



# INTERNASIONAL CONFERENCE ON MULTIDISCIPLINARY APPROACHES IN HEALTH SCIENCE

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## Addicted Playing Related Online Games To Quality Sleep Child Age School Base SDN 7 Pedungan Year 2023

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### ABSTRACT

**Background:** The impact of online games includes five aspects, namely health, academic, social, financial and psychological aspects. Online game addiction is the existence of an attachment to games. This type of research is correlational research. This study will look for and explain the relationship between addiction to playing online games with sleep quality in elementary school-age children of SDN 7 Pedungan. **Method:** Cross-sectional research design is a type of research that emphasizes the time of measurement/observation of independent and dependent variable data only once. Online gaming addiction and sleep quality variables were normally measured at the same time. **Result and Conclusion:** The characteristics of respondents from 165 research samples, as many as 32.1% are ten years old, as many as 63% are female, as many as 80.6% are Hindus and as many as 37.6% with grade 4. Addiction to online gaming respondents in 165 research samples, as many as 51.5% lead to the category always. Sleep quality in elementary school-aged children based on addiction to playing online games, bad category by 53.3%, good category by 46.7%. There is a relationship between addiction to playing online games with sleep quality in elementary school-aged children, with a p-value of 0.000  $\alpha$  (0.05), so that H0 is rejected From the criterion of the correlation strength level obtained results  $r$  0.733 which means a strong relationship between the variable addiction to playing online games with sleep quality in elementary school-age children.

**Keywords:** Connect, Online Games, Sleep Quality



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## INTRODUCTION

Online Game Addiction is exists attachment with games . Online Game Player will think about sport when is offline and often fantasize \_ about play online games when they emphasize time measurement observation of variable data independent And dependent only once . Variable Addicted play online games and variable quality Sleep normally be measured on same time . \_ Characteristics respondents of 165 samples research , as many as 32.1% were 10 years old , as many as 63% were of the same type sex women, as many as 80.6% are religious Hindu And as much as 37.6% with 4th grade . Addiction playing online games respondents on 165 samples research , as many as 51.5 % lead to category always . Quality Sleep on child age school base based on addicted play online games, category bad amounting to 53.3 % , category Good as big as 46.7% . There's a relationship between addicted play online games with quality Sleep on child age school basic , with p value  $0.000 \alpha (0.05)$  so  $H_0$  is rejected from the criteria level strength correlation obtained the r result is 0.733 which meansconnection strong between variable addicted play online games with quality Sleep on child age school basic .

Should concentrate on matter others. Someone who is addicted to online games will focus self on play sport And abandon other things like task school , lessons , and others . Play online games become A a must priority precedence.The usual sign showed is play almost every day And in a long time ( more than 4 hours), felt nervous or angry person If No can play , and sacrifice activity social ( Marheni 2015).

Impact Internet gaming addiction encompasses five aspects , namely aspect health , aspect academic , aspect social , aspect finance And aspect psychological . You can get addicted to online games characterized as someone who plays such online games appearance so that can give rise to effect negative . Very online game users influential And tend addicted to the games they are like . Time play more of 4-5 hours a day , though No playing online games, they always ponder game And always prioritize game . compared to with activity others (Novrialdy , 2019).

Sleep is Wrong One needs base man And responsible answer For cure condition physical . Without Sleep And get enough rest , be more difficult For focus And move , and level irritation increases . Sleep involve adjustment reduced cognition \_ response personal to environment . Sleep slow down rate metabolism body , impact on awareness everyone , change function physiological body, and change method body react to stimulation from outside . For child 5 years old , sleeping Evening usually about 11 hours., child 10 years old need time Sleep around 9-10 hours per night . Child with quality bad sleep \_ bother growth , development , psychology And problem concentration . From the explanation above , it is clear that influence poor quality \_ that is disturbance grow flower child , and excessive use of online games own detrimental impact . \_ (T. Yunita , 2021 )

## Research purposes

### 1. Objective general

Understand connection addicted to online games with quality Sleep children at SDN



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7 Pedungan Writing citations must follow  
Vancouver style in *superscript positions* like this.

