

## HUBUNGAN TINGKAT SPIRITUALITAS DENGAN RISIKO KECANDUAN VIDEO GAME PADA REMAJA DI SMA MUHAMMADIYAH 1 YOGYAKARTA

### INTISARI

**Latar Belakang:** Spiritualitas merupakan salah satu faktor yang dapat mempengaruhi aktivitas bermain video game. Aktivitas bermain game sebagian besar dilakukan oleh remaja, sehingga remaja memiliki risiko mengalami kecanduan video game.

**Tujuan Penelitian:** Mengetahui hubungan antara tingkat spiritualitas dengan risiko kecanduan video game pada remaja di SMA Muhammadiyah 1 Yogyakarta.

**Metode:** Penelitian kuantitatif dengan rancangan cross sectional yang dilakukan pada bulan Februari 2020. Jumlah responden yaitu 123 remaja kelas X, XI, dan XII. Alat ukur yang digunakan adalah Spiritual Perspective Scale dan Internet Gaming Disorder Scale-Short-Form (IGDS9-SF). Analisa data yang digunakan adalah analisis univariat dan analisis bivariat menggunakan uji statistik Kruskal Wallis.

**Hasil:** Tingkat spiritualitas mayoritas responden sangat tinggi (56,1%), berjenis kelamin laki-laki (59,3%), berusia 14-18 tahun, serta memiliki dua saudara kandung (39,8%). Usia awal responden mulai bermain video game yaitu >6 tahun (79,7%) dan mayoritas responden menggunakan hp (61%), serta bermain di rumah (91,9%). Waktu untuk bermain video game yaitu 4-7 hari/minggu (54,5%) dan ≤4 jam/hari (73,2%). Responden mayoritas bermain video game online (37,4%) dengan tipe teka-teki (43,9%). Alasan sebagian responden bermain video game yaitu dari internal (78%). Hasil uji statistik ( $p > 0,05$ ).

**Kesimpulan:** Tidak terdapat hubungan tingkat spiritualitas dengan risiko kecanduan video game pada remaja di SMA Muhammadiyah 1 Yogyakarta.

**Kata kunci:** tingkat spiritualitas, risiko kecanduan video game, remaja

## THE RELATIONSHIP OF SPIRITUALITY LEVELS WITH THE RISK OF ADDICTED VIDEO GAMES IN ADOLESCENTS IN SMA MUHAMMADIYAH 1 YOGYAKARTA

### ABSTRACT

**Background:** Spirituality is one of the factors that can influence the activity of playing video games. Gameplay activities are mostly carried out by teenagers, so teenagers have the risk of experiencing video game addiction.

**Objectives:** To determine the relationship between the level of spirituality and the risk of video game addiction in adolescents at Muhammadiyah 1 Yogyakarta High School.

**Method:** Quantitative research with cross-sectional design conducted in February 2020. The number of respondents was 123 teenagers in class X, XI, and XII. Measuring instruments used are Spiritual Perspective Scale and Internet Gaming Disorder Scale-Short-Form (IGDS9-SF). The collected data were analyzed with a univariate analysis and a bivariate analysis using Kruskal Wallis statistical test.

**Results:** The majority of respondents' spirituality was very high (56.1%), male (59.3%), aged 14-18 years, and has two siblings (39.8%). The initial age of respondents starting playing video games is > 6 years (79.7%) and the majority of respondents use mobile phones (61%), as well as playing at home (91.9%). The time to play video games is 4-7 days/week (54.5%) and ≤4 hours/day (73.2%). The majority of respondents played online video games (37.4%) with the type of puzzle (43.9%). The reason some respondents play video games is from internal (78%). Statistical test results ( $p > 0.05$ ).

**Conclusion:** There is no relationship between the level of spirituality and the risk of video game addiction in teenagers at Muhammadiyah 1 Yogyakarta High School.

**Keywords:** spirituality level, risk of video game addiction, adolescents