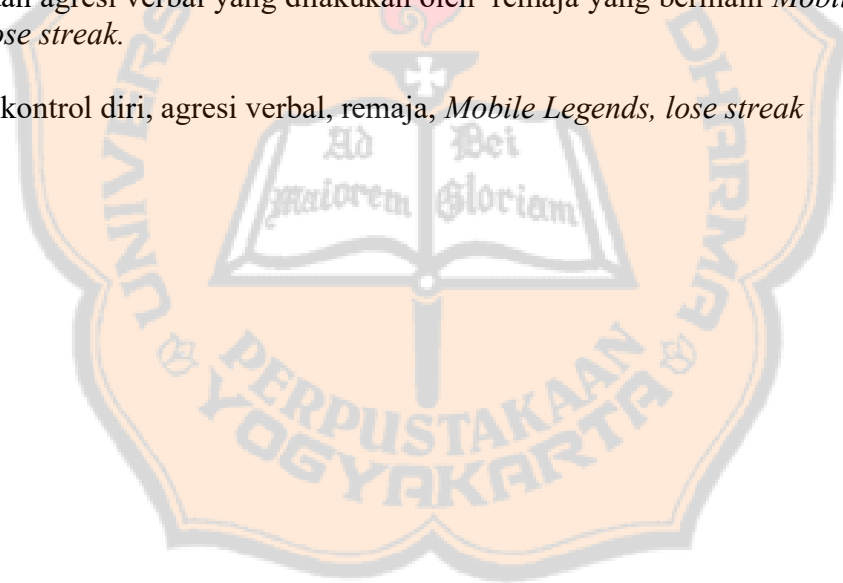


ABSTRAK

Lestari, Joanita Indah Nugraheni Budi. 2025. Hubungan Kontrol Diri dengan Agresi Verbal Remaja yang Bermain *Game Online Mobile Legends* dan Mengalami Fenomena *Lose Streak*. *Skripsi*. Yogyakarta: Psikologi. Fakultas Psikologi. Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara kontrol diri dengan agresi verbal remaja yang bermain *game online Mobile Legends* dan mengalami fenomena *lose streak*. Hipotesis dalam penelitian ini adalah terdapat hubungan negatif antara kontrol diri dengan agresi verbal remaja yang bermain *game online Mobile Legends* yang mengalami *lose streak*. Subjek yang digunakan dalam penelitian ini sebanyak 306 remaja dengan rentang usia 15-18 tahun yang bermain *Mobile Legends* dan pernah mengalami *lose streak*. Pengumpulan data dilakukan dengan menyebarkan kuesioner penelitian yang terdiri dari dua instrumen ukur, yaitu skala kontrol diri De Ridder et al., (2011) yang telah diterjemahkan ke dalam bahasa Indonesia oleh Arifin dan Milla (2020) dengan 10 item ($\alpha = 0,77$) dan skala agresi verbal Infante (1986) yang terdiri dari 20 item ($\alpha = 0,93$). Hasil uji asumsi penelitian menunjukkan bahwa data tidak berdistribusi normal, namun linear. Berdasarkan hal tersebut, analisis data penelitian dilakukan menggunakan *Spearman's Rho*. Hasil uji korelasi menunjukkan bahwa kontrol diri berhubungan negatif signifikan dengan agresi verbal dengan nilai korelasi $-0,447$ dengan $p = 0,000$. Oleh karena itu, dapat disimpulkan bahwa semakin tinggi kontrol diri maka semakin rendah agresi verbal yang dilakukan oleh remaja yang bermain *Mobile Legends* dan mengalami *lose streak*.

Kata kunci: kontrol diri, agresi verbal, remaja, *Mobile Legends*, *lose streak*



ABSTRACT

Lestari, Joanita Indah Nugraheni Budi. 2025. The Relationship Between Self-Control and Verbal Aggression in Adolescents Who Play the Online Game Mobile Legends and Experience the Lose Streak Phenomenon. *Undergraduate Thesis*. Yogyakarta: Psychology. Faculty of Psychology, Sanata Dharma University.

This study aims to determine the relationship between self-control and verbal aggression among adolescents who play the online game Mobile Legends and experience a losing streak. The hypothesis in this study is that there is a negative relationship between self-control and verbal aggression among adolescents who play the online game Mobile Legends and experience a losing streak. The subjects used in this study were 306 adolescents aged 15-18 years who play Mobile Legends and have experienced a losing streak. Data collection was conducted by distributing a research questionnaire consisting of two measuring instruments, namely the De Ridder et al. (2011) self-control scale, which has been translated into Indonesian by Arifin and Milla (2020) with 10 items ($\alpha = 0.77$) and Infante's (1986) verbal aggression scale consisting of 20 items ($\alpha = 0.93$). The results of the research assumption test showed that the data was not normally distributed but was linear. Based on this, the research data analysis was conducted using Spearman's Rho. The correlation test results showed that self-control was significantly negatively related to verbal aggression with a correlation value of -0.447 with $p = 0.000$. Therefore, it can be concluded that the higher the self-control, the lower the verbal aggression exhibited by adolescents who play Mobile Legends and experience a losing streak.

Keywords: *self-control, verbal aggression, adolescents, Mobile Legends, lose streak*