



UNIVERSITAS ANDALAS

**HUBUNGAN INTENSITAS PAPARAN *SCREEN TIME* TERHADAP
MASALAH SOSIAL EMOSIONAL PADA ANAK PRASEKOLAH (USIA 3-6
TAHUN) DI KOTA PADANG**

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xv + 111 halaman, 22 tabel, 5 gambar, 9 lampiran

ABSTRAK

Tujuan Penelitian

World Health Organization (WHO) menyatakan terdapat 5-25% anak prasekolah menderita gangguan tumbuh kembang di dunia. Kecemasan pada 9% anak, 11-15% anak mengalami emosi tidak stabil, dan 9-15% mengalami gangguan perilaku. Tujuan penelitian adalah mengetahui hubungan intensitas paparan *screen time* terhadap masalah sosial emosional anak prasekolah (usia 3-6 tahun) di Kota Padang.

Metode

Jenis penelitian adalah kuantitatif dengan desain *cross-sectional*. Populasi dalam penelitian adalah 12.071 dan sampel 160 responden. Teknik pengambilan sampel menggunakan teknik *probability sampling*. Pengolahan data menggunakan analisis bivariat dengan uji statistik Kruskal-Wallis dan *Chi-square*.

Hasil

Hasil analisis menunjukkan anak prasekolah memiliki intensitas *screen time* tinggi (37,5%), memiliki masalah sosial emosional yang tidak normal (43,8%). Terdapat hubungan yang signifikan antara intensitas paparan *screen time* ($p=0,001$), usia ibu ($p=0,000$), pekerjaan ibu ($p=0,000$), pendapatan keluarga ($p=0,000$), akses internet ($p=0,000$). Tidak signifikan dengan jenis kelamin anak ($p=0,331$), ketersediaan *gadget* ($p=0,197$) dengan masalah sosial emosional pada anak prasekolah).

Kesimpulan

Intensitas *screen time*, usia ibu, pekerjaan ibu, pendapatan keluarga, akses internet berhubungan dengan status sosial emosional anak. Dan tidak berhubungan dengan jenis kelamin anak dan ketersediaan *gadget*. Orang tua diharapkan memberikan batasan yang ketat terhadap waktu yang dihabiskan anak untuk *screen time* serta memastikan konten yang sesuai dengan usia dan perkembangan anak.

Daftar Pustaka : 103 (1971-2025)

Kata Kunci : *Screen Time, Gadget, Anak Prasekolah, Masalah Sosial Emosional, Perkembangan Anak.*

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**RELATIONSHIP BETWEEN SCREEN TIME EXPOSURE INTENSITY AND
SOCIAL-EMOTIONAL PROBLEMS IN PRESCHOOL CHILDREN (AGED 3-
6 YEARS) IN THE CITY OF PADANG**

xv + 111 pages, 22 tables, 5 figures, 9 attachments

ABSTRACT

Objectives

The World Health Organization (WHO) states that 5-25% of preschool children worldwide suffer from developmental disorders. Anxiety disorders affect 9% of children, 11-15% of children experience emotional instability, and 9-15% experience behavioral disorders. The purpose of this study is to investigate the relationship between the intensity of screen time exposure and social-emotional issues among preschool-aged children (ages 3-6 years) in the city of Padang.

Methods

The type of research is quantitative with a cross-sectional design. The population in the study is 12,071 and the sample is 160 respondents. The sampling technique uses probability sampling. Data processing uses bivariate analysis with the Kruskal-Wallis and Chi-square statistical tests.

Results

The results of the analysis show that preschool children have high screen time intensity (37.5%) and abnormal social-emotional problems (43.8%). There is a significant association between screen time exposure intensity ($p=0.001$), maternal age ($p=0.000$), maternal occupation ($p=0.000$), family income ($p=0.000$), and internet access ($p=0.000$). There is no significant association with the child's gender ($p=0.331$) or gadget availability ($p=0.197$) with social-emotional issues in preschool children.

Conclusion

Screen time intensity, mother's age, mother's occupation, family income, and internet access are related to children's social and emotional status. They are not related to children's gender or gadget availability. Parents are expected to set strict limits on the amount of time children spend on screen time and ensure that the content is appropriate for their age and development.

Bibliography : 103 (1971-2025)

Kata Kunci : Screen time, Gadget, Preschool Children, Social-Emotional Problems, Child Development