

THE RELATIONSHIP BETWEEN PARENTING AND VIDEO GAMES OF ADDICTION TRENDS DURING COVID-19 PANDEMIC IN ADOLESCENTS AT MUHAMMADIYAH 1 SENIOR HIGH SCHOOL YOGYAKARTA

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ABSTRACT

Background: The COVID-19 pandemic has had an impact on school closures and social distancing. Teenagers spend time playing video games to overcome boredom, as a result, teenagers are increasingly attached to video games so they are at risk of experiencing addiction that has a negative impact on behavior and social, such as violence, theft and even murder. Parenting patterns determine and prevent the risk of video game addiction in adolescents. The three types of parenting are authoritarian, democratic, and permissive. Choosing the wrong parenting style can increase the risk of video game addiction in adolescents.

Purpose of study: Knowing the relationship between parenting and video game addiction tendencies in teenagers at SMA Muhammadiyah 1 Yogyakarta.

Methods: This research is a non-experimental, descriptive analytic with a cross-sectional approach. The research subjects were students of class X SMA Muhammadiyah 1 Yogyakarta. The tendency of video game addiction was measured by the GAS instrument. The parenting style of the parents was measured by the PAQ instrument. Analysis using chi-square test/fisher exact test, contingency coefficient and logistic regression test.

Results: A total of 168 research subjects, 7 subjects were excluded, namely 5 subjects did not play games, 1 subject did not fill in completely and 1 subject refused to participate in the study. So that obtained 161 subjects who play video games with authoritarian parenting 21 (13.0%), permissive 14 (8.7%), and democratic 126 (78.3%). There is a significant relationship between parenting styles and tendencies towards video game addiction ($\chi^2=13.17$, $p=0.001$, $C=0.275$). Type of parenting authoritarian, permissive, and gender have a significant effect on the tendency of video game addiction, with ($p=0.003$, $OR=6.05$ for authoritarian, $p=0.004$, $OR=6.3$ for permissive, and $p=0.001$, $OR=5.3$ on gender).

Summary: There is a significant relationship between parenting style and the tendency of video game addiction in adolescents at SMA Muhammadiyah 1 Yogyakarta. Authoritarian and permissive, as well as gender are the most influential factors on the behavior of video game addiction tendencies in teenagers at SMA Muhammadiyah 1 Yogyakarta.

Keywords: video game addiction, COVID-19 pandemic, parenting styles, high school teens

HUBUNGAN POLA ASUH ORANG TUA DENGAN KECENDERUNGAN ADIKSI VIDEO GAME DI MASA PANDEMI COVID-19 PADA REMAJA SMA MUHAMMADIYAH 1 YOGYAKARTA

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Intisari

Latar belakang: Pandemi COVID-19 berdampak pada penutupan sekolah dan *social distancing*. Remaja menghabiskan waktu bermain video game untuk mengatasi kebosanan, akibatnya remaja semakin terikat dengan video game sehingga berisiko mengalami adiksi yang berdampak negatif pada perilaku dan sosial, seperti kekerasan, pencurian bahkan pembunuhan. Pola asuh orang tua menentukan dan mencegah risiko adiksi video game pada remaja. Tiga tipe pola asuh yaitu otoriter, demokratis, dan permisif. Pemilihan pola asuh yang salah, dapat meningkatkan risiko adiksi video game pada remaja.

Tujuan penelitian: Mengetahui hubungan pola asuh orang tua dengan kecenderungan adiksi video game pada remaja di SMA Muhammadiyah 1 Yogyakarta.

Metode: Penelitian ini merupakan non-eksperimental, deskriptif analitik dengan pendekatan *cross-sectional*. Subjek penelitian adalah siswa kelas X SMA Muhammadiyah 1 Yogyakarta. Kecenderungan adiksi video game diukur dengan instrumen GAS, pola asuh orang tua diukur dengan instrumen PAQ. Analisa menggunakan uji *chi-square/fisher exact test*, *coefisien contingensi* dan uji regresi logistik.

Hasil: Total 168 subyek penelitian, 7 subyek dieksklusi, yaitu 5 subyek tidak bermain game, 1 subyek tidak mengisi dengan lengkap dan 1 subyek menolak ikut serta dalam penelitian. Sehingga didapatkan 161 subyek yang bermain video game dengan pola asuh otoriter 21 (13.0%), permisif 14 (8.7%), dan demokratis 126 (78.3%). Terdapat hubungan yang signifikan antara pola asuh orang tua dengan kecenderungan adiksi video game ($\chi^2=13.17$, $p=0.001$, $C=0.275$). Tipe pola asuh otoriter, permisif, dan jenis kelamin berpengaruh signifikan terhadap kecenderungan adiksi video game, dengan ($p=0.003$, $OR=6.05$ pada otoriter, $p=0.004$, $OR=6,3$ pada permisif, dan $p=0.001$, $OR=5.3$ pada jenis kelamin).

Kesimpulan: Terdapat hubungan yang bermakna antara pola asuh orang tua dengan kecenderungan adiksi video game pada remaja di SMA Muhammadiyah 1 Yogyakarta. Otoriter dan permisif, serta jenis kelamin menjadi faktor yang paling berpengaruh terhadap perilaku kecenderungan adiksi video game pada remaja SMA Muhammadiyah 1 Yogyakarta.

Kata kunci: adiksi video game, pandemi COVID-19, pola asuh orang tua, remaja SMA.