

Abstrak

Latar Belakang. Televisi merupakan salah satu media massa paling digemari dan memiliki pengaruh yang kuat terhadap remaja akhir-akhir ini. Namun menonton televisi yang berlebihan memiliki pengaruh yang negatif seperti: perilaku agresif, penggunaan obat-obatan, obesitas, gangguan tidur dan prestasi sekolah yang buruk. Oleh karena itu, berdasarkan *The American Academy of Pediatrics* (AAP), Ikatan Dokter Anak Indonesia (IDAI) merekomendasikan pembatasan menonton televisi pada anak tidak lebih dari 2 jam perhari

Tujuan. Untuk menilai hubungan antara lama menonton televisi dengan perilaku agresif pada remaja.

Metode. Penelitian ini menggunakan studi analitik komparatif pada 248 remaja di SMA Negeri 2 Lubuk Pakam. Penelitian ini dilakukan mulai desember 2013 sampai dengan Maret 2014 untuk menilai hubungan antara lama menonton televisi dengan perilaku agresif pada remaja. Subjek dibagi dua kelompok berdasarkan lama menonton televisi perhari. Kelompok pertama menonton televisi ≤ 2 jam perhari dan kelompok lain menonton televisi > 2 jam perhari. Seluruh subjek penelitian diminta untuk mengisi kuesioner untuk melihat lamanya paparan televisi dan kemudian mereka diwawancarai untuk mengisi kuesioner *The Child Behavior Checklist* (CBCL).

Hasil. Kami menemukan 118 remaja menonton televisi ≤ 2 jam perhari dan 130 remaja menonton televisi > 2 jam perhari. Studi menggunakan uji *chi-square* untuk menganalisa hubungan antara lama menonton televisi dengan perilaku agresif pada remaja. 16 dari 248 remaja yang diteliti dalam studi ini memiliki perilaku agresif. 15 dari mereka yang menonton televisi > 2 jam perhari, dan hubungan ini secara statistika bermakna ($P= 0.0002$). Jenis acara televisi yang paling banyak ditonton 16 remaja agresif adalah: kartun (19.2%)

Kesimpulan. Pada penelitian ini didapati bahwa menonton televisi > 2 jam perhari berhubungan secara bermakna dengan perilaku agresif remaja.

Kata kunci: lama menonton televisi, perilaku agresif, remaja, *Child Behavior Check list*

Abstract

Background. Television is one of the most favorite and powerful influence mass media for adolescent recently. Meanwhile, excessive television viewing had negative impacts such as aggressive behavior, substance use, obesity, sleep disorder, and poor school performance. Therefore, adopted from American Academy of Pediatrics, Indonesian Pediatric Society recommended limiting children's screen time to no more than 2 hours per day.

Objective. To assess the association between time spent of watching television and aggressive behavior on adolescents.

Methods. A comparative analytic study of 248 adolescents was performed in Negeri 2 Lubuk Pakam senior high school, from December 2013 until March 2014 to assess the association between time spent of watching television and aggressive behavior on adolescents. Subject were divided into two groups based on spent time in watching television time per day. The first group watched television ≤ 2 hours and the other group watched television > 2 hours a day. All participant completed questionnaire about television exposure and then they were interviewed to fill The Child Behavior Checklist (CBCL) questionnaire.

Results. We found 118 adolescents who were watching television ≤ 2 hours a day and 130 adolescents watching television > 2 hours a day. The study used chi-square test to analyze association between spent time of watching television and aggressive behavior on adolescent. Sixteen of 248 adolescents that investigated in the study had aggressive behavior. Fifteen of them watched television > 2 hours a day, and this association was statistically significant ($P= 0.0002$). The most type of television programmes that had been watched by 16 aggressive adolescents was cartoon (19.2%).

Conclusion. We found that watching television > 2 hours per day was significantly associated with aggressive behavior on adolescents.

Keyword : time spent of watching television, aggressive behavior, adolescent, child behaviour checklist