

ABSTRAK

Penelitian ini bertujuan untuk mengetahui apakah pelatihan control diri dapat menurunkan kecanduan *game online* pada mahasiswa Universitas Negeri Makassar. Hipotesis yang diajukan adalah ada perbedaan kecanduan *game online* sebelum diberi pelatihan control diri dan setelah pelatihan control diri. Rancangan eksperimen yang digunakan *the one group pretest-posttest design*. Subjek dalam penelitian ini adalah mahasiswa kelompok umur 20-24 tahun. Subjek penelitian sebanyak 12 orang. Pengumpulan data dilakukan dengan menggunakan skala kecanduan *game online* dan skala control diri, serta wawancara. Wawancara yang diberikan kepada subjek untuk mengetahui jumlah rata-rata waktu yang digunakan mahasiswa untuk bermain *game online* dalam satu hari. Metode analisis data dalam penelitian ini adalah metode kuantitatif dengan ***Paired sample t test***. Berdasarkan Uji *Paired Sampel t test* diperoleh nilai $t = 7.740$ ($p < 0,05$), maka dapat disimpulkan bahwa hipotesis penelitian ini diterima, yakni ada perbedaan kecanduan *game online* sebelum pelatihan dan setelah pelatihan. Kecanduan bermain *game online* setelah pelatihan lebih rendah (rata-rata *Post-test* 13.17) dari pada sebelum pelatihan control diri (nilai rata-rata *Pre-test* 18.50). Hal ini menunjukkan bahwa pelatihan Kontrol diri dapat menurunkan kecanduan *game online* mahasiswa di Universitas Negeri Makassar.

Kata kunci: Pelatihan Kontrol diri, Kecanduan, Game online, analisis

ABSTRACT

This study aims to determine whether self-control training can reduce online game addiction in Makassar State University students. The hypothesis proposed is that there is a difference in online game addiction before being given self-control training and after self-control training. This type of research is experimental, with a one group pretest-posttest design. The subjects in this study were students in the age group of 20-24 years. The research subjects were 12 people. Data was collected using an online game addiction scale and self-control scale, as well as interviews. Interviews were given to subjects to find out the average amount of time students used to play online games in one day. The method of data analysis in this study is a quantitative method with Paired sample t test. Based on the Paired Sample t test, the value of $t = 7.740$ ($p < 0.05$), it can be concluded that the hypothesis of this study is accepted, namely that there are differences in online game addiction before training and after training. Addiction to playing online games after training was lower (Post-test mean 13.17) than before self-control training (Pre-test mean 18.50). This shows that self-control training can reduce online game addiction of students at Makassar State University.

Keywords: *Self-control training, addiction, online games, analysis*