

Hubungan Tingkat Stres dengan Intensitas Bermain Online Game pada Mahasiswa Universitas Indonesia di Masa Pandemi COVID-19 = The Relationship between Stress Levels and the Intensity of Playing Online Games at University of Indonesia Students During the Covid 19 Pandemic

Ainun Fitri, author

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Abstrak

Wabah COVID-19 menyebabkan perubahan pada berbagai kondisi kehidupan, pemerintah mengharuskan masyarakat tetap berada di rumah agar penyebaran virus COVID-19 tidak meningkat. Namun dampak dari hal ini membuat tingginya tingkat stres dan intensitas bermain online game karena pembelajaran dilakukan secara daring. Penelitian ini bertujuan menganalisa hubungan antara tingkat stres dengan intensita bermain online game pada masa pandemi COVID-19. Desain penelitian yang digunakan menggunakan cross sectional dengan jumlah responden 168 mahasiswa dengan teknik Convenience sampling. Instrumen yang digunakan yaitu Perceived Stressed Scale dan Intensitas Bermain Online game. Hasil penelitian menunjukkan tidak ada hubungan antara kedua variabel ($p > 0.005$). Mahasiswa dengan tingkat stres tinggi sampai sedang maka intensitas bermain online game tinggi. Peneliti merekomendasikan pentingnya edukasi yang dilakukan perawat maupun tenaga pendidik agar tingkat stres pada mahasiswa tidak terus meningkat dan mencegah kecanduan bermain online game akibat intensitas bermain online game yang tinggi.

.....The COVID-19 pandemic has caused changes in various living conditions, the government requires people to stay at home to prevent of the COVID-19 virus does not increase. However, the impact of this makes high levels of stress and intensity of playing online games because online learning. This study aims to analyze the relationship between stress levels and the intensity of playing online games during the COVID-19 pandemic. The research design used was cross sectional with the number of respondents being 168 students with convenience sampling technique. The instruments used are the Perceived Stressed Scale and the Intensity of Playing Online games. The results showed that there was no relationship between the two variables ($p > 0.005$). Students with high to moderate stress levels have a high intensity of playing online games. Researchers recommend the importance of education carried out by nurses and educators so that stress levels in students do not continue to increase and prevent addiction to playing online games due to the high intensity of playing online games.