

## Relationship Of Duration And Frequency Of Playing Online Games With Emotional Mental Problems In Adolescents

*Emi sri wahyuni<sup>1</sup>, Fatmawati<sup>2\*</sup>, Edison Siringoringo<sup>3</sup>*

*S1 Nursing Study Program Stikes Panrita Husada Bulukumba, Indonesia<sup>1</sup>*

*Department of Nursing, Stikes Panrita Husada Bulukumba, Indonesia<sup>2,3</sup>*

*\*Corresponding Autor : [nengfatma@stikespanritahusada.ac.id](mailto:nengfatma@stikespanritahusada.ac.id)*

### ABSTRAK

The duration of playing online games is the length of time someone plays online games. While the frequency is playing online games, that is the level of frequent use of online game games in a day, even per week. The purpose of the study is to find out the relationship between the duration and frequency of playing online games with emotional and mental problems in adolescents in junior high school 19 bulukumba. Research method this study is a type of descriptive correlation research with a crossectional approach. A sample of 49 respondents from all adolescent populations. While the frequency is playing online games, that is the level of frequent use of online game games in a day, even per week. Based on the results of this test, the value of  $p = 0.006 < \alpha = 0.005$ . Thus, based on the final results, it can be concluded that "there is a duration relationship with the mental problems of respondents who get the moderate frequency of mental problems (4.1%). Based on the results of the chi-square statistical test analysis, the value of  $p = 0.543 > \alpha = 0.005$ . Thus, based on the final results it can be concluded that "there is not a strong enough frequency relationship with emotional mental problems in adolescents in the state junior high school of 19 bulukumba". The conclusion and suggestion in this study are that there is a relationship between the duration of playing online games with emotional and mental problems, whereas there is no relationship between the frequency of playing online games with emotional or mental problems in adolescents in Junior High School 19 Bulukumba.

**Keywords:** Mental problems; online games; Emotional; Mental

### INTRODUCTION

Adolescents are residents in the age range of 10-19 years, according to the Regulation of the Minister of Health of the Republic of Indonesia Number 25 of 2014, adolescents are residents in the age range of 10-18 years and according to the Population and Family Planning Agency (BKKBN) the adolescent age range is 10-24 years and unmarried. Adolescence is a transitional period or transition from childhood to adulthood. At this time so rapidly experiencing growth and development both physical and mental (WHO, 2014).

Mental health issues are just as important as physical health problems. The number of symptoms of emotional mental disorders in adolescents is not as large as other diseases, such as anemia or respiratory disorders, but considering the consequences of emotional mental disorders in adolescents that are not handled properly can be bad, it seems to be needed attention by health policy makers regarding child mental health.

Mental health is determined by the many social, psychological and biological factors and interactions, as well as the economy and environment. While the concept of mental health efforts carried out in Indonesia is through activities to realize optimal mental health degrees for every individual, family and community with promotive, preventive, curative, and rehabilitative approaches, which are held thoroughly and continuously by local government or community (WHO, 2011).

The prevalence of mental disorders in the world population according to WHO at 12% in adolescents aged 15-29 years is 3.6%. Causes of depression from the most data (WHO, 2017). While from the results of health research (RISKESDA) in 2013, 6% of areas experienced emotional mental disorders with the highest population, one of which was south Sulawesi (Ministry of Health, Ministry of Health, 2013). Emotional disorders are ineffective behaviors or a mess in irrelevance, damage, and also indecision. Often emotions get out of hand especially if you don't get what you want so you can be aggressive (Aquarisnawati, 2015).

Online games are one example of modern games that are often played by teenagers today. Online games can spend a long time to play and a lot of money spent by online game players. Online games are very popular by all circles, not only among teenagers or adults even in school-age children. Games will never be consumed time, there is always emerging technology to update the type of game as well as new game updates (Dewi, 2014). Emotional mental problems acquired from playing online games affect emotional mental problems in real life. The life of a game player has the impact of having a high emotional level, loneliness, or having difficulty interacting in a real social life than interacting in cyberspace (khan, 2007; Dio, 2015)

## METHODS

Design is a characteristic of a study that distinguishes it from other studies. Research design is a model that researchers use to conduct a study that provides direction to the course of research. Research design is determined based on research goals and hypotheses, if a study aims to know the effectiveness of a nursing intervention to improve the degree of patient health (Sugiyono, 2017). In accordance with the problem of descriptive correlation research with a cross-sectional approach with the aim of knowing the relationship between variables where independent variables and dependent variables are identified at one-unit of time (Dharma, 2011). In this study

will analyze the Relationship of Duration and Frequency of Playing Online Games with Emotional Mental Problems in Adolescent Junior High School 19 Bulukumba.

