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“Hubungan Tingkat Kecanduan Bermain *Game online* di Malam Hari dengan Insomnia pada Remaja Desa Plumutan, Kecamatan Bancak”

V bab + 62 halaman + 2 skema + 6 tabel + 14 lampiran

ABSTRAK

Latar Belakang : Gangguan pola tidur memengaruhi kesehatan fisik, psikologis, dan kognitif remaja. Popularitas *Game online* menjadi salah satu faktor yang berkontribusi, terutama jika dimainkan secara berlebihan pada malam hari. Aktivitas ini mengganggu ritme sirkadian, mengurangi durasi tidur, dan berdampak negatif pada kesehatan fisik serta mental.

Tujuan : Mengetahui hubungan antara kecanduan bermain *Game online* di malam hari dengan insomnia pada remaja di Desa Plumutan, Kecamatan Bancak.

Metode : Penelitian ini menggunakan desain deskriptif korelasional dengan pendekatan cross-sectional. Sampel terdiri dari 72 responden yang dipilih dengan teknik purposive sampling. Data dikumpulkan melalui kuesioner *Game Addiction Scale for Adolescents (GASA)* dan *Insomnia Severity Index (ISI)*, kemudian dianalisis menggunakan uji statistik *Spearman Rank* dengan bantuan Microsoft Excel dan SPSS.

Hasil : Sebanyak 41 responden (56,9%) memiliki tingkat kecanduan *Game online* sedang dan 29 responden (40,3%) mengalami insomnia ringan. Analisis bivariat menunjukkan hubungan signifikan antara kecanduan *Game online* di malam hari dan gangguan pola tidur dengan $p\text{-value} = 0,000$ ($p < 0,05$) dan koefisien korelasi 0,719.

Kesimpulan : Terdapat hubungan yang kuat dan signifikan antara bermain *Game online* di malam hari dan insomnia pada remaja.

Saran : Hasil penelitian ini diharapkan menjadi referensi bagi remaja, pendidik, dan tenaga kesehatan untuk meningkatkan kesadaran tentang dampak negatif bermain *Game online* secara berlebihan serta mendorong pengelolaan waktu bermain yang lebih sehat.

Kata Kunci : *Game online*, insomnia, remaja

Kepustakaan : 59 (2015-2025)

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“The Relationship Between Nighttime *Online Gaming* Addiction and Insomnia Among Adolescents in Plumutan Village, Bancak District”

V Chapter + 62 pages + 2 schemes + 6 tables + 14 attachments

ABSTRACT

Background : Sleep pattern disturbances affect adolescents' physical, psychological, and cognitive health. The popularity of *Online games* has become a contributing factor, especially when played excessively at night. This activity disrupts the circadian rhythm, reduces sleep duration, and negatively impacts physical and mental health..

Objective : To determine the relationship between online gaming addiction at night and insomnia among adolescents in Plumutan Village, Bancak District.

Methods : This study used a descriptive correlational design with a cross-sectional approach. The sample consisted of 72 respondents selected through purposive sampling. Data were collected using the *Game Addiction Scale for Adolescents (GASA)* and the *Insomnia Severity Index (ISI)* questionnaires, then analyzed using the *Spearman Rank* statistical test with *Microsoft Excel* and *SPSS*.

Results : A total of 41 respondents (56.9%) had a moderate level of online gaming addiction, and 29 respondents (40.3%) experienced mild insomnia. Bivariate analysis revealed a significant relationship between nighttime online gaming addiction and sleep disturbances, with a p-value = 0.000 ($p < 0.05$) and a correlation coefficient of 0.719.

Conclusion : There is a strong and significant relationship between nighttime online gaming and insomnia among adolescents.

Suggestion : This study's findings are expected to serve as a reference for adolescent, educators, and health professionals to raise awareness of the negative impact of excessive online gaming and to encourage healthier time management for gaming activities.

Keywords : *online game*, insomnia , adolescents

Literature : 59 (2015-2025)