

DAFTAR SINGKATAN

WHO : *World Health Organization*

ICD : *International Statistical Classification of Diseases*

APJII : *Asosiasi Penyelenggara Jasa Internet di Indonesia*

REM : *Rapid Eye Movement*

NREM : *Non-Rapid Eye Movement*

PSQI : *Pittsburgh Sleep Quality Index*

GAS : *Game Addiction Scale*

RPG : *Role Playing Game*

MOBA : *Multiplayer Online Battle Arena*

Ha : *Hypothesis Alternatif*