## RESULTS AND DISCUSSIONS

**Table 1. Distribution of respondents**

Characteristics	Frekuensi	Percentage
<b>Gender</b>		
Boy	28	57,1%
Girls	21	42,9%
<b>Age</b>		
14 years	16	32,7%
15 years	33	67,3%
<b>Total</b>	<b>49</b>	<b>100</b>

Based on table 1, it can be known that of the 49 respondents in the state junior high school 19Bulukumba, there are the highest number of respondents of the gender, namely male respondents 28 (57.1%) and women 21 (42.9%). Based on table 5.1 at the age above it is known that the most are category 15 years 33 (67.3%) and 14 years 16 (32.7%).

**Table 2. Distribution of the duration of playing online games**

Duration	Frekuensi	Percentage
Light	30	61,2%
Medium	16	32,7%
Weight	3	6,1%
<b>Total</b>	<b>49</b>	<b>100</b>

Based on table 2, it can be known that of the 49 students of the duration of playing online games with a light category of 30 people (61.2%), while the moderate category as many as 16 people (32.7%) then weigh as many as 3 people (6.1%).

**Table 3. Distribution of Frequency of Playing Online Games**

Playing Onine Games	Frekuensi	Percentage
Rarely	6	12,2%
Often	43	87,8%
<b>Total</b>	<b>49</b>	<b>100</b>

Based on table 3, it can be known that of the 49 students frequency of playing online games with rarely as many as 6 people (12.2%) then often as many as 43 people

(87.8%).

**Table 4. distribution of emotional mental problems**

Mental problems	Frequency	Percentage
No problem	27	55,1%
problem	22	44,9%
<b>Total</b>	<b>49</b>	<b>100</b>

Table 4, found that of the 49 students with mental problems with the non-problematic category as many as 27 people (55.1%), while the problematic category 22 people (44.9%).

**Tabel 5. Relationship With Emotional Mental Problems in Adolescents**

Duration	Mental Problems				Total		<i>P value</i>
	No problem		Problematic				
	N	%	N	%	N	%	
Light	12	24,5	18	36,7	30	61,2	0,006
Keep	14	28,6	2	4,1	16	32,7	
Heavy	1	2,0	2	4,1	3	6,1	
Total	27	55,1	22	44,9	49	100,0	

Based on table5, shows that respondents who get a heavy duration of mental problems that are not problematic by (2.0), respondents who get moderate duration of mental problems are not problematic by (28.6%) and respondents who get a mild duration that is not problematic (24.5%). While respondents who get severe duration of mental problems are problematic (4.1%), respondents who get moderate duration who have mental problems problems (4.1%) and respondents who get mild duration of mental problems problems (36.7%). Based on the results of the chi square statistical test analysis, the value of  $p = 0.006 < \alpha = 0.05$ . Based on the results of this test, the value of  $p = 0.006 < \alpha = 0.05$ . Thus, based on the final results it can be concluded that "there is a duration relationship with emotional mental problems in adolescents in the state junior high school of 19 bulukumba".

**Tabel 6. The Frequency of Playing Online Games With Emotional Mental Problems in Adolescents**

Frequency	Mental Problems				Total		<i>P Value</i>
	No problem		Problematic				
	N	%	N	%	N	%	
Infrequently	4	8,2	2	4,1	6	12,2	<i>0,543</i>
Often	23	46,9	20	40,8	43	87,8	
Total	27	55,1	22	44,9	49	100,0	

Based on table 6, shows that respondents who get frequency often who have mental problems are not problematic (46.9%) and respondents who get rare frequencies who have mental problems are not problematic (8.2%) while respondents who get frequency often who have mental problems problems problems (40.8%) and respondents who get rare frequency who are mental problems problematic (4.1%). Based on the results of the chi square statistical test analysis, the value of  $\rho = 0.543 > \alpha = 0.05$ . Based on the results of this test, the value of  $\rho = 0.543 > \alpha = 0.05$ . Thus, based on the final results it can be concluded that "there is no frequency relationship with emotional mental problems in adolescents in the state of 19 bulukumba".

