

HUBUNGAN KECANDUAN *GAME ONLINE* DAN POLA TIDUR DENGAN KONSENTRASI BELAJAR PADA SISWA KELAS X SMKN 22 JAKARTA

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Abstrak

Kecanduan *game online* dan gangguan pola tidur merupakan permasalahan yang semakin banyak dialami remaja seiring meningkatnya penggunaan gawai dan durasi bermain game daring. Kondisi ini berpotensi mengganggu fungsi kognitif, khususnya perhatian, fokus, dan konsentrasi belajar akibat menurunnya waktu serta kualitas tidur. Penelitian ini bertujuan untuk menganalisis hubungan kecanduan *game online* dan pola tidur dengan konsentrasi belajar pada siswa kelas X di SMKN 22 Jakarta. Penelitian menggunakan desain kuantitatif dengan pendekatan *cross-sectional* terhadap 108 siswa yang dipilih melalui teknik *purposive sampling* berdasarkan kriteria bermain *game online* lebih dari 4 jam per hari. Instrumen penelitian meliputi *Video Game Addiction Test (VAT)*, *Pittsburgh Sleep Quality Index (PSQI)*, dan angket konsentrasi belajar. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *Chi-square* dengan tingkat signifikansi 0,05. Hasil penelitian menunjukkan bahwa 48,1% responden mengalami kecanduan *game online* berat, 77,8% memiliki pola tidur buruk, dan 50,9% memiliki tingkat konsentrasi belajar tinggi. Analisis bivariat menunjukkan adanya hubungan yang signifikan antara kecanduan *game online* dan konsentrasi belajar ($p < 0,001$), serta antara pola tidur dan konsentrasi belajar ($p = 0,028$). Kesimpulan penelitian ini menunjukkan adanya hubungan bermakna antara kecanduan *game online* dan pola tidur dengan konsentrasi belajar siswa. Implikasi penelitian ini menekankan pentingnya peran sekolah dan orang tua.

Kata Kunci : Kecanduan *Game Online*, Konsentrasi Belajar, Pola Tidur

**THE RELATIONSHIP OF ONLINE GAME ADDICTION AND
SLEEP PATTERNS TO LEARNING CONCENTRATION
AMONG GRADE X STUDENTS OF SMK
NEGERI 22 JAKARTA**

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Abstract

Online game addiction and sleep pattern disturbances are increasingly experienced by adolescents along with the rising use of gadgets and the duration of online gaming. These conditions have the potential to impair cognitive functions, particularly attention, focus, and learning concentration, due to reduced sleep duration and quality. This study aimed to analyze the relationship between online game addiction and sleep patterns with learning concentration among tenth-grade students at SMKN 22 Jakarta. The study employed a quantitative design with a cross-sectional approach involving 108 students selected through purposive sampling based on the criterion of playing online games for more than 4 hours per day. Research instruments included the Video Game Addiction Test (VAT), the Pittsburgh Sleep Quality Index (PSQI), and a learning concentration questionnaire. Data analysis was conducted using univariate and bivariate analyses with the Chi-square test at a significance level of 0.05. The results showed that 48.1% of respondents experienced severe online game addiction, 77.8% had poor sleep patterns, and 50.9% had a high level of learning concentration. Bivariate analysis indicated a significant relationship between online game addiction and learning concentration ($p < 0.001$), as well as between sleep patterns and learning concentration ($p = 0.028$). The conclusion of this study demonstrates a significant relationship between online game addiction and sleep patterns with students' learning concentration. The findings highlight the importance of the role of schools and parents.

Keyword: *Learning Concentration, Online Game Addiction, Sleep Patterns,*