

ABSTRACT

Background: Emotional disorders commonly experienced by adolescents affect daily activities and relationships. Addiction can disrupt brain processes and cause structural and functional changes, leading to long-term psychological and neuroanatomical consequences.

Methods: This study is an observational analytic study with a cross-sectional design. Data collection was conducted using primary data obtained from the Game Addiction Scale (GAS) questionnaire to measure online game addiction, and the Strength and Difficulties Questionnaire (SDQ) to assess emotional and mental disorders in students of SMPN 17 Jambi City. Data from the questionnaires were analyzed using the chi-square test to examine the correlation between online game addiction and emotional mental disorders in school-aged children at SMPN 17 Jambi City.

Results: From the 263 respondents, the majority were aged between 11-14 years (95.4%) and were predominantly male (52.1%). The average duration of time spent playing games was < 3 hours (72.6%), and the percentage of those addicted to online games was relatively low (25.9%) compared to those who were not addicted to online games (74.1%). Additionally, 80.2% of respondents had abnormal mental disorder status. The chi-square test results indicated no significant relationship between online game addiction and emotional mental disorders with a p-value of 0.085.

Conclusion: There is no significant relationship between online game addiction and emotional mental disorders.

Keywords: Online Game Addiction, Emotional Mental Disorders, School-Age Children.

ABSTRAK

Latar Belakang: Gangguan emosional yang umum terjadi pada remaja mempengaruhi aktivitas dan hubungan sehari-hari. Kecanduan dapat mengganggu proses otak dan menyebabkan perubahan struktural dan fungsional dengan konsekuensi psikologis dan neuroanatomi jangka panjang.

Metode: Penelitian ini merupakan penelitian analitik observasional dengan desain *cross sectional*. Pengambilan data diambil dari data primer menggunakan kuesioner *Game Addiction Scale* (GAS) untuk mengukur kecanduan *game online*, dan kuesioner *Strength and Difficulties Questionnaire* (SDQ) untuk mengukur gangguan mental emosional pada siswa-siswi SMPN 17 Kota Jambi. Data dari kuisisioner dianalisis menggunakan uji chi square untuk melihat korelasi kecanduan *game online* terhadap gangguan mental emosional pada anak usia sekolah di SMPN 17 Kota Jambi.

Hasil: Dari 263 responden, didapatkan sebagian besar usia responden berada di rentang 11-14 tahun (95,4%) dan didominasi oleh laki-laki (52,1%). Rata-rata durasi responden ketika bermain *game* adalah < 3 Jam (72,6%) , dan persentase yang kecanduan *game online* cukup rendah (25,9%) dibandingkan dengan yang tidak kecanduan *game online* (74,1%) dan sebesar (80,2%) responden memiliki status gangguan mental abnormal. Hasil uji chi square tidak terdapat hubungan antara kecanduan *game online* terhadap gangguan mental emosional dengan nilai p 0,085.

Kesimpulan: Tidak hubungan yang signifikan antara kecanduan *game online* terhadap gangguan mental emosional.

Kata Kunci: Kecanduan *Game Online*, Gangguan Mental Emosional, Anak Usia Sekolah