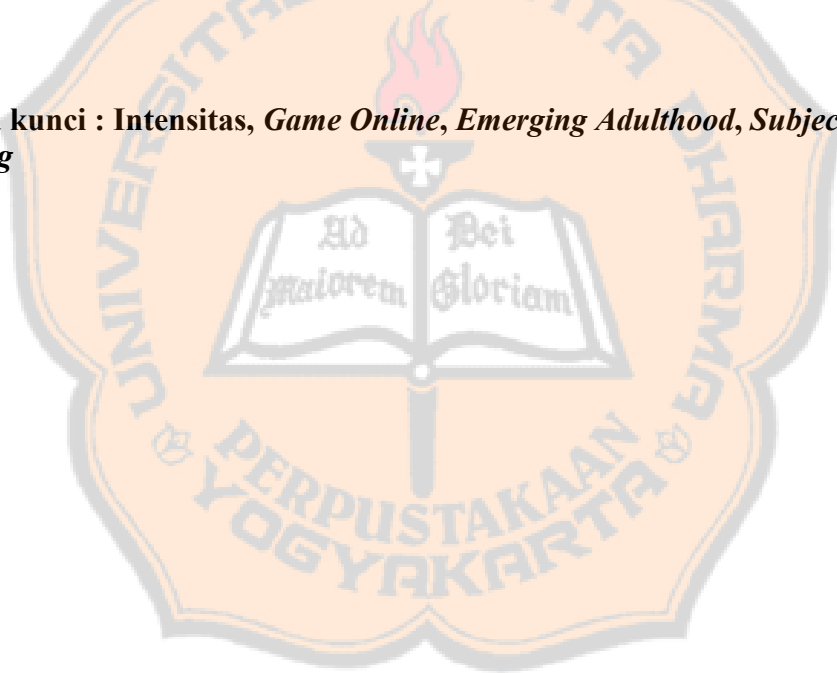


ABSTRAK

Putriantoro, Benedicta Marsellina. 2025. Hubungan Antara Intensitas Bermain *Game Online* Dengan *Subjective Well-Being* Pada *Emerging Adulthood*. Skripsi. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara intensitas bermain game online dengan *subjective well-being* khususnya pada *emerging adulthood*. Hipotesis yang diajukan dalam penelitian ini yaitu, terdapat hubungan negatif antara intensitas bermain game online dengan kepuasan hidup dan afek positif, serta terdapat hubungan positif antara intensitas bermain game online dengan afek negatif. Jenis penelitian ini merupakan penelitian kuantitatif dengan subjek berjumlah 202 orang berusia 18 - 25 tahun dan aktif bermain game online Mobile Legend: Bang-Bang. Analisis data pada penelitian ini menggunakan teknik uji korelasi *Spearman Rho*. Hasil penelitian menunjukkan bahwa intensitas bermain game online MLBB memiliki korelasi negatif dengan kepuasan hidup ($p = 0.008$) dan afek positif ($p < 0.001$), dan korelasi positif dengan afek negatif ($p < 0.001$).

Kata kunci : Intensitas, *Game Online*, *Emerging Adulthood*, *Subjective Well-Being*



ABSTRACT

Putriantoro, Benedicta Marsellina. 2025. The Relationship Between Online Game Playing Intensity with Subjective Well-Being in Emerging Adulthood. Thesis. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

The aim of this research is to determine the correlation between the intensity of playing online games and subjective well-being, specifically in emerging adulthood. This research hypothesis is, there negative correlation between the intensity of playing online games and life satisfaction, as well as positive affect. Also there is positive correlation between the intensity of playing online games and negative affect. Quantitative research method was used and applied to 202 subjects (18 to 25 years old) who actively play the Mobile Legends: Bang Bang. This research used The Spearman's Rho correlation test. The results show that the intensity of playing Mobile Legends: Bang Bang has a negative correlation with life satisfaction ($p = 0.008$) and positive affect ($p < 0.001$), and a positive correlation with negative affect ($p < 0.001$).

Keywords: *Intensity, Online Games, Emerging Adulthood, Subjective Well-Being*