### DISCUSSION

Based on the results of the study conducted showed that respondents had a duration with a mild category of (61.2%), duration in the moderate category of (32.7%), and duration in the weight category of (6.1%). Based on the results of the study conducted showed that respondents have a frequency with a rare category of (12.2%), and frequency in the frequent category (87.8%).

Based on the data it is clearly seen that there are some teenagers in the category of duration of playing online games with light results and in the category of frequency of playing online games with heavy results. Online games are currently in high demand in Indonesian society and have been very widespread in all age categories, especially teenagers. Online game games can make players become addicted and when it has reached the stage of addiction to online games will greatly affect health. Playing online games can trigger the emergence of stress levels. Based on the results of research conducted showed that mental problems with the category are not as much as (55.1%), while the category is problematic (44.9%).

A person who prioritizes playing games over doing positive activities is said to be behavioral disorder or behavioral disorder. Gaming addiction is defined as a pattern of

playing behavior, both online and offline games (digital games or video games) with some signs, as follows, unable to control the desire to play games, prioritize playing games over interest in other activities or activities, and a person continues to play games despite the obvious negative consequences.

Gaming addiction when these behavioral patterns are very strong and have an impact on personal, family, social, education, work, and other important areas, and is clearly visible for at least 12 months. The inclusion of gaming addiction increases health professionals' attention to the risk of health disorders over these behavioral patterns, so it is necessary to develop relevant precautions and treatments.

### CONCLUSION

Thus, based on the final results it can be concluded that "There is no frequency relationship with emotional mental problems in adolescents in the state junior high school of 19 bulukumba. Suggestion, To The next researcher who wants to continue this study with the same topic as this study is expected to further expand the population so that the number of samples is expected to be greater because the more number of samples that will be made respondents then this study will be better. The number of samples should be even greater because the larger the sample the more representative the results will be obtained. In literature should prioritize or multiply literature, especially literature that has doi so that research results can be more scientifically accounted for.

### REFERENCE

- Alimul, H. (2017). Metodologi penelitian keperawatan dan kesehatan . Jakarta Selatan: Salemba Medika.
- Aquarisnawati. (2015). gangguan Emosional Penggunaan Bender Gestalt Pada Anak Usia Sekolah. Ilmiah Psikologi Kelauan Kemaritiman, 1689-1699.
- Arvin, Kliegman, dan Behrman. (2011). Ilmu Kesehatan Anak Edisi 15. Jakarta. Agusalim
- Hubungan Frekuensi ,Lama dan Tingkat Keterikatan game online dengan Perilaku Agresif pada siswa XI di SMK Negeri 3 Jayapura [Journal]. - Jayapura : [s.n.], 2020. - Vols. 3, no 1.
- Da, G. (2004). Efek Dari Kebiasaan Permainan Kekerasan pada AdolesHostility, Perilaku Aggressive dan Sekolah. Peformance Journal of Adolesence, 5-22. Dinas Kesehatan Sulawesi Selatan. (2014) Diambil dari<http://dinkessulsel.go.id/new/image/pdf/pedoman/pedomanpersen20kes>



