

ABSTRAK

Adanya kebiasaan bermain *game online* menyebabkan munculnya masalah terhadap mahasiswa seperti merasa tertantang untuk memainkan game tersebut sehingga pengguna game sulit untuk menghentikan kebiasaannya, yang kemudian berpengaruh terhadap fisik dan psikis seperti kecemasan. *Game online addiction* bisa menimbulkan kecemasan dikarenakan adanya pencapaian misi dalam *game* yang dimainkan selain dari itu pula adanya berbagai ketegangan dan kekalahan yang bisa menyebabkan kecemasan yang dialami. Tujuan dalam penelitian ini yaitu mengetahui hubungan *game online addiction* dengan tingkat kecemasan pada mahasiswa Program Studi Sarjana Keperawatan Universitas Bhakti Kencana Bandung.

Jenis penelitian berupa deskriptif korelasi dengan pendekatan *cross sectional*, Populasi sebanyak 126 orang mahasiswa, sampel didapatkan sebanyak 56 orang dengan teknik pengambilan sampel yaitu *stratified random sampling*. Pengumpulan data dilakukan dengan cara pemberian kuesioner *Game Addiction Scale* (GAS) dan kuesioner *Beck Anxiety Inventory* (BAI) kepada responden. Analisis data menggunakan analisis univariat dan bivaria berupa *Rank Spearman*.

Hasil penelitian didapatkan lebih dari setengah mahasiswa tidak kecanduan sebanyak 30 orang (53,6%), lebih dari setengah mahasiswa dengan kecemasan ringan sebanyak 31 orang (55,4%) dan terdapat hubungan *game online addiction* dengan tingkat kecemasan pada mahasiswa ($p\text{-value} = 0,014 < 0,05$). Gangguan emosional berupa kecemasan dapat menjadi hal yang sering dialami oleh seseorang sebagai suatu dampak negatif dari *game online addiction*.

Mahasiswa yang mengalami *game online addiction* secara emosionalnya tidak stabil dan belum mampu memberi respon positif terhadap permainannya di *game online*. Saran bagi instansi pendidikan bisa mengadakan konseling untuk mengurangi kebiasaan mahasiswa bermain *game online* dalam upaya meningkatkan kebiasaan belajar mahasiswa.

Kata kunci : *Game online Addiction*, Kecemasan, Mahasiswa

Sumber : 22 Buku (tahun 2013-2018)

20 Jurnal (tahun 2015-2019)

ABSTRACT

The habit of playing online games causes problems for students such as feeling challenged to play the game so that game users find it difficult to break the habit, which then affects both physically and psychologically such as anxiety. Online game addiction can cause anxiety due to the achievement of the mission in the game being played apart from that there are also various tensions and defeats that can cause anxiety to be experienced. The purpose of this study is to determine the relationship between online addiction games and anxiety levels in students of the Nursing Undergraduate Study Program at Bhakti Kencana University Bandung.

This type of research is a descriptive correlation with a cross-sectional approach, a population of 126 students, the sample was obtained as many as 56 people with the sampling technique, namely stratified random sampling. The data was collected by giving the Game Addiction Scale (GAS) questionnaire and the Beck Anxiety Inventory (BAI) questionnaire to respondents. Data analysis used univariate and bivariate analysis in the form of Rank Spearman.

The results showed that more than half of the online game addiction students were not addicted as many as 30 people (53.6%), more than half of student anxiety with mild anxiety was 31 people (55.4%) and there was a relationship between online game addiction and anxiety levels. in students ($p\text{-value} = 0.014 < 0.05$). Emotional disturbance in the form of anxiety can be something that is often experienced by someone as a negative impact of online game addiction.

Students who experience online game addiction are emotionally unstable and have not been able to give positive responses to their games in online games. Suggestions for educational institutions can provide counseling to reduce student habits playing online games in an effort to improve student learning habits.

Keywords : Anxiety, Online Game Addiction, Students

Source : 22 Books (2013-2018)
20 Journals (2015-2019)