

## ABSTRAK

### DAMPAK GAME ONLINE TERHADAP KESEHATAN MENTAL DAN PRESTASI BELAJAR DI SMA NU SUMENEP

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Intensitas bermain *gameonline* yang tinggi dapat membuat kecanduan yang memberikan dampak negatif. Kecanduan *game online* dapat menurunkan prestasi belajar siswa dan untuk pertama kalinya juga menetapkan kecanduan game sebagai penyakit gangguan mental (Kemenkes, 2018). Tujuan penelitian untuk mengetahui dampak *game online* terhadap kesehatan mental dan prestasi belajar di SMA NU Sumenep.

Jenis penelitian *cross sectional* Variabel independen *game online*, variabel dependen kesehatan mental dan prestasi belajar. Waktu penelitian satu bulan di SMA NU Sumenep, Populasi 74 orang, sampel 63 orang, teknik sampling menggunakan *simple random sampling*. Uji satastatistik menggunakan *rank spearman*. Instrumen penelitian menggunakan kuesioner.

Hasil penelitian menunjukkan pada variable kesehatan mental *p value*  $0,000 < 0,05$  yang bermakna kecanduan *game online* berdampak terhadap kesehatan mental. Pada variabel prestasi belajar *p value*  $0,000 < 0,05$  yang yang bermakna kecanduan *game online* berdampak terhadap prestasi belajar.

Perawat bekerjasama dengan orang tua dan sekolah untuk menginisiasi perubahan perilaku remaja yang candu terhadap *game online*. Perubahan dilakukan dengan mengkompensasi perilaku yang dapat mengalihkan keinginan untuk bermain *game online* dengan melakukan olahraga.

**Kata kunci:** *Game Online, Kesehatan Menta dan Prestasi Belajar*

## ABSTRACT

### IMPACT OF ONLINE GAMES ON MENTAL HEALTH AND LEARNING ACHIEVEMENTS AT SMA NU SUMENEP

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*The high intensity of playing online games can create addiction that has a negative impact. Addiction to online games can reduce student achievement and for the first time also establish game addiction as a mental disorder (Ministry of Health, 2018). The purpose of the study was to determine the impact of online games on mental health and learning achievement at SMA NU Sumenep.*

*The type of research is cross sectional. The independent variable is online game, the dependent variable is mental health and learning achievement. The time of the study was one month at SMA NU Sumenep, the population was 74 people, the sample was 63 people, the sampling technique used was simple random sampling. Statistical test using Spearman rank. The research instrument used a questionnaire.*

*The results showed that the mental health variable p value  $0.000 < 0.05$ , which means that online game addiction has an impact on mental health. In the variable of learning achievement p value  $0.000 < 0.05$ , which means that online game addiction has an impact on learning achievement.*

*Nurses work with parents and schools to initiate behavioral changes in adolescents who are addicted to online games. Changes are made by compensating for behaviors that can divert the desire to play online games by doing sports.*

**Keywords:** *Online Games, Mental Health and Learning Achievement*