

**FAKULTAS KEDOKTERAN  
UNIVERSITAS PEMBANGUNAN NASIONAL “VETERAN” JAKARTA**

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**HUBUNGAN ANTARA *SCREEN TIME* DENGAN ATTENTION DEFICIT  
HIPERACTIVITY DISORDER (ADHD) PADA ANAK USIA 4-6 TAHUN DI  
JAKARTA SELATAN**

RINCIAN HALAMAN (xiii + 86 halaman, 9 tabel, 1 gambar, 9 lampiran)

**ABSTRAK**

Perkembangan teknologi digital mengakibatkan durasi *screen time* pada anak usia prasekolah meningkat, hal tersebut dapat mempengaruhi perkembangan perilaku dan perhatian anak. *Screen time* berlebih sering dikaitkan dengan munculnya gejala inatensi dan hiperaktivitas, termasuk *Attention Deficit Hyperactivity Disorder* (ADHD). Penelitian ini memiliki tujuan untuk mengetahui hubungan antara *screen time* dengan kejadian ADHD pada anak usia 4–6 tahun di Jakarta Selatan. Penelitian ini menggunakan desain analitik observasional dengan pendekatan *cross-sectional*. Subjek penelitian berjumlah 82 anak usia 4–6 tahun yang dipilih menggunakan teknik *simple random sampling*. Pengumpulan data dilakukan menggunakan kuesioner *screen time* dan instrumen *Abbreviated Conners' Teacher Rating Scale* (ACTRS). Analisis data dilakukan secara univariat dan bivariat menggunakan uji *Fisher exact*. Hasil analisis univariat menunjukkan bahwa sebagian besar anak (97,6%) memiliki durasi *screen time* tidak baik (>1 jam per hari), serta sebanyak 23,2% anak terindikasi ADHD berdasarkan skor ACTRS. Hasil analisis bivariat menunjukkan tidak terdapat hubungan yang bermakna secara statistik antara *screen time* dengan kejadian ADHD pada anak usia 4–6 tahun ( $p\text{-value} = 1,000$ ). Hasil penelitian hubungan *screen time* dengan ADHD tidak signifikan diduga karena pengaruh dari faktor-faktor lain seperti riwayat genetik, pola asuh, lingkungan serta sebagian besar anak memiliki durasi *screen time* yang buruk sehingga paparan variasi lebih terbatas.

**Daftar Pustaka** : 62 (1996-2025)

**Kata Kunci** : ACTRS, ADHD, anak usia prasekolah, Jakarta Selatan, *screen time*

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**THE ASSOCIATION BETWEEN *SCREEN TIME* AND ATTENTION-  
DEFICIT/HYPERACTIVITY DISORDER (ADHD) IN CHILDREN AGED  
4–6 YEARS IN SOUTH JAKARTA**

PAGE DETAIL (xiii + 86 pages, 9 tables, 1 pictures, 9 appendices)

**ABSTRACT**

The swift progression of digital technology has resulted in prolonged *screen time* for preschool-aged children, which is believed to affect their behavioral and attentional development. Prolonged screen exposure has often been linked to attention and hyperactivity issues, including *Attention-Deficit/Hyperactivity Disorder* (ADHD). This study sought to investigate the correlation between *screen time* and the prevalence of ADHD in children aged 4 to 6 years in South Jakarta. A *cross-sectional* observational analytic analysis was conducted. A total of 82 youngsters between the ages of 4 and 6 were recruited by a *simple random sampling* method. Data were gathered via a *screen time* questionnaire and the *Abbreviated Conners' Teacher Rating Scale* (ACTRS). Data analysis was conducted utilizing univariate and bivariate analyses alongside *Fisher's exact test*. The univariate analysis revealed that 97.6% of children exhibited excessive screen use (exceeding 1 hour per day), whereas 23.2% were identified as having ADHD according to ACTRS scores. The bivariate study revealed no statistically significant correlation between *screen time* and ADHD in children aged 4–6 years ( $p = 1.000$ ). The lack of a substantial correlation may be ascribed to the prevalence of excessive screen usage across virtually all individuals, leading to restricted exposure variability and other factors such as genetic history, parenting, and environment can also affect the result.

**Reference** : 62 (1996-2025)

**Keyword** : ACTRS, ADHD, preschool children, *screen time*, South Jakarta