

Hubungan Durasi Penggunaan *Game Online* Terhadap Asupan Energi dan Aktivitas Fisik Pada Mahasiswa Politeknik Negeri Jember (The Relationship between the Duration of Online Game Use on Energy Intake and Physical Activity in Jember State Polytechnic Students).

Novita Rachmahdyanti

Clinical Nutrition Program Study

Department of Health

ABSTRACT

Online games are games that are played using electronic devices such as computers or smartphones and supported by the internet network. Someone who likes to play online games often spends a lot of time in front of a big screen, so it will affect their level of physical activity and eating patterns. Based on a preliminary study, the average duration of using online games for Jember State Polytechnic students is 9.3 hours/day. This study aims to analyze the relationship between the duration of the use of online games on energy intake and physical activity in Jember State Polytechnic students. The sample of this research is students who use online games at the Jember State Polytechnic. This research method uses a cross sectional analytic research design. The number of subjects needed in this study were 45 students using online games based on accidental sampling technique. The results of the analysis of the Pearson correlation test data between the duration of using online games and energy intake obtained p-value $0.353 > 0.05$, meaning that there is no significant relationship between the two variables. The direction of the positive correlation shows that if there is an increase in the duration of using online games, there will be an increase in energy intake. Meanwhile, in the correlation analysis of the variable duration of the use of online games on physical activity, the p-value of $0.188 > 0.05$ means that there is no significant relationship. The direction of the negative correlation means that if there is an increase in the duration of using online games, there will be a decrease in physical activity. The conclusion in this study was not found a significant relationship between the duration of the use of online games on energy intake and physical activity in Jember State Polytechnic Students.

Keyword : *Game Online*, *Screen Time*, Collage Student, Energy Intake, Physical Activity.