**The Relationship Between Sleep Patterns and Online Gaming Addiction**

**Through Gadgets in Children**

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**Abstract**

**Introduction:** Globally, online gaming addiction has been recognized as a significant public health issue. This finding suggests that online gaming addiction not only affects playtime but also disrupts children's circadian rhythm and sleep quality. In Indonesia, online gaming addiction is on the rise. This has become a serious concern for parents and educators, as the effects of this addiction impact not only physical health but also children's social and emotional development. **Purpose**: To investigate the relationship between sleep patterns and online gaming addiction through gadgets among fifth-grade students at SDN Cibeureum 5 Cimahi. **Methodology**: This study employs a quantitative research design with a descriptive correlational approach to examine the relationship between sleep patterns and gaming addiction among students. The sample size in this study consists of all fifth-grade students, totaling 71 participants at SDN Cibeureum 5 Cimahi. The sampling method used in this research is total sampling. The instruments used in this study are the **Sleep Disturbance Scale for Children (SDSC)** and the **Online Gaming Addiction Questionnaire**. In this study, the type of data analysis used is **Chi-Square analysis**. **Results**: The sleep patterns of children at SDN Cibeureum 5 Cimahi revealed that the majority of respondents had poor sleep patterns (87.3%). The online gaming addiction among children indicated that most respondents exhibited a high level of addiction (94.4%). the analysis using the Chi-Square test showed a p-value of 0.000, which is less than α 0.05. **Conclusion**: There is a significant relationship between children's sleep patterns and online gaming addiction.

**Keywords: Children's sleep patterns, Online gaming addiction.**