

ABSTRAK

PENGARUH BERMAIN GAME ONLINE TERHADAP GANGGUAN ASTENOPIA MAHASISWA DI KAMPUS UNIVERSITAS STRADA INDONESIA KEDIRI

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Salah satu penyebab terjadinya astenopia adalah bermain Game online yang sangat menarik perhatian remaja dan orang dewasa karena tampilan, gaya bermain, grafis permainan dan resolusi gambar yang menarik. Bermain game online dengan intensitas lama dapat menimbulkan kebingungan antara kenyataan dan ilusi, mempengaruhi daya konsentrasi, dan akan berdampak pada gangguan penglihatan. Penelitian bertujuan untuk menganalisis pengaruh permainan game online terhadap gangguan Astenopia mahasiswa Universitas Strada Indonesia .Penelitian menggunakan desain kuantitatif Penelitian *cross sectional* merupakan penelitian dengan melakukan pengukuran dan pengamatan hanya satu kali, pada satu saat antara variabelbebas dengan variabel terikat . Sampel penelitian sebanyak 96 mahasiswa yang bermain game diambil dengan teknik total sampling *Acidental Sampling*. Analisis data menggunakan uji *Regresi Logistik* dengan tingkat signifikansi $p < 0,05$. Hasil penelitian menunjukkan variabel Lama Bermain Game pada mahasiswa (58,3%), Frekuensi Bermain Game pada mahasiswa (59,4%), dalam kategori Kadang-kadang (1-2x/ minggu), dalam kategori >4 jam/hari, Jarak Bermain Game pada mahasiswa (51,0%), dalam kategori $< 29,2$ cm , dan variabel Gangguan Astenopia pada mahasiswa (68,8%), dalam kategori $Ya=VFI>0,4$ adanya uji *Regresi Logistik* di peroleh bahwa nilai p value lama bermain game 0,001, Frekuensi bermain game online 0,001, Jarak penggunaan sebesar 0,003, dengan demikian bahwa p value $\leq \alpha$ (0,05), sehingga H_0 ditolak dan H_1 diterima. Hal ini menunjukkan bahwa ada Pengaruh Bermain Game Online Terhadap Gangguan Astenopia Mahasiswa Di Kampus Universitas Strada Indonesia Kediri

Kata Kunci: Game Online, Astenopia, Mahasiswa

ABSTRACT

THE EFFECT OF PLAYING ONLINE GAMES ON ASTHENOPIA DISORDERS IN STUDENTS AT THE UNIVERSITY OF STRADA INDONESIA KEDIRI CAMPUS

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One of the causes of asthenopia is playing online games that are very attractive to teenagers and adults because of their attractive appearance, playing style, game graphics and image resolution. Playing online games with long intensity can cause confusion between reality and illusion, affect concentration, and will have an impact on visual impairment. Objective To determine the effect of online game playing on asthenopia disorders in students at the Strada Indonesia University campus in Kediri. The study used a quantitative design. Cross-sectional research is a study that only takes measurements and observations once, at one time between the independent variable and the dependent variable. The research sample of 96 students who play games was taken using the total sampling technique Accidental Sampling. Data analysis used the Logistic Regression test with a significance level of $p < 0.05$. The results of the study showed that the variables of the duration of playing games in students (58.3%), the frequency of playing games in students (59.4%), in the category Sometimes (1-2x/week), in the category >4 hours/day, the distance of playing games in students (51.0%), in the category <29.2 cm, and the variable of Asthenopia Disorder in students (68.8%), in the category Yes= $VFI > 0.4$. The Logistic Regression test obtained that the p value of the duration of playing games was 0.001, the frequency of playing online games was 0.001, the distance of use was 0.003, thus the p value $\leq \alpha$ (0.05), so that H_0 was rejected and H_1 was accepted. Shows that there is an influence of playing online games on asthenopia disorders in students at the Strada Indonesia University campus in Kediri.

Keywords: Online Games, Asthenopia, Students