

ABSTRAK

PERBEDAAN *SELF CONTROL* PADA MAHASISWA BIMBINGAN DAN KONSELING UNIVERSITAS SANATA DHARMA PENGGUNAAN MEDIA SOSIAL X (TWITTER) DITINJAU DARI JENIS KELAMIN

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Penelitian ini bertujuan untuk (1) Mengetahui perbedaan kontrol diri pada mahasiswa bimbingan dan konseling Universitas Sanata Dharma pengguna media sosial X (Twitter) ditinjau dari jenis kelamin. (2) Mengetahui tingkat kontrol diri pada mahasiswa laki-laki bimbingan dan konseling Universitas Sanata Dharma pengguna media sosial X (Twitter). (3) Mengetahui tingkat kontrol diri pada mahasiswa perempuan bimbingan dan konseling Universitas Sanata Dharma pengguna media sosial X (Twitter).

Jenis penelitian kuantitatif dengan pendekatan komparatif. Subjek pada penelitian ini adalah mahasiswa BK USD pengguna Twitter yang berjumlah 30 orang mahasiswa laki-laki dan 30 perempuan. Kuesioner berdasarkan teori *self control* Averill (dalam Ghufron dan Risnawati, 2010) yang memiliki tiga aspek diantaranya: Kontrol perilaku, kontrol kognitif, dan kontrol dalam mengambil keputusan. Hasil uji validitas diperoleh total 39 item valid.

Hasil penelitian terdapat perbedaan tingkat *self control* pada mahasiswa laki-laki dan mahasiswa perempuan bimbingan dan konseling pengguna media sosial X (Twitter), ditinjau berdasarkan hasil Uji Mann Whitney, nilai asymp. Signifikan (2 tailed) $.000 < 0,05$, maka H_a diterima dan H_0 ditolak. Mahasiswa laki-laki memiliki *self control* lebih rendah dibandingkan mahasiswa perempuan. Mahasiswa laki-laki cenderung memiliki tingkat self control sedang sekitar 21 (70%) dan mahasiswa perempuan cenderung memiliki self control tinggi tinggi sekitar 21 (70%).

Kata kunci: *Self Control*, Mahasiswa pengguna media sosial X, jenis kelamin.

ABSTRACT

DIFFERENCES IN SELF CONTROL AMONG GUIDANCE AND COUNSELING STUDENTS OF SANATA DHARMA UNIVERSITY USE OF SOCIAL MEDIA

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This research aims to (1) Knowing the differences in self-control among guidance and counseling male students at Sanata Dharma University who use social media X (Twitter) based on gender. (2) Determine the level of self-control among guidance and counseling female students at Sanata Dharma University who use social media X (Twitter). (3) Knowing the level of self-control among guidance and counseling students at Sanata Dharma University who use social media X (Twitter).

Type of quantitative research with a comparative approach. The subjects in this research were BK USD students who used Twitter, totaling 30 male and 30 female students. The questionnaire is based on Averill's self-control theory (in Ghufron and Risnawati, 2010) which has three aspects including: Behavioral control, cognitive control, and control in making decisions. The validity test results obtained a total of 39 valid items.

The research results show differences in the level of self-control between guidance and counseling male students and female students who use social media based on the results of Mann Whitney, asymp. The asymp. significant (2-tailed) value is $0.000 < 0.05$, then the H_a (alternative hypothesis) is accepted and the H_o (null hypothesis) is rejected. Male students have lower self-control than female students. Male students tend to have a moderate level of self-control around 21 (70%) and female students tend to have a high level of self-control around 21 (70%).

Keywords: *Self Control, Student X social media users, gender.*