

Hubungan antara screen time dengan masalah relasi teman sebaya pada pelajar eekolah menengah pertama dan sekolah menengah atas = Association between screen time and peer problems among junior high school and senior high school students

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Abstrak

ABSTRAK

Waktu yang terlalu lama dihabiskan di depan layar media elektronik dapat berdampak negatif pada anak, seperti cenderung kurang peduli terhadap lingkungan sehingga kurang peka terhadap kehadiran teman-teman sebaya disekitarnya. Dengan demikian, hubungan relasi dengan teman sebaya menjadi buruk. Tujuan penelitian ini adalah untuk mendapat gambaran screen time terutama pada pelajar sekolah menengah pertama dan sekolah menengah atas. Tujuan kedua adalah untuk mencari hubungan antara screen time dan masalah relasi teman sebaya pada pelajar sekolah menengah pertama dan sekolah menengah atas. Penelitian ini menggunakan desain penelitian potong lintang, dan instrumen Strength and Difficulties Questionnaire (SDQ), yang diisi secara online oleh pelajar SMP dan SMA selama periode Juli-September 2018. Sebanyak 447 data yang terkumpul kemudian dilakukan teknik pengambilan sampel berupa pemilihan acak sederhanadan didapatkan sejumlah 362 data yang akan dianalisis. Analisis dilakukan menggunakan uji Chi-square menggunakan windows SPSS versi 20. Dari penelitian ini didapatkan rerata (SB) usia = 15,88 (1,238), 15,5% SMP, dan 84,5% SMA. Rerata (SB) screen time televisi = 99,66 menit (83,17), rentang = 5-480 menit, median = 60. Rerata (SB) screen time komputer = 133,09 menit (103,95), rentang = 5-600 menit, median = 120. Rerata (SB) screen time telepon seluler = 373,43 menit (216,59), rentang = 15-1080 menit, median = 300. Rerata (SB) screen time tablet = 73,41 menit (85,37), rentang = 5-480 menit, median = 60. Rerata (SB) screen timevideo games = 101,01 menit (89,21), rentang = 10-480 menit, median = 90. Terdapat hubungan antara screen time televisi dengan masalah relasi teman sebaya (OR = 1,8 IK 95% 1,150-2,926, $p < 0,05$). Terdapat hubungan antara screen time tablet dengan masalah relasi teman sebaya (OR 2,4 IK 95% 1,064-5,413, $p < 0,05$). Berdasarkan hasil tersebut, diketahui gambaran screen time paling banyak adalah pada penggunaan telepon seluler. Hubungan antara screen time dengan masalah relasi teman sebaya pada pelajar SMP dan SMA terdapat pada penggunaan televisi dan tablet ($p < 0,05$). Oleh karena itu, hasil penelitian dapat dijadikan bahan edukasi untuk masyarakat agar muncul kesadaran adanya pengaruh screen time berlebih pada relasi teman sebaya.

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ABSTRACT

The amount of time being spent in front of electronical device screen can negatively affect children, such as making them to be ignorant with their environment hence decrease their awareness towards their peers. Due to that, relationship among peers can be worsened. The main objective of this research was to get the idea of screen time especially on junior high school and high school students. The second objective was to find whether there was any relationship between screen time and peer problems among junior high school and high school students. This research used cros-sectional study design and SDQ instrument, which filled online by junior high school and senior high school students during July to September 2018. An initial of

447 data has been collected and was taken for sampling using random sampling method and a final 362 data prepared for analysis. The analysis was done by a Chi-square technique using SPSS windows version 20. From this research, a result of mean (SD) of age = 15.88 (1.238), 15,5% for junior high school students, and 84.5% for senior high school students was obtained. Mean (SD) television screen time = 99.66 (83.17), range = 5-480 minutes, median = 60. Mean (SD) computer screen time = 133.09 (103.95), range = 5-600 minutes, median = 120. Mean (SD) cellular phone screen time = 373.43 (216.59), range = 15-1080 minutes, median = 300. Mean (SD) tablet screen time = 73.41 (85.37), range = 5-480 minutes, median = 60. Mean (SD) video games screen times = 101.01 (89.21), range = 10-480 minutes, median = 90. An association was found between television screen time with peer problems (OR = 1.8 IK 95% 1.150-2.926, $p < 0.05$). An association was found between tablet screen time with peer problems (OR 2.4 IK 95% 1.064- 5.413, $p < 0.05$). According to the result, it was identified that the most significant screen time image found in cellular phone usage. Meanwhile, the relationship between peer problems among junior high school and senior high school students significantly existed in television and tablet usage ($p < 0.05$). Therefore, the result can be applied as educational aspect for the society to raise awareness of the influence in excessive screen time effects among peers.