

**PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN
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ABSTRAK

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HUBUNGAN KEBIASAAN BERMAIN *VIDEO GAME* MENGUNAKAN *HANDPHONE* DENGAN POLA MAKAN DAN STATUS GIZI ANAK DI SDN 1 GOLAN TEPUS KUDUS

54 Halaman + xiv + 10 Tabel + 14 Lampiran

Latar Belakang : Kebiasaan bermain *video game* lebih dari 2 jam dapat menyebabkan perubahan status gizi pada anak. Terjadinya perubahan status gizi dikarenakan aktivitas fisik anak digantikan oleh menonton televisi dan bermain *video game*. Mengakibatkan metabolisme tubuh anak lebih rendah dibandingkan dengan metabolisme tubuh saat tidur. Hal yang berpengaruh status gizi anak usia sekolah adalah memilih makan yang disukai atau tidak disukai dan lupa saat bermain.

Metode : Penelitian ini menggunakan metode *cross sectional*. Peneliti menggunakan *total sampling* dengan 50 responden kelas 5 dan 6 SD 1 Golan Tepus, pengumpulan data dilakukan melalui observasi. Data dianalisis menggunakan uji *Somers'd*.

Hasil : Penelitian menunjukkan hasil 53,1% responden perempuan, 44,9% responden usia 11 tahun, 51% responden kelas 6, 44,9% responden kebiasaan bermain *video game* dengan *casual gamers*, 38,8% responden pola makannya cukup, 38,8% responden status gizi normal. Hasil uji statistik *somers'd* hubungan kebiasaan bermain *video game* menggunakan *handphone* dengan pola makan anak di SD 1 Golan Tepus Kudus dengan nilai $=0,000$ dan Hasil uji statistik *somers'd* hubungan kebiasaan bermain *video game* menggunakan *handphone* dengan status gizi anak di SD 1 Golan Tepus Kudus $=0,027$.

Simpulan : Hasil penelitian terdapat hubungan kebiasaan bermain *video game* menggunakan *handphone* dengan pola makan dan status gizi anak di SD 1 Golan Tepus Kudus.

Kata kunci : kebiasaan bermain *video game*, pola makan, anak usia sekolah, status gizi

Daftar pustaka : 54 (2001-2016)

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ABSTRACT

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**RELATED HABITS TO PLAY VIDEO GAME USING MOBILE WITH
DIET AND NUTRITIONAL STATUS OF CHILDREN IN SDN 1 GOLAN
TEPUS KUDUS**

54 pages + xiv + 10 tables + 14 Attachments

Background: The habit of playing video games more than two hours can changes nutritional status in children. The occurrence changes nutritional status due to physical activity of children is replaced by watching television and playing video games. Resulting in the child's body metabolism is lower than the body's metabolism during sleep. Things that affect the nutritional status of school-age children is to choose a meal that is liked or disliked and forget when playing.

Methods: This study using the cross sectional method. Researchers used a total of 50 respondents sampling with grade 5 and 6 SD 1 Golan Tepus Kudus, data collection is done through observation. Data were analyzed using test Somers'd.

Results: The study shows the results 53.1% of female respondents, 44.9% of respondents aged 11 years, 51% of respondents grade 6, 44.9% of respondents habit of playing video games with casual gamers, 38.8% of respondents sufficient diet, 38.8 % of respondents normal nutritional status. Statistical test results somers'd relationship habit of playing a video game using a mobile phone with a diet of children in primary 1 SD Golan Tepus Kudus to the value = 0.000 and the results of statistical tests somers'd relationship habit of playing video games using a mobile phone with the nutritional status of children in primary 1 Golan Tepus Kudus = 0.027.

Conclusion: Results the study show, there is a relationship habit of playing video games using a mobile phone with diet and nutritional status of children in primary 1 Tepus Golan Kudus.

Keywords: video game playing habits, eating patterns, children of school age, nutritional status

Bibliography: 54 (2001-2016)