

ABSTRAK

Pasaribu, Mordencaf Rachel. 2024. Hubungan antara *emotional focused coping* dan kecanduan *game online* pada remaja. *Skripsi*. Yogyakarta:Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Kecanduan *game online* didefinisikan sebagai merasakan keterikatan yang berlebihan terhadap *game online* sehingga menggunakannya secara berlebihan dapat mengakibatkan masalah sosial dan emosional. Kecanduan *game online* banyak dialami oleh remaja. Remaja yang mengalami kecanduan *game online* dipengaruhi oleh beberapa faktor. Penelitian ini bertujuan untuk mengkaji hubungan antara *emotional focused coping* dengan kecanduan *game online* pada remaja. Subjek penelitian berjumlah 226 subjek diperoleh melalui *convenience sampling*. Karakteristik subjek penelitian yaitu individu berusia 10-22 tahun, aktif dan senang bermain *game online*, berjenis kelamin laki-laki atau perempuan. Metode analisis data penelitian menggunakan metode korelasional. Hasil penelitian menemukan bahwa ada hubungan positif antara *emotional focused coping* dengan kecanduan *game online* pada remaja. Hasil analisis menunjukkan nilai korelasi antara *emotional focused coping* dengan kecanduan *game online* sebesar $r = 0.359$ dengan signifikansi $p=0.000$ ($p \leq 0.05$). Maka dapat diartikan bahwa semakin tinggi tingkat *emotional focused coping* maka semakin tinggi tingkat kecanduan *game online* pada remaja. Sumbangan efektif variabel *emotional focused coping* terhadap kecanduan *game online* yaitu sebesar 12.889%. Hasil penelitian ini juga menyimpulkan bahwa 49.12% subjek mengalami kecanduan *game online* kategori sedang dan 6.19% mengalami kecanduan *game online* kategori tinggi. Dari data tersebut diketahui bahwa 36.8% berjenis kelamin laki-laki dan 63.2% perempuan.

Kata Kunci: *Emotional Focused Coping*, Kecanduan *Game Online*, Remaja

ABSTRACT

Pasaribu, Mordencaf Rachel. 2024. The relationship between emotional focused coping and game online addiction in adolescence. *Thesis*. Yogyakarta:Psychology, Psychology Faculty, Sanata Dharma University.

Online game addiction is defined as feeling excessively attached to online games so that using them excessively can result in social and emotional problems. Online game addiction is experienced by many teenagers. Teenagers who experience online game addiction are influenced by several factors. This research aims to examine the relationship between emotional focused coping and online game addiction in adolescence. The research subjects were 226 subjects obtained through convenience sampling. The characteristics of the research subjects were individuals aged 10-22 years, active in playing online games, male or female. The research data analysis method used the correlational method. The research results found that there is a positive relationship between emotional focused coping and online game addiction in adolescence. The results of the analysis showed that the correlation value between emotional focused coping and online game addiction is $r = 0.359$ with a significance of $p = 0.000$ ($p \leq 0.05$). So it can be interpreted that the higher the level of emotional focused coping, the higher the level of online game addiction in adolescence. The effective contribution of the emotional focused coping variable to online game addiction is 12,889%. The results of this study also concluded that 49.12% of subjects experienced medium category online game addiction and 6.19% experienced high category online game addiction. From this data it is known that 36.8% are male and 63.2% female.

Key words: Emotional Focused Coping, Game Online Addiction, Adolescence