

Universitas Ngudi Waluyo, Ungaran
Fakultas Keperawatan
Program Studi Keperawatan
Skripsi, Agustus 2020
Adi Chandra Prasetiawan (010218A018)

Hubungan Antara Frekuensi Dan Lama Waktu Bermain *Game Online* Dengan Tajam Penglihatan Pada Anak Sekolah Dasar : Tinjauan Dari Beberapa Artikel
(xvii + 96 halaman + 16 tabel + 2 bagan + 3 gambar + 7 lampiran)

ABSTRAK

Latar Belakang : Saat bermain *game online* anak akan terkena paparan radiasi yang sangat berbahaya bagi mata. Meskipun fungsinya yang sangat penting, namun kurangnya perhatian terhadap kesehatan mata berpotensi menimbulkan gangguan pada mata, contohnya yaitu gangguan pada tajam penglihatan. **Tujuan penelitian** untuk mengetahui hubungan antara frekuensi dan lama waktu bermain *game online* dengan tajam penglihatan pada anak sekolah dasar.

Metode : Penelitian menggunakan pendekatan *meta analisis*, yaitu istilah yang menunjukkan suatu pendekatan kuantitatif dan sistematis untuk meninjau penelitian yang sudah dilakukan. Data yang digunakan 4 jurnal nasional dan 1 jurnal internasional yang diperoleh dari *screening* sejumlah jurnal dan database jurnal *Google Scholar* dan *Pacificjournal*.

Hasil : 1) Perilaku frekuensi bermain video *game online* sebagian besar adalah *reguler gamers* sebanyak 18 orang (58,1%). 2) Rentang lama waktu bermain video *game online* adalah kategori tidak normal (> 2 jam perhari) sebanyak 130 orang (59%). 3) Rentang nilai *visus* adalah kategori normal (6/7,5-6/3) sebanyak 135 orang (54%). 4) Hasil analisis *chi square* beberapa artikel diperoleh nilai *p-value* = 0,026, berarti ada hubungan yang signifikan antara perilaku frekuensi bermain video *game online* dengan ketajaman *visus*. 5) Hasil analisis uji korelasi beberapa artikel menunjukkan nilai *p-value* =<0,05, berarti ada hubungan yang signifikan antara lama waktu bermain video *game online* dengan ketajaman *visus*.

Saran : Disarankan bagi peneliti selanjutnya untuk menyempurnakan keterbatasan penelitian. Orang tua perlu memantau dan meluangkan waktu untuk anak agar tidak terlalu banyak bermain *game online* serta untuk pihak sekolah (unit kesehatan sekolah) dapat membuat program ekstrakurikuler atau penyuluhan mengenai kesehatan mata.

Kata Kunci : Frekuensi, Lama Waktu, Game Online, Tajam Penglihatan, Anak Usia Sekolah Dasar

Kepustakaan : 65 Pustaka (1976-2019)

Ngudi Waluyo University, Ungaran
Nursing Faculty
Nursing Study Program
Thesis, August 2020
Adi Chandra Prasetiawan (010218A018)

Relationship Between Frequency And Duration Of Playing Online Games With Visual Acuity In Primary School Children : Review Of Several Articles
(xvii + 96 pages + 16 tables + 2 charts + 3 pictures + 7 attachments)

ABSTRACT

Background : When playing online games, children will be exposed to radiation which is very harmful to the eyes. Despite its very important function, lack of attention to eye health has the potential to cause eye problems, for example, impaired visual acuity. **The purpose** was to relationship between the frequency and duration of playing online games with visual acuity in primary school children.

Methods : This study apply meta-analysis approach, which is a term that indicates a quantitative and systematic approach to reviewing the research that has been done. The data used by 4 national journals and 1 international journal were obtained from screening a number of journals and journal databases of Google Scholar and Pacificjournal.

Results : 1) The frequency of playing online video games is mostly regular gamers, that is 18 people (58.1%). 2) The duration of playing online video games is an abnormal category (> 2 hours a day) that is 130 people (59%). 3) The range of visual acuity is an normal category (6 / 7.5-6 / 3) that is 135 people (54%). 4) The results of the chi square analysis of several articles obtained p-value = 0.026, which means that there is a significant relationship between the frequency of playing online video games with visual acuity. 5) The results of the correlation test analysis of several articles showed a p-value = <0.05, which means that there is a significant relationship between the duration of playing online video games with visual acuity.

Suggestion : It is recommended that the next researchers to improve the limitations of the study. Parents need to monitor and spend time for children so they don't play too much online games and for the school (school health unit) to make extracurricular programs or counseling on eye health

Keywords : Frequency, Duration, Online Games, Visual Acuity, Primary School Age Children

Literature : 65 Reader (1976-2019)