- %20jiwa%20remaja.pdf Damayanti, M. (2011). *Masalah Mental Pada Remaja: Deteksi dan Intervensi*. Jakarta : Sari Pediatri.
- Darma, D. K. (2017). Metodologi Penelitian Keperawatan (Panduan Melaksanakan dan Menerapkan Hasil Penelitian). CV. Trans Info Media.
- Dewi, L. (2014). definisi jeu en ligne.
- Dharma, K. K. (2011). Metodologi Penelitian Keperawatan (pedomental Melaksanakan dan Menerapkan Hasil). Jl. MAN 6 n° 74 Rt.008/Rw.04 kel. Kampung Dukuh Jakarta Timur: CV. Trans Info Media.
- Dhita. (2015).
- Hubungan frekuensi bermain game online dengan kebutuhan tidur pada anak . Dio, I. (2015).
- hubungan durasi dan frekuensi bermain game online dengan gangguan emosional pada remaja smp negeri 1 medan. Universitas Sumatra Utara.
- Erik Sinsu HUBUNGAN DURASI BERMAIN JEU EN LIGNE DENGAN KESEHATAN MENTAL [Journal]. - Jawa Tengah : [s.n.], 2020. - Vol. 2. n° 2.
- Fromme. (2003).
- Computer Gamers as a Part of Childrens cultur 17-25 The International Jurnal of Computer Game Reasearch. Extrait le 7 mai 2015 de Available <http://www.gla.ac.uk/schools/education/research/publication>.
- Griffits, M. (2012). Jeu d'ordinateur et ...IDAI, S. R. (2013).
- Masalah Mental Emosional Remaja Dalam Bunga Rampai Kesehatan Remaja . Jakarta: Badan Penerbit Badan Ikatan Dokter Anak Indonésie . Isfandari, & Suhardi. (1997).
- Gejala Gangguan Mental Emosional pada Anak . Bandung: Buletin Penelitian Kesehatan.
- m, A. (2016). Psikologi Remaja Perkembangan Peserta Didik . Jakarta Bumi Aksara.
- Marifatul, F. (2015). Penerapan Konseling Keluarga Untuk Mengurangi Kecanduan Game Pada Siswa. 66-67.
- masyah, H. (2016)
- Faktor-Faktor yang mempengaruhi Perilaku Gangguan Kecanduan Game Online pada Peserta Didik Tahun ajaran 2015/2016. 105-106.
- Mcdonald KA, Protd S, & Anderson CA. (2012). joueurs. Bon, mauvais ou autre, 647-658.
- Nursalam. (2017).
- Metodologi Penelitian Ilmu keperawatan Pendekatan Praktis*. Jakarta: Salemba Medika.
- Oduk, D. (2014). *Pengaruh bermain Game Terhadap Perkembangan Remaja*.
- Pediatri, S. (2010). Adolescent Development (perkembangan Remaja). *Batubara J*, 9-21.
- Putri WH Devi and Hartanto , Fitri and Hendrianingtyas *HUBUNGAN DURASI DAN FREKUENSI BERMAIN VIDEO GAME DENGAN MASALAH MENTAL EMOSIONAL*

*PADA REMAJA Studi pada Siswa SMP N 3 Semarang [Journal]. - Semarang : [s.n.], 2014.*

- Phainel Jhony piyake, H.b. (2014). hubungan Tingkat stress Dengan Durasi Waktu Bermain Jeu en ligne pada Remaja . Selina H, & Hartanto F. (2010).
- Dans H. F. Guidelines For Adolescent Preventive Service (GAPS) Remaja, Continuing Profesional Development III Ilmu Kesehatan Anak (pp. 30-31). Semarang. Selina H, Hartanto F, & Rahmadi F. (2011).
- Simulasi Deteksi Dini Tumbuh Kembang Anak Buku Ajar Ilmu Kesehatan Anak. Semarang: Badan Penerbit Universitas di Penogoro . Setiadi. (2013).
- Konsep dan Praktik penulisan Riset Keperawatan (edisi ke d) Graha Ilmu. soetijningsih, p. (2007). kesehatan reproduksi wanita edisi revisi. jakarta : cv. trans info medika.
- Soetjiningsih. (2014). Tumbuh Kembang Remaja Dan Permasalahannya. jakarta Sagung Seto. Sugiyono, P. (2017).
- Metodologi Penelitian Kuantitatif, Kualitatif, dan R & D. Alfabeta, cv. Sujarweni. (2014). Metodologi Penelitian Keperawatan . Yogyakarta: Gava Media. Sujarweni, V. W. (2014).
- Metodologi Penelitian Keperawatan. Yogyakarta: Gava Media. Sulis ...Syamsuddin, Muriyati, Asnidar, & Sumarni. (2015).
- Pedoman Praktis Metodologi Penelitian Interne. Ponorogo Indonésie: CV. Groupe Weda. Syamsuddin, Muriyati, Asnidar et Sumarni. (2015).
- Pedoman Praktis Metodologi Penelitian Internal. Ponorogo Indonésie: CV. Groupe Weda. Taufik. (2014).
- Pengaruh Bermain Game . purwokarto. trismiyana, e. (2020). Penyuluhan kesehatan tentang manarche menggunakan metode ceramah pada siswi kelas vl. holistik junal kesehatan, 170-176.