## 2. Objective special

- a. Identify characteristics respondents age , religion, class And type sex students of SDN 7 Pedungan
- b. Identify looking for online games among child school elementary school at SDN 7 Pedungan
- c. Identify kua litas Sleep on Child age school elementary school SDN 7 Pedungan
- d. Analyze connection addicted play online games with quality Sleep on Child age school elementary school of SDN 7 Pedungan .Hypothesis

Hypothesis is answer temporary based on theory yet \_ proven with data or facts . Proof given with test hypothesis use test statistics ( Masturoh And Anggita , 2018). Hypothesis study This is exists Connection addicted play online games with quality Sleep on child age school basic.

## METHOD

Type study is study correlational with design cross-sectional study . Study correlational is research that examines connection between variable . Researcher can search , explain something relationships , estimating , and test based on existing theories ( Nursalam , 2016 ) . On study This researcher will look for And explain connection addicted play online games with

quality Sleep on child age school elementary school of SDN 7 Pedungan .

Design cross-sectional research is type research that emphasizes time measurement / observation of variable data independent And dependent only once on \_ One moment ( Nursalam , 2016). Variable Addicted playing online games and quality variables Sleep on child age school The base of SDN 7 Pedungan is normally measured or collected on same time .

## RESULTS

This section presents the results that have been processed based on the type of research used. This section presents the data presented in tables and diagrams and their interpretations clearly. The interpretation in the results section is not just reading out the data that has been obtained, but the data obtained is interpreted clearly and precisely accordingly.

Results study showing that of the 77 samples that have quality Sleep with category Good as many as 2 people (2.5%) with addicted play online games with category always And as many as 75 people (97.5%) with addicted play online games with category seldom And as many as 0 people (0.0%) with addicted playing online games is not ever, meanwhile of the 88 samples that have quality Sleep category bad as many as 83 people (94.4%) with addicted play online games always And as many as 5 people with addicted rarely play online games . Spread sample based on addicted play online games with quality Sleep can seen on table under this .



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Table 1. Distribution sample based on addicted play online games with quality Sleep on child age school elementary school SDN 7 Pedungan Year 2023.

| Addiction to<br>playing<br>online games | sleep quality |      |     |      |       |      | P-value |
|-----------------------------------------|---------------|------|-----|------|-------|------|---------|
|                                         | good          |      | bad |      | Total |      |         |
|                                         | f             | %    | F   | %    | F     | %    |         |
| always                                  | 2             | 2,5  | 83  | 94,4 | 85    | 51,5 | 0,000   |
| seldom                                  | 75            | 97,5 | 5   | 5,6  | 80    | 48,5 |         |
| never                                   | 0             | 0,0  | 0   | 0,0  | 0     | 0,0  |         |
| total                                   | 77            | 100  | 88  | 100  | 165   | 100  |         |

Based on table 1 can concluded results analysis Results bivariate This use test correlation *spearman rank* And obtained p value =  $0.000 < 0.05$  then  $H_0$  is rejected and  $H_a$  is accepted means There is significant relationship \_ or correlated . matter This state that There is connection between addicted play online games with quality Sleep on child age school elementary school of SDN 7 Pedungan . From the criteria level strength correlation obtained the result is  $r = 0.733$  which means connection strong between variable addicted play online games with quality Sleep on child age school basic . Mark coefficient correlation on showing that marked positive so from That the more often playing online games that causes addicted play online games then the more tall Also risk problem quality Sleep on child age school basic .

## DISCUSSION

Based on results analysis Results bivariate This use test correlation *spearman rank* And obtained by  $H_0$  is rejected and  $H_a$  is accepted means There is significant relationship \_ or correlated . matter This state that There is connection between addicted play online games

with quality Sleep on child age school elementary school of SDN 7 Pedungan . From the criteria level strength correlation obtained results connection strong between variable addicted play online games with quality Sleep on child age school basic . Mark coefficient correlation on showing that marked positive so from That the more often playing online games that causes addicted play online games then the more tall Also risk problem quality Sleep on child age school basic .

## CONCLUSION(S)

Based on results research can withdrawn conclusion as following . Addicted playing online games respondents on a number of sample research , as much leads to category always . Quality Sleep on child age school base based on addicted play online games on a number of sample research , category bad , category Good There is a strong , positive , relationship significant addicted play online games with quality Sleep on child age school basis , so that  $H_0$  is rejected which means There is meaningful relationship \_ matter This state that There is connection between addicted play online games with quality Sleep on child age school elementary school of SDN 7 Pedungan . From the criteria level



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strength correlation obtained results connection strong between variable addicted play online games with quality Sleep on child age school basic.

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