

ABSTRAK**TINGKAT KECANDUAN INTERNET MAHASISWA
(Studi Deskriptif pada Mahasiswa Angkatan 2017 Program Studi Bimbingan
dan Konseling Universitas Sanata Dharma dan Implikasinya Terhadap
Topik - Topik Bimbingan Pribadi)**

Dewi Sekar Tanjung
Universitas Sanata Dharma
2020

Penelitian ini bertujuan untuk: (1) mendeskripsikan tingkat kecanduan internet mahasiswa Bimbingan dan Konseling Angkatan 2017 Universitas Sanata Dharma dan (2) mengidentifikasi butir-butir pengukuran penyusunan internet mana yang capaian skornya teridentifikasi tinggi sebagai dasar usulan topik-topik bimbingan. Jenis penelitian ini adalah kuantitatif deskriptif. Subyek penelitian adalah mahasiswa Program Studi Bimbingan dan Konseling Angkatan 2017 Universitas Sanata Dharma yang berjumlah 92 mahasiswa. Pengumpulan data pada penelitian ini mengadopsi Skala Tingkat Kecanduan Internet yang dikembangkan Widyanto & McMurren (Yong, 2017) yang berjumlah 20 item. Skala disusun berdasarkan aspek kecanduan internet menurut Widyanto & McMurren, yaitu (1) *Salience* (ketertarikan), (2) *Excerssive Use*, (3) *Nglect of work*, (4) *Antisipation*, (5) *Lack of control*, (6) *Lack of social life*. Nilai koefisien realibilitas instrumen menggunakan pendekatan Alpha Chornback (α) sebesar 0,724. Teknik analisis data menggunakan statistik deskriptif dengan kategorisasi sangat tinggi, tinggi, sedang, rendah, dan sangat rendah. Hasil penelitian ini menunjukkan bahwa mahasiswa Program Atudi Bimbingan dan Konseling Angkatan 2017 Universitas Sanata Dharma memiliki tingkat kecanduan internet sebagai berikut: 1) terdapat 16 mahasiswa (17,40%) yang masuk dalam kategori sangat tinggi, 2) terdapat 17 mahasiswa (18,47%) yang masuk dalam kategori tinggi, 3) terdapat 23 mahasiswa (25%) yang masuk dalam kategori sedang, 4) terdapat 30 mahasiswa (32,61%) yang termasuk dalam kategori rendah, 5) terdapat 6 mahasiswa (6,52%) yang termasuk dalam kategori sangat rendah. Hasil analisis item menunjukkan 1 item yang memiliki perolehan skor tinggi sebagai dasar menyusun usulan topik bimbingan. Adapun usulan topik bimbingan adalah: Kuhadapi masalah tanpa menjadikan internet tempat pelarian.

Kata Kunci: Kecanduan Internet, Internet, Topik Bimbingan

ABSTRACT**THE INTERNET ADDICTION LEVEL OF STUDENTS
(Descriptive Study of Class 2017 of Guidance and Counseling Students of
Sanata Dharma University and Their Implications for Personal Guidance
Topics)**

*Dewi Sekar Tanjung
Sanata Dharma University
2020*

This study was aimed to: (1) describe the level of internet addiction of the Class 2017 Guidance and Counseling students of Sanata Dharma University and (2) identify the measurement points of internet preparation that the scores were identified high as the basis for the proposed guidance topics. The type of this research was a quantitative descriptive research. The subjects of the study were 92 class 2017 students of the Guidance and Counseling Study Program of Sanata Dharma University. The data collection in this study adopted the Internet Addiction Level Scale developed by Widyanto & McMurren (Young, 2017), with 20 items of scale. The scale was arranged based on internet addiction aspects according to Widyanto & McMurren, namely (1) Salience (interest), (2) Excessive Use, (3) Elective work, (4) Anticipation, (5) Lack of control, (6) Lack of social life. The reliability coefficient of the instrument used the Alpha Chronbach (α) approach of 0.724. The data analysis technique used was descriptive statistics with very high, high, medium, low and very low categorization. The results of this study indicate that the class 2017 students of Guidance and Counseling Study Program of Sanata Dharma University had the following internet addiction levels: 1) 16 students (17.40%) were in the very high category. 2) 17 students (18.47%) were in the high category, 3) 23 students (25%) were in the medium category, 4.) 30 students (32.61%) were in the low category, 5) 6 students (6.52%) were in the very low category. The results of item analysis showed that 1 item (5%) had high score and became the basis for compiling proposed guidance topics. The proposed guidance topic is: I face problems without making the internet a place of escape

Keywords: *Internet Addiction, Internet, Guidance Topics*