

**The relationship between the frequency of playing *online games*
and the stress levels and sleep quality of students
at SMKN 2 Lumajang**

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ABSTRACT

The rapid development of the digital era has increased the popularity of online games among adolescents and may be associated with stress levels and sleep quality. At SMKN 2 Lumajang, some students were observed sleeping in class, having difficulty concentrating, becoming easily fatigued, and showing reduced focus during learning activities. Interviews with teachers suggested that these conditions may be related to online gaming habits. This study aimed to determine the relationship between the frequency of online gaming, stress levels, and sleep quality among students. This study employed a quantitative correlational design. The population consisted of 10th- and 11th-grade students at SMKN 2 Lumajang. A total of 136 respondents were selected using the proportionate stratified random sampling technique. Data were collected using an online gaming frequency questionnaire, the Depression Anxiety Stress Scale (DASS-42), and the Pittsburgh Sleep Quality Index (PSQI). Data analysis was conducted using the Spearman Rho correlation test. The results showed a significant relationship between the frequency of online gaming and stress levels ($p = 0.000$; $p < 0.05$) with a moderate correlation strength. A significant relationship was also found between the frequency of online gaming and sleep quality ($p = 0.017$; $p < 0.05$) with a low correlation strength. The positive correlation indicates that higher gaming frequency is associated with higher stress levels and poorer sleep quality. Appropriate time management in online gaming is important to help maintain adolescents' stress levels and sleep quality.

Keywords : *Online Games, Stress, Sleep Quality, Adolescents*