

ABSTRAK

HUBUNGAN REGULASI EMOSI DENGAN INTENSITAS BERMAIN *GAME ONLINE* PADA SISWA KELAS XI DI SMA NEGERI 2 KALIANDA TAHUN AJARAN 2020/2021

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Masalah penelitian ini intensitas bermain *game online* siswa tinggi. Penelitian ini bertujuan untuk mengetahui hubungan antara regulasi emosi dengan intensitas bermain *game online* siswa kelas XI di SMA Negeri 2 Kalianda. Metode dalam penelitian ini adalah kuantitatif korelasional, subjek penelitian berjumlah 57 siswa. Teknik pengumpulan data menggunakan skala regulasi emosi dan intensitas bermain game online. Analisis data menggunakan korelasi *Product Moment*, Hasil analisis data diperoleh r hitung = $-0,310 > r$ tabel = $0,2564$, maka H_0 ditolak dan H_a diterima. Kesimpulannya terdapat hubungan negative dan signifikan antara regulasi emosi dan intensitas bermain *game online*, pada siswa kelas XI di SMA Negeri 2 Kalianda. Artinya semakin tinggi regulasi emosi siswa maka semakin rendah intensitas bermain *game online* dan sebaliknya.

Kata kunci: *game online*, intensitas, regulasi emosi

ABSTRACT

THE RELATIONSHIP OF EMOTIONAL REGULATION WITH THE INTENSITY OF PLAYING ONLINE GAME IN CLASS XI STATE 2 HIGH SCHOOL OF KALIANDA ACADEMIC YEAR 2020/2021

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The problem of this research is the intensity of playing online games is students high. This study aims to determine the relationship between emotion regulation and the intensity of playing online games for class XI students at state 2 high school of Kalianda. The method in this research is correlational quantitative, the research subject is 57 students. The data collection technique used a scale of emotion regulation and intensity of playing online games. The data analysis using correlation Product Moment, the results of data analysis obtained $r_{count} = -0.310 > r_{table} = 0.2564$, then H_0 is rejected and H_a is accepted. In conclusion, there is a negative and significant relationship between emotion regulation and the intensity of playing online games, in class XI students at state 2 high school of Kalianda. This means that the higher the regulation of emotions students, the lower the intensity of playing online games and vice versa.

Key word : game online, intensity, emotion regulation