

HUBUNGAN KETERLIBATAN GIM DENGAN KEBAHAGIAAN

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ABSTRAK

Penelitian ini dilakukan untuk mengungkap hubungan keterlibatan gim dengan kebahagiaan pada individu dewasa yang bermain gim. Hipotesis dalam penelitian ini adalah bahwa keterlibatan gim berhubungan positif dengan kebahagiaan. 225 partisipan telah menyelesaikan kuesioner yang dibagikan secara daring. Keterlibatan gim partisipan diukur dengan *Game Engagement Questionnaire* (GEQ) dengan partisipan menilai pengalamannya memainkan gim favoritnya. Kebahagiaan partisipan diukur melalui *Scale of Positive and Negative Experience* (SPANE) dengan partisipan menilai perasaan positif dan negatifnya selama empat minggu terakhir. Pengukuran reliabilitas alfa Cronbach menunjukkan GEQ, $\alpha = 0,91$, dan SPANE, $\alpha = 0,82$, yang mana menunjukkan reliabilitas yang baik. Teknik korelasi Spearman digunakan dalam uji hipotesis karena data tidak berdistribusi normal dan menunjukkan tidak adanya hubungan antara keterlibatan gim dengan kebahagiaan, $p > ,05$ ($r = ,00$). Penelitian ini menyimpulkan bahwa keterlibatan gim tidak memiliki kaitan dengan kebahagiaan.

Kata kunci: gim, video, keterlibatan, kebahagiaan

THE RELATIONSHIP BETWEEN GAME ENGAGEMENT AND HAPPINESS

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ABSTRACT

This study was conducted to investigate the relationship between game engagement and happiness among adults who play video games. This study hypothesizes that there is a positive relationship between game engagement and happiness. 225 participants completed online questionnaires. Participants' game engagement was measured by Game Engagement Questionnaire (GEQ) through their evaluation on their experiences of playing their favourite video games. Participants' happiness was measured by Scale of Positive and Negative Experience (SPANE) by thinking their experiences during the past four weeks. Cronbach's alpha reliability shows that GEQ, $\alpha = 0,91$, and SPANE, $\alpha = 0,82$, which indicates that both are reliable. Spearman correlation technique was used because the data was not normally distributed and shows that there is no relationship between game engagement and happiness, $p > .05$ ($r = .00$). This study concluded that game engagement is not related with happiness.

Keywords: video, game, gaming, engagement, happiness