

## ABSTRAK

Judul : Pengaruh Penggunaan Media Layar Terhadap Prestasi Sekolah Di SMA Negeri 4 Kota Binjai

Penyusun : Jovanka Theresia Tarigan

NIM : 223307010113

Fakultas/Program Studi : Fakultas Kedokteran, Kedokteran Gigi dan Ilmu Kesehatan Universitas Prima Indonesia

Dosen Pembimbing : dr. Monalisa Elizabeth, M.Ked (Ped)., Sp.A (K)

**Latar Belakang:** Kemajuan teknologi informasi dan komunikasi di era digital telah memengaruhi berbagai aspek kehidupan, terutama bidang pendidikan. Gawai dan televisi merupakan jenis media layar yang menjadi bagian penting dari aktivitas sehari-hari remaja, baik untuk belajar dan hiburan. Penggunaan media layar dapat memberikan manfaat namun durasi yang berlebihan dan aktivitas penggunaan media layar dapat berpengaruh terhadap prestasi sekolah. Pengawasan orang tua berperan penting dalam mengontrol penggunaan media layar agar penggunaannya menjadi lebih baik. **Tujuan:** Untuk mengetahui pengaruh penggunaan media layar terhadap prestasi sekolah di SMA Negeri 4 Kota Binjai. **Metode:** Penelitian ini menggunakan metode observasional analitik dengan pendekatan *cross-sectional*. Penelitian dilaksanakan pada bulan Juli 2025 dengan jumlah sampel 240 responden, yang dipilih menggunakan teknik *Proportional stratified random sampling* dan data dikumpulkan melalui kuesioner **Hasil:** Penelitian ini menunjukkan terdapat pengaruh signifikan antara durasi media layar terhadap prestasi sekolah ( $p=0,000$ ), aktivitas belajar di media layar terhadap prestasi sekolah ( $p=0,000$ ), aktivitas menonton film di media layar terhadap prestasi sekolah ( $p=0,000$ ), aktivitas bermain *game* di media layar terhadap prestasi sekolah ( $p=0,000$ ), dan aktivitas bermain media sosial di media layar terhadap prestasi sekolah ( $p=0,000$ ). Responden dengan penggunaan media layar dengan durasi yang tinggi dan aktivitas untuk menonton film, bermain media sosial dan *game* lebih berisiko

mengalami penurunan prestasi sekolah dibandingkan dengan penggunaan media layar dengan durasi rendah dan aktivitas untuk belajar. **Kesimpulan:** Terdapat pengaruh signifikan penggunaan media layar terhadap prestasi sekolah.

**Kata Kunci:** media layar, durasi, aktivitas, prestasi sekolah

## ABSTRACT

*Title* : *The Effect of Screen Media Use on School Performance at SMA Negeri 4 Kota Binjai City*

*Author* : *Jovanka Theresia Tarigan*

*NIM* : *223307010113*

*Faculty/Study Program* : *Faculty of Medicine, Dentistry, and Science Health/ Medical Study Program*

*Supervisor* : *dr. Monalisa Elizabeth, M.Ked (Ped)., Sp.A (K)*

**Background:** *Advances in information and communication technology in the digital era have influenced various aspects of life, especially the field of education. Gadgets and television as screen media have become an important part of teenagers' daily activities, both for learning and entertainment. The use of screen media can provide benefits, but excessive duration and activity of using screen media can affect school achievement. Parental supervision plays an important role in controlling the use of screen media so that it is used better. Objective:* *To find out the effect of using screen media on school achievement at SMA Negeri 4 Binjai City. Method:* *This research uses an analytical observational method with a cross-sectional approach. The independent variable in this research is the use of screen media, while the dependent variable includes school achievement. The research was carried out on July 2025 with a sample size of 240 respondents, who were selected using the Proportional stratified random sampling technique and data was collected through a questionnaire. Results:* *This research shows that there is a significant influence between the duration of screen media on school performance ( $p=0.000$ ), learning activities on screen media on school performance ( $p=0.000$ ), the activity of watching films on screen media on school performance ( $p=0.000$ ), the activity of playing games on screen media on school performance ( $p=0.000$ ), and the activity of playing social media on screen media on school performance ( $p=0.000$ ). Respondents who use screen media with a high duration*

*and activities for watching films, playing social media and games are more at risk of experiencing a decrease in school performance compared to those who use screen media with a low duration and activities for studying. **Conclusion:** There is a significant influence of the use of screen media on school performance.*

**Keywords:** *screen media, duration, activities, school performance*

