

# Deteksi Adiksi Internet dan Faktor-Faktor yang Memengaruhinya pada Remaja di Masa Pandemi Covid-19 = Detection of Internet Addiction and It's Related Factors among Adolescent during Covid-19 Pandemic

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## Abstrak

Latar belakang. Pandemi Covid-19 telah memberikan dampak besar secara global. Bidang pendidikan merupakan salah satu bidang turut mengalami dampaknya, di mana sekolah ditutup dan pembelajaran secara daring. Remaja yang sedang mengikuti kegiatan sekolah daring akan lebih banyak menghabiskan waktu depan layar. Remaja juga akan merasa kesepian karena adanya pembatasan sosial, sehingga akan mencari pelarian melalui internet. Hal ini dapat menyebabkan semakin meningkatnya waktu depan layar, sehingga dapat terjadi peningkatan adiksi internet pada remaja.

Tujuan. Mengetahui prevalens adiksi internet di masa pandemi Covid-19 serta mengetahui hubungan beberapa faktor sosio-demografik dengan kejadian adiksi internet.

Metode. Penelitian ini merupakan penelitian observasional dengan desain potong lintang yang dilakukan melalui pengisian kuesioner secara daring selama kurun waktu 3 bulan, sejak Maret hingga Juni 2021. Kuesioner terdiri dari kuesioner mengenai faktor sosio-demografik dan KDAI (kuesioner deteksi adiksi internet). Pemilihan subyek penelitian dilakukan dengan cara consecutive sampling, subyek penelitian berasal dari seluruh Indonesia.

Hasil. Jumlah subyek penelitian ini adalah 332 remaja siswa SMP/SMA/SMK/ sederajat dengan prevalens adiksi internet sebanyak 29,8%. Faktor sosio-demografik yang berhubungan dengan adiksi internet adalah waktu depan layar untuk kegiatan hiburan 3 jam ( $p=0,001$ , adjusted OR 4,309, IK 95% 1,833 – 10,129) serta pengawasan orangtua yang buruk dalam penggunaan internet ( $p=0,037$ , adjusted OR 1,827, IK 95% 1,038 – 3,215). Tidak terbukti adanya hubungan antara adiksi internet dengan memiliki saudara kandung ( $p=0,216$ ), usia mulai aktif menggunakan internet ( $p=0,123$ ), aktivitas game internet ( $p=0,147$ ), aktivitas game dan non- game internet ( $p=0,544$ ), pekerjaan ayah sebagai petani/peternak/nelayan ( $p=0,188$ ), pekerjaan ayah sebagai pedagang/wiraswasta ( $p=0,287$ ), pekerjaan ibu sebagai petani ( $p=0,170$ ), pola asuh orangtua ( $p=0,684$ ), dan kontrol orangtua ( $p=0,404$ ).

Kesimpulan. Tidak ada peningkatan prevalens adiksi internet pada remaja di masa pandemi Covid-19.

Variabel yang memiliki hubungan dengan adiksi internet adalah pengawasan orangtua yang buruk dalam penggunaan dan waktu depan layar untuk kegiatan hiburan 3 jam.

.....Background. The Covid-19 pandemic has had a major impact globally. Education is also having an impact, schools are currently conducted online. Teenagers who are attending online school will spend more screen time. Teenagers often feel lonely due to social restrictions, so will look for escapes over the internet. This can lead to an increase in screen time, resulting in an increase in internet addiction in adolescents.

Objective. To determine the prevalence of internet addiction during the Covid-19 pandemic and to determine the relationship of several socio-demographic factors with the incidence of internet addiction.

Method. This study was an observational study with latitude cross-sectional design, conducted online by filled the questionnaire for a period of 3 months, from March to June 2021. The questionnaire consists of questionnaire of the socio-demographic factors and internet addiction detection questionnaire (kuesioner

deteksi adiksi internet/KDAI). The selection of research subjects was conducted by consecutive sampling, the research subjects came from all over Indonesia.

Result. This study included 332 teenagers students of junior high school/senior high school/ vocational school, with the prevalence of internet addiction was 29.8%. Socio-demographic factors related to internet addiction are screen time for entertainment activities  $\geq 3$  hours ( $p=0.001$ , adjusted OR 4,309, CI 95% 1,833 – 10,129) as well as poor parental supervision in internet use ( $p=0.037$ , adjusted OR 1,827, CI 95% 1,038 – 3,215). Meanwhile there is no proven connection between internet addiction and having siblings ( $p=0.216$ ), age of active internet use ( $p=0.123$ ), internet gaming activities ( $p=0.147$ ), internet gaming and non-gaming activities ( $p=0.544$ ), father's job as a farmer/farmer /fisherman ( $p=0.188$ ), father's job as trader/self-employed ( $p=0.287$ ), mother's job as farmer ( $p=0.170$ ), parenting style ( $p=0.684$ ), and parental control ( $p=0.404$ ).

Conclusion. There was no increased in the prevalence of internet addiction among adolescents during the Covid-19 pandemic. Variables that have a connection with the internet addiction is poor parental supervision in use of internet and the screen time for entertainment activities  $\geq 3$  hours.