

**GAMBARAN KADAR LAJU ENDAP DARAH (LED)
PADA PENGGUNA GAME ONLINE**

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TASIKMALAYA
JULI 2025**

ABSTRAK

Gambaran Kadar Laju Endap Darah Pada Pengguna Game Online

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Abstrak:

Penggunaan game online secara berlebihan diduga dapat berdampak pada kesehatan sistemik, salah satunya melalui proses inflamasi yang dapat tercermin pada peningkatan kadar Laju Endap Darah (LED). Penelitian ini bertujuan untuk menggambarkan kadar LED pada pengguna game online. Penelitian dilakukan secara deskriptif kuantitatif dengan pendekatan *cross-sectional* terhadap 29 responden yang aktif bermain game online minimal 12 bulan dengan durasi 5–8 jam per hari. Pemeriksaan LED dilakukan dengan metode Westergren, dan data pendukung dikumpulkan melalui kuesioner. Hasil menunjukkan bahwa sebanyak 90% responden memiliki LED dalam batas normal, dan hanya 10% yang menunjukkan LED meningkat. Dengan demikian penelitian ini dapat disimpulkan, belum ditemukan keterkaitan langsung antara kebiasaan bermain game online dan peningkatan kadar LED.

Kata kunci: Laju Endap Darah, Game Online, Kesehatan Remaja, Gaya Hidup, Inflamasi

Abstract

Excessive use of online games is suspected to have an impact on systemic health, one of which is through an inflammatory process that can be reflected in increased Erythrocyte Sedimentation Rate (ESR) levels. This study aims to describe ESR levels in online game users. The study was conducted using a descriptive quantitative *cross-sectional* approach on 29 respondents who actively played online games for at least 12 months with a duration of 5–8 hours per day. ESR examination was conducted using the Westergren method, and supporting data were collected through questionnaires. The results showed that as many as 90% of respondents had ESR within normal limits, and only 10% showed an increased ESR. Therefore, this study can be concluded that no direct link has been found between online game playing habits and increased ESR levels.

Keywords: Erythrocyte Sedimentation Rate, Online Games, Adolescent Health, Lifestyle, Inflammation.