

ABSTRAK

Supriadi, Nathania Yosephine. 2023. Perilaku *gaming* sebagai cara koping *stress* mahasiswa selama pandemi COVID-19. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengidentifikasi perilaku *gaming* sebagai koping mahasiswa yang muncul sebagai respon atas stres yang dialami mereka selama pandemi COVID-19, serta memahami lebih mendalam mengenai dampak dari perilaku tersebut di dalam kehidupan mereka. Partisipan dalam penelitian ini telah melaporkan peningkatan frekuensi dan durasi *gaming* mereka selama pandemi COVID-19. Perubahan perilaku ini menunjukkan kemungkinan adanya perilaku *gaming* sebagai strategi koping yang muncul karena adanya stres akademik dan non-akademik yang mereka alami selama pandemi. Penelitian ini merupakan penelitian kualitatif deskriptif, yang menggunakan metode wawancara semi-terstruktur untuk menggali data dari 4 mahasiswa yang tinggal di Jawa Tengah. Partisipan dipilih berdasarkan beberapa kriteria, yakni: mahasiswa yang pernah menjalani kuliah *online*, bermain *game online* atau *offline* selama masa PPKM hingga sekarang, dan mengalami peningkatan frekuensi dan durasi bermain *game* selama masa pandemi COVID-19. Wawancara dengan partisipan dilaksanakan secara *online* dan *offline*, dan hasil wawancara dianalisis dengan menggunakan metode analisis tematik. Penelitian ini menemukan bahwa para partisipan mengalami peningkatan stres akademik maupun non-akademik selama masa pandemi COVID-19, dan benar bahwa mereka menggunakan *gaming* sebagai cara koping, yang mana *gaming* dapat berupa strategi koping *emotion focused* maupun *problem focused*. *Gaming* sebagai perilaku koping secara umum memberikan dampak positif pada keadaan emosional mahasiswa dan meringankan stres interpersonal mereka. Akan tetapi, perilaku *gaming* yang berlebihan seperti *problematic gaming* juga dapat memengaruhi kehidupan sehari-hari dan kehidupan akademik mahasiswa secara negatif.

Kata kunci: *game*, *gaming*, mahasiswa, kualitatif, strategi koping, pandemi COVID-19

ABSTRACT

Supriadi, Nathania Yosephine. 2023. *Gaming as a coping behavior against stress in college students during COVID-19 pandemic. Thesis.* Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

This study aims to identify *gaming* as coping behavior in college students during the COVID-19 pandemic as a response to their stress, and to further understand the impact of such behavior in their lives. The participants in the study have reported an increase in the frequency and duration of their *gaming* behavior during the COVID-19 pandemic. This change in *gaming* behavior may point towards *gaming* being a coping strategy in response to both academic and non-academic stress they experienced during the pandemic. This study was done using a descriptive qualitative research method, which was done by employing a semi-structured interview to gather the data of 4 college students currently living in Central Java. The participants were chosen according to the following criteria: college students who have participated in *online* classes, have played either *online* or *offline* games during PPKM period until now, and have reported an increase in time and frequency of their *gaming* behavior during the COVID-19 pandemic. Interviews with the participants were conducted both *online* and *offline*, and the results were analyzed using thematic analysis method. This study has found that participants experienced an increase in both academic and non-academic stresses during the COVID-19 pandemic, and that they were indeed using *gaming* as a coping method, which points towards *gaming* being both an emotion focused and problem focused coping strategies. *Gaming* as a coping behavior has generally brought a positive impact on the students' emotional state and alleviated their interpersonal stress. However, excessive *gaming* behavior points such as problematic *gaming* may also have affected their daily and academic lives in a negative way.

Keywords: *gaming, game, college students, qualitative, coping strategy, COVID-19 pandemic*