

Hubungan Durasi *Screen time* Dengan Perkembangan Anak Usia Prasekolah Di SPS TAAM Annuur Kota Tasikmalaya

Della Nasta Septina Hidayat¹, Yudita Ingga Hindiarti², Ratna Suminar³,
Fakultas Ilmu Kesehatan Universitas Galuh
Email dellanasta156@gmail.com

ABSTRAK

Masa prasekolah merupakan periode emas pertumbuhan dan perkembangan anak yang menentukan kualitas perkembangan selanjutnya. Peningkatan penggunaan perangkat digital menyebabkan durasi *Screen time* anak semakin tinggi sehingga berpotensi memengaruhi perkembangan motorik, bahasa, sosial, dan kemandirian. Penelitian ini bertujuan mengetahui hubungan durasi *Screen time* dengan perkembangan anak usia prasekolah di SPS TAAM Annuur Kota Tasikmalaya. Penelitian menggunakan metode kuantitatif dengan desain analitik korelasional dan pendekatan *cross sectional*. Populasi berjumlah 45 anak usia prasekolah dengan teknik total sampling. Data durasi *Screen time* dikumpulkan menggunakan kuesioner, sedangkan perkembangan diukur menggunakan Kuesioner Pra Skrining Perkembangan (KPSP). Analisis dilakukan secara univariat dan bivariat menggunakan uji *Chi-Square* ($\alpha=0,05$). Hasil menunjukkan sebagian besar responden memiliki durasi *Screen time* kategori normal sebanyak 20 anak (44,4%) dan perkembangan kategori sesuai sebanyak 20 anak (44,4%). Anak dengan *Screen time* normal sebagian besar memiliki perkembangan sesuai (90,0%), sedangkan anak dengan *Screen time* tinggi sebagian besar mengalami penyimpangan perkembangan (88,9%). Uji *Chi-Square* menunjukkan p-value <0,001, sehingga terdapat hubungan yang signifikan antara durasi *Screen time* dengan perkembangan anak usia prasekolah. Disimpulkan bahwa semakin tinggi durasi *Screen time*, semakin besar risiko gangguan perkembangan pada anak usia prasekolah. Disarankan orang tua membatasi *Screen time* sesuai rekomendasi usia, meningkatkan interaksi dan stimulasi perkembangan, serta tenaga kesehatan dan pendidik memberikan edukasi mengenai penggunaan media digital yang sehat untuk mendukung tumbuh kembang anak secara optimal.

Kata kunci: Anak Usia Prasekolah, KPSP, Perkembangan Anak, *Screen Time*

The Relationship Between Screen time and the Development of Preschool-Aged Children at SPS TAAM Annuur Tasikmalaya City

Della Nasta Septina Hidayat¹ , Yudita Ingga Hindiarti ² , Ratna Suminar ³ ,
Fakultas Ilmu Kesehatan Universitas Galuh
Email dellanasta156@gmail.com

ABSTRACT

Preschool is a golden period for children's growth and development, which determines the quality of their future development. The increasing use of digital devices is causing kids' Screen time to rise, which can potentially affect their motor skills, language, social skills, and independence. This study aims to find out the relationship between Screen time and the development of preschool children at SPS TAAM Annuur in Tasikmalaya City. The research uses a quantitative method with a correlational analytic design and a cross-sectional approach. The population consisted of 45 preschool children, using a total sampling technique. Screen time duration data was collected using a questionnaire, while development was measured using the Pre-Screening Developmental Questionnaire (KPSP). Analysis was done univariately and bivariately using the Chi-Square test ($\alpha=0.05$). The results showed that most respondents had a normal Screen time duration, with 20 children (44.4%), and development in the appropriate category, also 20 children (44.4%). Children with normal Screen time mostly had appropriate development (90.0%), while children with high Screen time mostly experienced developmental delays (88.9%). The Chi-Square test showed a p-value <0.001 , indicating a significant relationship between Screen time duration and the development of preschool-aged children. It can be concluded that the higher the Screen time, the greater the risk of developmental issues in preschool-aged children. Parents are advised to limit Screen time according to age recommendations, increase interaction and developmental stimulation, and health workers and educators should provide education on healthy digital media use to support optimal child development.

Keywords: *Preschool Age Children, KPSP, Child Development, Screen Time*