

Pengaruh Pendidikan Kesehatan dan Latihan Asertif terhadap Adiksi Game Online, Gangguan Mental Emosional, dan Perilaku Agresif Remaja Pengguna Game Online = The Effects of Health Education and Assertiveness Training on Online Game Addiction, Mental Emotional Disorders, and Aggression of Adolescent Online Gamers

Miswari Nila Mutiarani, author

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Abstrak

Remaja merupakan kelompok usia yang rentan mengalami masalah dalam penggunaan game online. Penggunaan game online yang tidak terkontrol dapat menimbulkan dampak negatif baik secara biologis, psikologis, dan sosial bagi remaja. Penelitian ini bertujuan untuk mengetahui pengaruh pendidikan kesehatan dan latihan asertif terhadap adiksi game online, gangguan mental emosional, dan perilaku agresif serta kemampuan remaja dalam menggunakan game online secara bijak dan kemampuan berperilaku asertif. Desain penelitian yang digunakan adalah quasy experimental pre-post with control group. Pengambilan sampel dengan teknik purposive sampling dan random sampling dengan jumlah sampel 70 responden yang dibagi menjadi 2 kelompok yaitu kelompok intervensi 1 dan kelompok intervensi 2. Kelompok intervensi 1 sejumlah 35 orang diberikan pendidikan kesehatan dan latihan asertif, serta kelompok intervensi 2 sejumlah 35 orang diberikan pendidikan kesehatan tanpa latihan asertif. Analisis univariat menggunakan distribusi frekuensi dan tendensi sentral. Analisis bivariat menggunakan uji Repeated ANOVA untuk data berdistribusi normal sedangkan uji Friedman untuk data yang tidak berdistribusi normal. Hasil penelitian menunjukkan bahwa pendidikan kesehatan dan latihan asertif berpengaruh secara bermakna pada adiksi game online, gangguan mental emosional, dan perilaku agresif serta kemampuan remaja dalam menggunakan game online secara bijak dan kemampuan berperilaku asertif. Pendidikan kesehatan dan latihan asertif dapat direkomendasikan sebagai kombinasi terapi dalam mencegah adiksi game online, gangguan mental emosional, dan perilaku agresif serta meningkatkan kemampuan remaja dalam menggunakan game online secara bijak dan kemampuan berperilaku asertif.

.....Adolescents are an age group that is prone to experiencing problems in using online games. Uncontrolled use of online games can have negative impacts both biologically, psychologically and socially for adolescents. This study discusses the psychological impact of online games such as online game addiction, emotional mental disorders, and aggressive behavior as well as the ability of adolescents to use online games wisely and the ability to behave assertively. The research design used was a quasy experimental pre-post with a control group. Sampling was taken using purposive sampling and random sampling techniques with a total sample of 70 respondents who divided into 2 groups, namely intervention group 1 and intervention group 2. Intervention group 1 consisted of 35 people who were given health education and assertiveness training, and intervention group 2 consisted of 35 people who were given health education without assertiveness training. Univariate analysis using frequency distribution and central tendency. Bivariate analysis used repeated ANOVA tests for normally distributed data, while Friedman's test for non-normally distributed data. The results showed that health education and assertive training had a significant effect on online game addiction, mental emotional disorders, and aggressive behavior, the ability of adolescents to use online games wisely and to behave assertively. Health education and assertive training

can be recommendations as a combination therapy in preventing online game addiction, mental emotional disorders, and aggressive behavior, increasing adolescents' ability to use online games wisely and the ability to behave assertively.