet gaming disorder* dengan gangguan tidur pada remaja di Kota Yogyakarta

Kata Kunci: *Internet gaming disorder*, gangguan tidur, remaja



ABSTRACT

Background: The increase in playing online games raises various public concerns about the uncontrolled and excessive use of what is referred to as internet gaming disorder. Internet gaming disorder is known to cause various problems in adolescents' life.

Objective: To find out the relationship of internet gaming disorders and sleep disorders among adolescents in Yogyakarta City.

Method: A cross-sectional study was conducted on 429 junior and senior high school adolescents in Yogyakarta City in January-March 2020, using a consecutive sampling technique. Data were collected using the Indonesian Online Game Addiction Questionnaire and Insomnia Severity Index Questionnaires. The data was analyzed using somers'd test.

Results: The prevalence of internet gaming disorder was 17,5% among adolescents in Yogyakarta city. The prevalence of sleep disorders were 47.6% experienced mild sleep disorders, 13.1% moderate sleep disorders, and 2.1% severe sleep disorders. The result shows that there is a significant relationship between internet gaming disorder with sleep disorders with a significance level of 0.001 ($p > 0.05$). Furthermore, there is a weak positive correlation with a correlation coefficient (r) of 0.269, provide that the more adolescents have internet gaming disorder then their sleep disorder score increases.

Conclusion: There is a significant correlation of internet gaming disorder with sleep disorders among adolescents in Yogyakarta City.

Keywords: Internet gaming disorder, sleep disorders, adolescents