

HUBUNGAN ANTARA KONTROL DIRI TERHADAP *GAME ONLINE* *ADDICTION* PADA REMAJA

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INTISARI

Latar Belakang: Masa remaja sebagai proses pencarian jati diri dengan rasa ingin tahu yang tinggi, terkadang membuat remaja melakukan perilaku negatif seperti berkecanduan *game online*, yang disebabkan oleh ketidakmampuan remaja dalam mengontrol dirinya.

Tujuan Penelitian: Mengetahui hubungan antara kontrol diri terhadap *game online addiction* pada remaja

Metode Penelitian: Penelitian ini menggunakan metode kuantitatif korelasional. Peneliti mengumpulkan data dengan menggunakan *game addiction scale* (GAS) yang dimodifikasi oleh peneliti berdasarkan aspek-aspek dari Lemmens (2009), dan skala kontrol diri dibuat sendiri oleh peneliti berdasarkan aspek-aspek dari Averill (Ghufroon & Suminta, 2017).

Hasil Penelitian: Hasil analisis menunjukkan tidak ada hubungan antara kontrol diri terhadap *game online addiction* dengan nilai korelasi r sebesar 0,023 dan nilai p sebesar 0,774 ($p > 0,05$).

Kesimpulan: Berdasarkan hasil tersebut diketahui bahwa tidak ada hubungan antara kontrol diri terhadap *game online addiction* pada remaja.

Kata kunci: *Game online addiction*, Kontrol diri, Remaja

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THE RELATISHIP BETWEEN SELF-CONTROL TO ONLINE ADDICTION GAMES IN YOUTH

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ABSTRACT

Background: Adolescence as a process of searching for identity with high curiosity, sometimes makes teens do negative behavior such as addicted to online games, which is caused by the inability of adolescents to control themselves.

Research Objectives: To determine the relationship between self-control and online game addiction in adolescents.

Research Methods: This study uses correlational quantitative methods. The researcher collected data using the game addiction scale (GAS) which was modified by the researcher based on aspects from Lemmens (2009), and the self-control scale was made by the researcher based on aspects from Averill (Ghufron & Suminta, 2017).

Research Results: The results of the analysis showed that there was no relationship between self-control and online game addiction with a correlation value of 0.023 and a p-value of 0.774 ($p > 0.05$).

Conclusion: Based on these results, it is known that there is no relationship between self-control and online game addiction in adolescents.

Keywords: Online game addiction, Self control, Teenagers

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