

**UNIVERSITAS MUHAMMADIYAH TASIKMALAYA  
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**HUBUNGAN KECANDUAN BERMAIN *GAME ONLINE* DENGAN POLA  
TIDUR PADA REMAJA KELAS VIII DI SMP NEGERI 4 GARUT**

**ABSTRAK**

xiii + 88 halaman + 5 tabel + 8 lampiran

*Game online* adalah permainan dunia maya yang memanfaatkan jaringan internet oleh penggunanya. Kecanduan *game online* yang dialami saat usia remaja secara terus-menerus dapat berdampak pada berbagai permasalahan, salah satunya gangguan pola tidur. Penelitian ini bertujuan untuk mengetahui hubungan kecanduan bermain *game online* dengan pola tidur pada remaja kelas VIII di SMP Negeri 4 Garut. Metode penelitian ini menggunakan desain kuantitatif dengan teknik pengambilan sample *total sampling*, populasi sebanyak 56 orang siswa dan orang tua. Pengumpulan data menggunakan kuesioner kemudian diolah data dengan *editing, coding, tabulating, dan data entry*. Hasil penelitian menunjukkan remaja yang memiliki kecanduan bermain *game online* dan pola tidurnya terganggu sebanyak 32 responden (91.4%), remaja yang tidak kecanduan *game online* dan tidak mengalami gangguan tidur sebanyak 10 responden (47.6%), remaja dengan kecanduan *game online* dan pola tidurnya tidak terganggu sebanyak 3 responden (8.6%), remaja yang tidak kecanduan *game online* dan memiliki gangguan pola tidur sebanyak 11 responden (52.4%). Analisis data menggunakan uji *Chi-Square* dengan nilai *p-value* (0.002)  $p\text{-value} < \alpha$  (0.002 < 0.05). Maka dapat disimpulkan bahwa  $H_0$  ditolak yang berarti bahwa ada Hubungan antara Kecanduan Bermain *Game Online* dengan Pola Tidur pada remaja di SMP Negeri 4 Garut, sehingga disarankan kepada orang tua dapat memberikan bimbingan dan menjelaskan untuk mengurangi bermain *game online* secara berlebihan.

Kata kunci : *Game online*, Kecanduan, Pola Tidur

Kepustakaan : 42 (2009-2023)

**MUHAMMADIYAH UNIVERSITY TASIKMALAYA  
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***THE CORRELATION BETWEEN PLAYING ONLINE GAMES WITH  
SLEEP PATTERN IN THE EIGHTH GRADE TEENAGERS IN MIDDLE  
HIGH SCHOOL 4 GARUT***

***ABSTRACT***

*xiii + 88 pages + 5 table + 8 appendices*

*Online games are virtual world games that utilize the internet network of their users. Online game addiction experienced in adolescence continuously can have an impact on various problems, one of which is disturbed sleep patterns. This study aims to determine the correlation between addiction to playing online games and sleep patterns in 8th grade adolescents at SMP Negeri 4 Garut. This research method uses a quantitative design with a total sampling technique, a population of 56 students and parents. Data collection using questionnaires is followed by data processing by editing, coding, tabulating, and data entry. The results showed that adolescents who experienced addiction to playing online games and disturbed sleep patterns were 32 respondents (74.4%), adolescents who did not experience addiction to online games and did not experience sleep disturbances were 10 respondents (76.9%), adolescents who experienced addiction to online games and their sleep patterns were not disturbed as many as 3 respondents (23.1%), and adolescents who did not experience addiction to online games and their sleep patterns were disturbed as many as 11 respondents (37.5%). Data analysis using the Chi-Square test with a p-value (0.002)  $p\text{-value} < \alpha$  (0.002 < 0.05). So it can be concluded that  $H_0$  is rejected, which means that there is a relationship between addiction to playing online games and sleep patterns in adolescents at SMP Negeri 4 Garut, so it is recommended that parents can provide guidance and explanation to reduce addiction.*

*Keywords : Addiction, Online game, Sleep pattern*

*Literature : 42 (2009-2023)*