

ABSTRAK

Zulia Putri Damayanti, Sri Utami, Miadi, Sari Lutfiyah
PENGARUH EDUKASI MENGGUNAKAN MEDIA AUDIOVISUAL
TENTANG DAMPAK KECANDUAN BERMAIN *GAME ONLINE* TERHADAP
PERUBAHAN PENGETAHUAN, SIKAP, DAN KUALITAS TIDUR REMAJA
KELAS 10 DI SMA WACHID HASYIM 2 TAMAN
19x + 166 Halaman + 38 Tabel + 17 Lampiran

Game Online merupakan permainan yang diakses menggunakan koneksi internet yang saat ini sangat menjamur di masyarakat khususnya di kalangan remaja. Banyak dari remaja yang kecanduan bermain *game online* sampai bergadang hingga larut malam. Hal ini salah satu penyebab buruknya kualitas tidur pada remaja. Penelitian ini bertujuan untuk mengetahui pengaruh edukasi menggunakan media audiovisual tentang dampak kecanduan bermain *game online* terhadap perubahan pengetahuan, sikap, dan kualitas tidur remaja.

Penelitian ini menggunakan *pre experimental* dengan rancangan *one group pre test post test design*. Sampel siswa kecanduan bermain *game online* berjumlah 80 dengan menggunakan teknik *purposive sampling*. Variabel independen edukasi menggunakan audiovisual, variabel dependen pengetahuan, sikap, kualitas tidur. Instrumen menggunakan 4 kuisioner. Penelitian ini menggunakan uji *Wilcoxon Signed Rank Test* dengan $p = 0,05$

Menunjukkan perubahan yang signifikan sebelum dan setelah diberikan edukasi menggunakan media audiovisual dengan hasil uji pengetahuan dan sikap $p=0,000$ Kualitas tidur $p=0,002$ yang artinya terdapat pengaruh edukasi menggunakan media audiovisual tentang dampak kecanduan bermain *game online* terhadap perubahan pengetahuan, sikap, dan kualitas tidur remaja siswa di SMA Wachid Hasyim 2 Taman. Edukasi audiovisual efektif menyampaikan informasi yang menarik dan mudah dipahami, sehingga dapat menjadi model intervensi pendidikan di sekolah untuk mengatasi kecanduan game online.

Kata Kunci : *Game Online*, Remaja, Kualitas Tidur, Edukasi Audiovisual
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ABSTRACT

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THE IMPACT OF EDUCATION USING AUDIOVISUAL MEDIA ON THE EFFECTS OF ONLINE GAME ADDICTION ON CHANGES IN KNOWLEDGE, ATTITUDES, AND SLEEP QUALITY AMONG 10TH GRADE STUDENTS AT WACHID HASYIM 2 TAMAN HIGH SCHOOL

19x + 166 Pages + 38 Tables + 17 Appendices

Online games were games accessed using an internet connection that had become very widespread in society, especially among teenagers. Many teenagers became addicted to playing online games, often staying up late into the night. This was one of the causes of poor sleep quality among teenagers. This study aimed to determine the impact of education using audiovisual media on the effects of online game addiction on changes in knowledge, attitudes, and sleep quality among adolescents.

This research used a pre-experimental design with a one-group pre-test post-test design. The sample consisted of 80 students addicted to online games, selected using purposive sampling techniques. The independent variable was education using audiovisual media, while the dependent variables were knowledge, attitudes, and sleep quality. The instruments used included four questionnaires. This study employed the Wilcoxon Signed Rank Test with a significance level of $p = 0.05$.

The results showed significant changes before and after the education was provided using audiovisual media, with knowledge and attitude test results showing $p = 0.000$ and sleep quality showing $p = 0.002$. This indicated that there was an effect of education using audiovisual media on the changes in knowledge, attitudes, and sleep quality among students at SMA Wachid Hasyim 2 Taman. Audiovisual education effectively conveyed engaging and easily understood information, making it a potential model for educational intervention in schools to address online game addiction.

Keywords: Online Games, Adolescents, Sleep Quality, Audiovisual Education

References: 53 Journals (2014-2025)