

ABSTRAK

Simbolon, D. M. D. P. 2026. Hubungan antara Kontrol Diri dengan Perilaku Merokok pada Dewasa Awal. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma

Penelitian ini bertujuan untuk mengetahui hubungan antara kontrol diri dengan perilaku merokok pada dewasa awal. Kontrol diri merupakan kemampuan individu untuk mengatur pikiran, emosi, dan perilaku agar sesuai dengan tujuan jangka panjang, yang mencakup aspek *self-discipline*, *non-impulsivity*, *healthy habits*, *work ethic*, dan *reliability*. Perilaku merokok dalam penelitian ini dipahami sebagai aktivitas menghisap asap tembakau secara berulang yang diukur melalui aspek frekuensi, durasi, dan intensitas. Penelitian menggunakan pendekatan kuantitatif dengan metode korelasional. Subjek berjumlah 287 individu dewasa awal berusia 18–40 tahun yang merupakan perokok aktif, dipilih melalui teknik *convenience sampling*. Pengumpulan data dilakukan melalui *Google Form* yang disebarakan melalui media sosial (*WhatsApp*, *Instagram*, dan *TikTok*) serta pendekatan langsung di beberapa kafe. Instrumen yang digunakan adalah skala adaptasi *Brief Self-Control Scale* (BSCS) ($\alpha = 0,76$; 13 aitem) dan skala perilaku merokok yang disusun oleh peneliti ($\alpha = 0,76$; 42 aitem), yang keduanya memenuhi kriteria reliabilitas yang baik. Data dianalisis menggunakan uji korelasi *Spearman's rho*. Hasil penelitian menunjukkan adanya hubungan negatif yang signifikan dengan kekuatan sedang antara kontrol diri dan perilaku merokok ($r = -0,502$; $p < 0,001$). Artinya, semakin tinggi kontrol diri individu, maka semakin rendah perilaku merokoknya. Hal ini menunjukkan bahwa kontrol diri berperan penting dalam menghambat kecenderungan merokok pada dewasa awal.

Kata kunci: kontrol diri, perilaku merokok, dewasa awal

ABSTRACT

Simbolon, D. M. D. P. 2026. *The Relationship between Self-Control and Smoking Behavior in Early Adults*. Thesis. Yogyakarta: Psychology, Faculty of Psychology, Universitas Sanata Dharma.

This study aims to examine the relationship between self-control and smoking behavior in young adults. Self-control is defined as an individual's ability to regulate thoughts, emotions, and behaviors in alignment with long-term goals, encompassing the aspects of self-discipline, non-impulsivity, healthy habits, work ethic, and reliability. Smoking behavior in this study is understood as the repeated act of inhaling tobacco smoke, measured through the aspects of frequency, duration, and intensity. This study employed a quantitative approach using a correlational method. Participants consisted of 287 young adults aged 18–40 years who were active smokers, selected through convenience sampling. Data were collected via a Google Form distributed through social media platforms (WhatsApp, Instagram, and TikTok) as well as through direct approaches at several cafés. The instruments used were an adapted version of the Brief Self-Control Scale (BSCS) ($\alpha = 0.76$; 13 items) and a smoking behavior scale developed by the researcher ($\alpha = 0.76$; 42 items), both of which met the criteria for good reliability. Data were analyzed using Spearman's rho correlation. The results revealed a significant negative correlation of moderate strength between self-control and smoking behavior ($r = -0.502$; $p < 0.001$), indicating that the higher an individual's self-control, the lower their smoking behavior. These findings suggest that self-control plays an important role in inhibiting smoking tendencies among young adults.

Keywords: self-control, smoking behavior, early adults

