

ABSTRAK

PRIDA HARKINA. Pelatihan Strategi Pengelolaan Diri Untuk Meningkatkan Self-Control Pada Remaja Dengan Adiksi *Game Online* Tingkat Sedang.

Pembimbing: Dr. Rismijati E. Koesma dan Esti Wungu, Psi., M.Ed.

Penelitian ini didasarkan pada fenomena maraknya kasus adiksi *game online* yang terjadi bukan hanya di kalangan para pemain dewasa, namun juga pemain remaja, khususnya para remaja Sekolah Menengah Pertama. Berdasarkan data di lapangan, diketahui bahwa sebagian besar pemain remaja yang bermain *game online* sudah mengalami adiksi bermain *game online* tingkat sedang (Brown, 1993). Maksudnya para remaja ini belum dapat dikatakan mengalami adiksi bermain *game online*, namun *game online* telah menjadi sesuatu yang mendominasi pikiran dan perilaku mereka sehari-hari. Selain itu, *game online* menimbulkan perasaan senang dan keterlibatan yang kuat, yang dapat mendorong para remaja untuk mengulangi perilaku bermain *game online* ini secara terus menerus. Meskipun belum dapat digolongkan dalam kategori adiksi, namun berdasarkan Goodman (1994), perilaku yang ditunjukkan oleh para remaja saat ini memiliki peluang untuk terjadinya perilaku adiksi di kemudian hari. Sehingga dibutuhkan suatu penanganan pencegahan agar mereka tidak sampai ke tingkat *fully addicted*.

Menurut Cormier dan Cormier (1991), salah satu cara mengatasi perilaku adiksi *game online* adalah dengan memperkuat kontrol diri pada remaja saat bermain *game online*. Dalam penelitian ini, peningkatan *self control* dilakukan dengan menggunakan pelatihan “Strategi Pengelolaan Diri”, yaitu suatu bentuk kegiatan yang terfokus pada perubahan tingkah laku, dengan menggunakan tiga strategi : *self-monitoring*, *stimulus control*, dan *self-reward*. Pelatihan ini dilakukan pada dua orang partisipan dengan menggunakan *A – B – A Reversal Design*. Pengukuran dilakukan di setiap fase A (saat tidak ada *treatment*) dan B (saat diberikan *treatment*). Data yang diperoleh selama pengukuran menunjukkan bahwa terjadi peningkatan jumlah skor *self-control* pada kedua peserta dari saat belum diberikan *treatment* ke pada saat *treatment* diberikan.

Kata kunci : adiksi *game online*, *self control*, strategi pengelolaan diri.

ABSTRACT

PRIDA HARKINA. Self Management Strategy Training To Improve Self-Control In Adolescents With Moderate Levels Online Game Addiction.

Advisor: Dr. Rismijati E. Koesma dan Esti Wungu, Psi., M.Ed.

The study was based on the phenomenon of game online addiction that occurred not only among adult players, but also adolescents layers, especially Junior High School students. According to data on the field, it is found that most of the adolescents players had experienced online gaming addiction moderate level (Brown, 1993). It was meant that these adolescents could not be said to have experienced fully online gaming addiction, but online gaming had become something that dominates their thoughts and behavior every day. In addition, online gaming had caused pleasure and strong engagement feelings, which could encourage the youth to repeat this online game behavior continuously. Although could not be classified in the category of addiction yet, but according to Goodman (1994), the behavior exhibited by adolescents now had the opportunity for the occurrence of behavioral addiction later in life. And so we needed a preventive treatment so that they did not get to the level of fully addicted.

According to Cormier and Cormier (1991), one of the ways to overcome online gaming addiction behavior was to strengthen self-control in adolescents when playing games online. In this study, the increasing of self-control was done by using the "Self-Management Strategy" training, an activity that was focused on behavior change, using three strategies: self-monitoring, stimulus control, and self-reward. The training was conducted in two participants by using the A - B - A Reversal Design. Measurements were carried out in every phase of A (when there was no treatment) and B (when was given treatment). The data acquired during the measurement showed there was an increasing number of self-control scores on both the participants, from the phase treatment had not been given yet to the time of treatment to be given.

Keywords : game online addiction, self control, self-management strategy.