

ABSTRACT

Around 79.5% of the total population of Indonesian people accessing the internet, as many as 9.17% are children under the age of 12 years and under. This makes Indonesia the third largest mobile game market in the world. Many games originating from abroad enter Indonesia to market their products. With the occurrence of this phenomenon, it causes changes in the habits of the Indonesian people that damage health, such as staying up late because of playing online games, research data states that elementary school children have irregular sleep patterns caused by several factors, one of which is the habit of playing games until late at night. Supported by many journals that have examined the relationship between online games and children's habits. This research aims to design an illustration book to inform children about the dangers of staying up late for children's health. This research also focuses on raising awareness of the negative impact of staying up late in everyday life through an attractive visual approach. The research method uses descriptive qualitative and visual data analysis, for data collection methods using observation techniques, interviews, questionnaires, and literature studies. Research results show that illustrated books effectively raise children's awareness of the negative impacts of staying up late.

Keywords: Internet, staying up late, games, illustration book