

Hubungan antara kecenderungan adiksi gim dengan masalah emosi dan perilaku pada pelajar SMA di Jakarta = Association between game addiction tendency and emotional and behavioral problems among High School Students in Jakarta

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Abstrak

Adiksi gim merupakan suatu masalah yang dicirikan dengan kontrol buruk terhadap gim, memprioritaskannya di atas kepentingan sehari-hari dan minat lain, serta tetap dilanjutkan meski telah muncul dampak negatif. Saat ini, adiksi gim telah berkembang menjadi masalah yang cukup mengkhawatirkan terutama pada kalangan remaja. Berbagai penelitian telah menunjukkan dampak negatif adiksi gim terhadap kesehatan mental seseorang. Namun, hal ini belum pernah diteliti pada kalangan remaja di Jakarta. Penelitian ini bertujuan untuk meneliti hubungan antara adiksi gim dengan masalah emosi dan perilaku pada pelajar SMA di Jakarta. Penelitian potong-lintang ini melibatkan subjek berusia 14-17 tahun dari siswa kelas X-XII pada salah satu SMA swasta di Jakarta yang dilakukan pada bulan Maret 2020. Adiksi gim dinilai dengan kuesioner Game Addiction Scale-21 (GAS-21) dan masalah emosi dan perilaku dinilai dengan Strengths and Difficulties Questionnaire (SDQ) yang keduanya sudah divalidasi dalam bahasa Indonesia. Analisis hubungan antara adiksi gim dan masalah emosi dan perilaku dilakukan dengan uji Chi-square dan Fischer, sementara uji korelasi antara durasi bermain gim dengan masalah emosi dan perilaku dilakukan dengan uji Spearman. Seluruh analisis data dilakukan dengan Statistical Package for Social Sciences (SPSS) Mac versi 23. Sebanyak 53 subjek terlibat dalam penelitian ini. Proporsi kecenderungan adiksi gim pada pelajar SMA ditemukan sebesar 28,3%. Sementara itu, proporsi subjek berisiko masalah emosi dan perilaku adalah sebesar 43,4%, dengan proporsi risiko gejala emosional sebesar 62,3%, masalah perilaku sebesar 26,4%, hiperaktivitas sebesar 39,6%, masalah peer sebesar 49,1%, dan masalah perilaku prososial sebesar 30,2%. Terdapat hubungan yang signifikan antara adiksi gim dengan masalah emosi dan perilaku secara keseluruhan (OR=5,96 [1,57-22,60], p=0,006), secara spesifik pada domain masalah perilaku (OR=3,88 [1,05-14,28], p=0,046), dan hiperaktivitas (OR=4,91 [1,36-17,69], p=0,011). Selain itu, ditemukan pula korelasi positif lemah yang signifikan antara durasi bermain gim dengan masalah perilaku (r=0,374, p=0,006). Adiksi gim berhubungan secara signifikan dengan masalah emosi dan perilaku pada pelajar SMA di Jakarta. Dengan demikian, masyarakat terutama remaja perlu dianjurkan untuk tidak bermain gim secara berlebihan guna mencegah adiksi gim mengingat dampaknya terhadap masalah emosi dan perilaku. Penelitian lebih lanjut yang meneliti faktor-faktor lain yang dapat meningkatkan risiko timbulnya masalah emosi perilaku pada remaja juga masih dibutuhkan.

Game addiction is characterized by impaired control over gaming, increased priority of gaming over daily activities and other interests, as well as its continuation despite the occurrence of negative consequences. Currently, game addiction has increasingly become an alarming issue especially among adolescents. Various studies have documented the negative effects of game addiction in mental health. However, such association has not been investigated among adolescents in Jakarta. Therefore, the aim of this study is to investigate the association between game addiction and emotional and behavioral problems among high school students in Jakarta. This cross-sectional study involves subjects aged 14-17 years old

from grade 10-12 students in a private high school in Jakarta, conducted in March 2020. Game addiction was evaluated with Game Addiction Scale-21 (GAS-21), while emotional and behavioral problems were assessed with Strengths and Difficulties Questionnaire (SDQ), in which both questionnaires have been validated in Indonesian language. Analysis of association between game addiction and emotional and behavioral problems was performed with Chi-square and Fischer's exact test. Meanwhile, correlation between gaming time and emotional and behavioral problems scores was analysed with Spearman test. All analyses were performed with Statistical Package for Social Sciences (SPSS) Mac version 23. Fifty-three subjects were involved in this study. The proportion of game addiction tendency among the high school students was 28,3%. Meanwhile, the proportion of subjects at risk of emotional and behavioral problems was 43,4%. Within each domain, the proportion of risk of emotional problems was 62,3%, conduct problems 26,4%, hyperactivity 39,6%, peer problems 49,1%, and prosocial behavior problems 30,2%. A significant association was found between game addiction and emotional and behavioral problems in general (OR=5,96 [1,57-22,60], p=0,006), specifically in the domains of conduct problems (OR=3,88 [1,05-14,28], p=0,046), dan hyperactivity (OR=4,91 [1,36-17,69], p=0,011). Moreover, there was also a significant weak positive correlation between gaming duration and conduct problems (r=0,374, p=0,006). Game addiction was significantly associated with emotional and behavioral problems among high school students in Jakarta. Therefore, playing games excessively should be avoided in order to prevent game addiction considering its impacts on emotional and behavioral problems especially in adolescents. Further research such as studies investigating other factors which could increase the possibility of developing emotional and behavioral problems among adolescents are also still required.