

**PROGRAM STUDI S1 KEPERAWATAN FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

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**Faktor-faktor yang Mempengaruhi Durasi *Screen Time* pada Anak Usia
Prasekolah di Wilayah Kerja Puskesmas Petapahan**

xiv + 55 Halaman + 11 Tabel + 1 Skema + 17 Lampiran

ABSTRAK

Screen time yang berlebihan pada anak usia prasekolah dapat menghambat perkembangan bahasa, sosial, dan emosional anak. *World Health Organization* (WHO) merekomendasikan anak usia di bawah lima tahun tidak menghabiskan lebih dari 60 menit sehari menatap layar *gadget*, namun studi pendahuluan di salah satu TK Wilayah Kerja Puskesmas Petapahan menunjukkan sebagian besar anak menggunakan *gadget* > 60 menit per hari. Penelitian ini bertujuan untuk mengetahui faktor-faktor yang mempengaruhi durasi *screen time* pada anak usia prasekolah di Wilayah Kerja Puskesmas Petapahan. Penelitian ini bersifat kuantitatif dengan desain deskriptif korelatif pendekatan *cross sectional*. Penelitian dilakukan pada 100 orang tua yang memiliki anak usia prasekolah di Wilayah Kerja Puskesmas Petapahan. Instrumen penelitian berupa kuesioner tertutup, terdiri dari kuesioner pola asuh dan durasi *screen time* (adopsi Sevianny, 2025), serta kuesioner pengetahuan dan sikap orang tua yang disusun sendiri oleh peneliti berdasarkan tinjauan pustaka. Seluruh kuesioner telah diuji validitas dan reliabilitas pada 25 responden dan dinyatakan valid serta reliabel. Analisa menggunakan distribusi frekuensi dan uji statistik *chi-square*. Hasil penelitian menunjukkan sebagian besar responden menerapkan pola asuh demokratis (87%), memiliki pengetahuan baik (94%), dan memiliki sikap tidak mendukung (57%) terhadap pembatasan *screen time*, dengan sebagian besar anak (59%) memiliki durasi *screen time* sesuai rekomendasi WHO. Terdapat hubungan yang signifikan antara pola asuh orang tua dengan durasi *screen time* ($p\text{-value } 0,044; \alpha = 0,05$). Tidak terdapat hubungan yang signifikan antara pengetahuan orang tua dengan durasi *screen time* ($p\text{-value } 0,687; \alpha = 0,05$). Tidak terdapat hubungan yang signifikan antara sikap orang tua dengan durasi *screen time* ($p\text{-value } 0,879; \alpha = 0,05$). Penelitian ini merekomendasikan agar tenaga kesehatan lebih meningkatkan edukasi kepada orang tua mengenai penerapan pola asuh yang tepat guna mengendalikan durasi *screen time* pada anak usia prasekolah.

Kata Kunci : Pola Asuh, Pengetahuan, Sikap, *Screen Time*, Prasekolah

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***Factors Affecting Screen Time Duration in Preschool Children in the Working
Area of Petapahan Health Center***

xiv + 55 Pages + 11 Tables + 1 Diagram + 17 Appendixes

ABSTRACT

Excessive screen time in preschool-aged children can hinder their language, social, and emotional development. World Health Organization (WHO) recommends that children under five years old do not spend more than 60 minutes a day looking at gadget screens, but a preliminary study in one kindergarten in the working area of Petapahan Health Center shows that most children use gadgets for more than 60 minutes per day. This study aims to identify the factors influencing screen time duration in preschool children in the working area of Petapahan Health Center. This research is quantitative with a descriptive correlational design using a cross-sectional approach. The research was conducted on 100 parents with preschool-aged children in the working area of the Petapahan Health Center. The research instrument consisted of a closed questionnaire, comprising a parenting style and screen time duration questionnaire (adopted from Seviany, 2025), as well as a parental knowledge and attitude questionnaire independently developed by the researcher based on a literature review. All questionnaires were tested for validity and reliability on 25 respondents and were declared valid and reliable. The analysis used frequency distribution and the chi-square statistical test. The research results show that the majority of respondents apply a democratic parenting style (87%), have good knowledge (94%), and have a non-supportive attitude (57%) towards screen time restrictions, with most children (59%) having a screen time duration in accordance with WHO recommendations. There is a significant relationship between parenting style and screen time duration (p -value 0.044; $\alpha = 0.05$). There is no significant relationship between parental knowledge and screen time duration (p -value 0.687; $\alpha = 0.05$). There is no significant relationship between parental attitude and screen time duration (p -value 0.879; $\alpha = 0.05$). This study recommends that healthcare professionals enhance education for parents regarding the application of appropriate parenting styles to control screen time duration in preschool-aged children.

Keywords : Parenting Patterns, Knowledge, Attitude, Screen Time, Preschool
References : 46 (2016-2026)