

ABSTRACT

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DESCRIPTION OF STRESS LEVELS IN TEENS WHO PLAYING ONLINE GAMES IN THE VILLAGE KENTONG CEPU SUB-DISTRICT

ABSTRACT

Background: Stress is a physical and psychological reaction to any guidance that causes tension and distrubs the stability of daily life. Academic stress due to the length of study in school, so many tasks and anxiety in the face of the exam. One way that teens do to overcome this is playing online games. **Objective :** To describe the level of stresss that occurs in adolescents who playing online games in the village Kentong Cepu sub-district. **Method:** this type of research is descriptive research, data collection techniques using total sampling, a sample of 64 respondents, and research questionnaire instruments. **Result:** Univariate analysis result found out that moderate stress levels in adolescents with online games are 14 people (21.9%), mild stress levels in adolescents boys with *aged* 13-15 years are 13 people (100.0%), mild stress levels based on the gender of boys are 13 people (100.0%), and stress levels very heavy in adolescents with the length of playing online games for 21-30 hours a week is 8 people (61.5%). **Conclusion :** Description of moderate stress levels in adolescents to online games mild stress levels in males and the adolescents 13-15 years, and stress levels are very heavy in adolescents with the length of playing online games for 21-30 hours a week.

Keyword: Stress, Online Games, Age, The Gender, The length of time playing online games.