

Universitas Ngudi Waluyo Ungaran  
Program Studi S1 Keperawatan  
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Ria Tri Widiyanti  
011211049

## “Hubungan *Screen Time* dengan Perilaku Agresif pada Anak Sekolah Dasar”

### ABSTRAK

**Latar Belakang :** Perilaku agresif menyebabkan pelaku dijaui, dibenci, dan ditakuti oleh teman-teman dalam jangka panjang berdampak pada gangguan emosi, kecanduan alkohol dan obat-obatan terlarang, serta sulit mendapatkan pekerjaan. Bagi korban dapat mengalami stres berkepanjangan bahkan menyebabkan konflik keluarga, kejahatan, pembunuhan, pemerkosaan, dan pencurian. Salah satu faktor yang mempengaruhi perilaku agresif adalah penggunaan gadget khususnya *screen time*.

**Tujuan :** Mengetahui hubungan *screen time* dengan perilaku agresif pada anak sekolah dasar.

**Metode :** Penelitian ini menggunakan metode kuantitatif dengan desain deskriptif korelasi menggunakan pendekatan *cross sectional*. Populasi yang diteliti siswa SDN Candirejo 01 sebanyak 167 siswa dengan jumlah sampel 83 orang diambil dengan teknik *purposive sampling*. Menggunakan instrumen kuesioner “seven-in-seven screen exposure questionnaire dan Kuesioner *Agresi Buss-Perry*. Analisis data yang digunakan *chi square* yang diolah dengan program pengolahan data SPSS. Penelitian dilakukan pada bulan desember 2024

**Hasil :** Anak sekolah dasar di SDN Candirejo 01 Kabupaten Semarang sebagian besar mempunyai *Screen time* kategori tinggi (54,2%) dan mempunyai perilaku agresif kategori sedang (57,8%). Ada hubungan *Screen time* dengan perilaku agresif pada anak sekolah dasar, dengan *p value* sebesar  $0,001 < 0,05 (\alpha)$ .

**Kesimpulan :** *Screen time* berhubungan dengan perilaku agresif pada anak sekolah dasar di SDN Candirejo 01 Ungaran

**Saran :** Siswa sebaiknya menyusun jadwal penggunaan *gadget* dan berdisiplin dalam mengimplementasikan. Siswa juga lebih aktif dalam kegiatan keagamaan atau pun olah raga.

**Kata Kunci :** *Screen time*, perilaku, perilaku agresif, anak sekolah dasar

**Kepustakaan :** 40 (2014-2024)

Ngudi Waluyo University  
Nursing Study Program  
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Ria Tri Widiyanti  
011211049

***“The Relationship Between Screen Time and Aggressive Behavior in Elementary School Children”***

**ABSTRACT**

**Background:** Aggressive behavior of the perpetrator causes being shunned, hated, and feared by friends in the long term, resulting in emotional disorders, addiction to alcohol and drugs, and difficulty in getting a job. For victims, they can experience prolonged stress and even cause family conflict, crime, murder, fraud, and theft. One of the factors that influences aggressive behavior is the use of gadgets, especially screen time.

**Objective:** To determine the relationship between screen time and aggressive behavior in elementary school children.

**Method:** This study uses a quantitative method with a descriptive correlation design using a cross-sectional approach. The population studied were 167 students of SDN Candirejo 01 with a sample size of 83 people taken using a purposive sampling technique. Using the questionnaire instrument "seven-in-seven screen exposure questionnaire and the Buss-Perry Aggression Questionnaire. Data analysis used chi square which was processed with the SPSS data processing program. The study was conducted in December 2024.

**Results:** Elementary school children at SDN Candirejo 01 Semarang Regency mostly had high screen time (54.2%) and had moderate aggressive behavior (57.8%). There is a relationship between screen time and aggressive behavior in elementary school children, with a  $p$  value of  $0.001 < 0.05 (\alpha)$ .

**Conclusion:** Screen time is related to aggressive behavior in elementary school children at SDN Candirejo 01 Ungaran

**Suggestion:** Students should make a schedule for using gadgets and be disciplined in implementing it. Students are also more active in religious activities or sports.

**Keywords** : Screen time, behavio, aggressive behavior, elementary school children

**Bibliography** : 40 (2014-2024)