Motivasi Pemicu Adiksi Game Online pada Mahasiswa di DKI Jakarta

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Abstrak

Dalam bermain game online, terdapat berbagai motivasi yang menjadi dasar para remaja untuk terus bermain. Semakin tinggi motivasi, maka perilaku bermain game akan menjurus pada adiksi. Tujuan dari penelitian ini adalah untuk mengetahui hubungan motivasi bermain game (achievement, social, immersion, dan escapism) dengan adiksi game online pada mahasiswa di DKI Jakarta. Studi ini menggunakan desain cross-sectional dengan jumlah sampel 367 mahasiswa dengan teknik consecutive sampling. Instumen alat ukur adiksi game online menggunakan Game Addicition Scale oleh Lemmens (2009) dengan format pendekatan monothetic dan alat ukur motivasi bermain game dengan Motivation to Play Online Game Questionnaire oleh Nick Yee (2006). Data dikumpulkan melalui survei yang disebarkan secara daring dan dipromosikan di berbagai media sosial. Hasil studi ini menunjukkan bahwa proporsi adiksi game online pada mahasiswa di DKI Jakarta adalah 17,4%. Terdapat hubungan antara adiksi game online dengan motivasi bermain game achievement (p-value < 0.01), immersion (p-value < 0.01), social (p-value < 0.05), dan escapism (p-value < 0.01). Penelitian ini menunjukkan mahasiswa yang masuk dalam kategori addiction memiliki tingkat motivasi bermain game yang lebih tinggi dari pada mahasiswa dengan kategori non-addiction. Penelitian ini merekomendasikan untuk diadakan nya diagnosis dini akan adiksi dan melaksanakan kegiatan intervensi mengenai adiksi game online di wilayah kampus.<hr />Undergraduate female students have high learning activities and need a balanced nutritional intake, especially energy and macronutrients to meet their needs. However, in reality due to their busy schedule during lectures, many undergraduate female students do not pay attention to their nutritional intake, so the amount of energy and macronutrient intake consumed becomes more or less than the recommended one. This research is quantitative research with a descriptive survey that aims to describe the characteristics, energy intake, and macronutrients of undergraduate female students in the Nutrition Program at the University of Indonesia. The design of this study was cross-sectional using secondary data analysis of FKM UI undergraduate from February to July 2022. The respondents in this study were 137 active Nutrition FKM UI undergraduate female students. Data analysis used univariate analysis on undergraduate female students characteristics variables (pocket money, nutritional knowledge, nutritional status, eating frequency, breakfast habits, and snacking frequency), energy intake, intake of macronutrients (carbohydrates, protein, and fat).). The results showed that most of the respondents' variables were in the low or less than average category, namely pocket money (59.9%), knowledge of nutrition (71.5%), frequency of food (56.9%), breakfast habits (58, 4%), and snacking frequency (59.1%), energy intake (95.6%), carbohydrate intake (99.3%), protein intake (70.1%), and fat intake (77.4%). Meanwhile, the respondent variable in the normal category is the nutritional status (67.2%).