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Judul : Hubungan antara Adiksi Game Online dengan Gangguan Mental Emosional

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ABSTRAK

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Latar Belakang: Bermain game online dengan intensitas berlebih atau dapat disebut dengan adiksi game online dapat memberikan dampak yang sangat besar pada fisik maupun perubahan struktur fungsi otak. Dampak bermain game online secara berlebihan yaitu remaja akan merekam apa yang dimainkan dalam memori bawah sadar. Game online yang banyak dimainkan oleh remaja merupakan game yang bersifat pembunuhan, perkelahian, sehingga pemain dapat terpicu masalah mental emosional pada remaja.

Tujuan: Mengetahui hubungan adiksi game online dengan gangguan mental emosional.

Metode: Penelitian ini menggunakan desain korelasi dengan pendekatan *cross sectional*. Adiksi game online diukur menggunakan instrumen *game addiction scale* dan gangguan mental emosional diukur menggunakan Strength and Difficulties Questioner (SDQ). Sampel yang digunakan dalam penelitian ini sebanyak 199 siswa laki-laki SMP Negeri 2 Kedungwuni. Hasil pengukuran dianalisis menggunakan analisa Chi-Square.

Hasil: Setelah dilakukan pengolahan data didapatkan hasil dari 199 siswa 61,8% mengalami gangguan mental emosional dan 40,2% siswa mengalami adiksi rendah. Setelah diuji korelasi dengan uji Chi-Square didapatkan nilai signifikansi sebesar 0,005 ($p \text{ value} < 0,05$). Terdapat hubungan antara adiksi game online dengan gangguan mental emosional.

Simpulan: Siswa yang mengalami adiksi game online memunculkan tanda-tanda gangguan mental emosional khususnya di aspek emosional. Diharapkan hasil penelitian ini dapat digunakan sebagai acuan pentingnya skrining gangguan mental emosional pada siswa yang mengalami adiksi game online.

Kata Kunci: Adiksi, Game online, Gangguan mental emosional.

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ABSTRACT

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The Correlations between Online Gaming Addiction and Emotional Mental Disorders

Playing online games with excessive intensity can be called online game addiction and can have a very big impact on the physique and changes in the structure of brain function. The effect of playing online games too much is that teenagers will record what is played in subconscious memory. Online games that teenagers widely play are games that are murder and fighting, so emotional and mental problems in teenagers can trigger players. The study aims to find out the correlations between online gaming addiction with emotional and mental disorders. This study used a correlation design with a *cross-sectional approach*. Online game addiction was measured using *the game addiction scale* instrument, and emotional and mental disorders were measured using the Strength and Difficulties Questioner (SDQ). The sample used in this study was 199 male students of SMP Negeri 2 Kedungwuni. The results were analyzed using Chi-Square analysis. After processing the data, the results were obtained from 199 students, 61.8% had emotional mental disorders and 40.2% of students had low addiction. After being tested for correlation with the Chi-Square test, a significance value of 0.005 ($p \text{ value} < 0.05$) was obtained. There is a connection between online gaming addiction and emotional mental disorders. Students who experience online game addiction bring up signs of emotional mental disorders, especially in the emotional aspect. It is hoped that the results of this study can be used as a reference for the importance of screening for emotional mental disorders in students who experience online game addiction.

Keywords: *Addiction, Online games, Emotional mental disorders*