

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

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Hubungan Adiksi *Game Online* dengan *Excessive Daytime Sleepiness* (EDS) pada Remaja di SMA Negeri 5 Pekanbaru

xiv + 46 halaman + 14 tabel + 1 skema + 13 lampiran

ABSTRAK

Pada tahun 2022, Indonesia menduduki peringkat kedua dengan penggunaan game online terbanyak di dunia dengan proporsi 94,9%. Pada tahun 2024 Jumlah pengguna internet di Indonesia mengalami peningkatan hingga mencapai 79,5% dari total populasi dengan usia tertinggi yaitu 12-27 tahun. Seseorang yang kecanduan *game online* cenderung kurang istirahat sehingga menyebabkan *excessive daytime sleepiness* yang berdampak negatif pada kehidupan. Penelitian ini bertujuan untuk mengetahui hubungan Adiksi *Game Online* dengan *Excessive Daytime Sleepiness* (EDS) pada Remaja di SMA Negeri 5 Pekanbaru. Penelitian ini merupakan penelitian kuantitatif dengan pendekatan “*Cross Sectional*”. Penelitian ini menggunakan *stratified random sampling* dengan sampel sebanyak 100 remaja SMA Negeri 5 Pekanbaru dengan menggunakan kuesioner adiksi *game online* yang terdiri dari 26 pertanyaan dan kuesioner *excessive daytime sleepiness* yang terdiri dari 16 pertanyaan. Analisis yang digunakan adalah analisis univariat dan bivariat menggunakan uji *Chi Square*. Hasil penelitian diperoleh bahwa separuh responden mengalami adiksi *game online* sedang sebanyak 55 orang (55%) dan separuh responden mengalami *excessive daytime sleepiness* sebanyak 63 orang (63%). Hasil uji *Chi Square* diperoleh p value 0,029 yang artinya ada hubungan antara Adiksi *game online* dengan kejadian *Excessive Daytime Sleepiness*. Penelitian ini merekomendasikan kepada peneliti selanjutnya untuk mampu meneliti tentang jenis *game online* dengan kejadian *Excessive Daytime Sleepiness*.

Kata Kunci : Adiksi Game Online, Excessive Daytime Sleepiness, Remaja

Daftar Pustaka : 48 (2012-2024)

**NURSING PROGRAM STUDY
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The Relationship between Online Game Addiction and Excessive Daytime Sleepiness (EDS) in Adolescents at SMA Negeri 5 Pekanbaru

xiv + 46 Pages + 14 Tabel + 1 Schemes + 13 Attachments

ABSTRACT

In 2022, Indonesia ranks second with the most online game usage in the world with a proportion of 94.9%. In 2024, the number of internet users in Indonesia will increase to reach 79.5% of the total population with the highest age, namely 12-27 years old. A person who is addicted to online games tends to lack rest, causing excessive daytime sleepiness which has a negative impact on life. This study aims to determine the relationship between Online Game Addiction and Excessive Daytime Sleepiness (EDS) in Adolescents at SMA Negeri 5 Pekanbaru. This study is a quantitative research with a "Cross Sectional" approach. This study used stratified random sampling with a sample of 100 teenagers of SMA Negeri 5 Pekanbaru using an online game addiction questionnaire consisting of 26 questions and an excessive daytime sleepiness questionnaire consisting of 16 questions. The analysis used was univariate and bivariate analysis using the Chi Square test. The results of the study were obtained that half of the respondents experienced moderate online game addiction as many as 55 people (55%) and half of the respondents experienced excessive daytime sleepiness as many as 63 people (63%). The results of the Chi Square test obtained a p value of 0.029 which means that there is a relationship between online game addiction and the incidence of Excessive Daytime Sleepiness. This study recommends to the next researcher to be able to research the type of online game with the incidence of Excessive Daytime Sleepiness.

Keywords : Online Game Addiction, Excessive Daytime Sleepiness, Adolescents
References : 48 (2012-2024)