

ABSTRAK

PENGARUH PERMAINAN MOBILE LEGENDS TERHADAP PSIKOLOGIS PEMAIN : MOTIVASI, STRES, DAN KESEJAHTERAAN EMOSIONAL

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Penelitian ini bertujuan untuk menganalisis pengaruh pengalaman bermain Mobile Legends terhadap kondisi psikologis pemain yang meliputi motivasi, tingkat stres, dan kesejahteraan emosional, serta untuk menguji peran durasi bermain sebagai variabel moderator dalam hubungan tersebut. Penelitian menggunakan pendekatan kuantitatif dengan metode survei terhadap 100 responden pemain Mobile Legends yang dipilih menggunakan teknik random sampling. Data dikumpulkan melalui kuesioner skala Likert yang telah diuji validitasnya ($r_{hitung} > r_{tabel}$) dan reliabilitasnya (Cronbach's Alpha variabel M = 0,953; X = 0,971; Y = 0,913), sehingga instrumen dinyatakan layak digunakan. Analisis data dilakukan menggunakan regresi linear berganda dengan memasukkan variabel interaksi (X×M) untuk menguji efek moderasi. Hasil penelitian menunjukkan bahwa pengalaman bermain berpengaruh negatif dan signifikan terhadap kondisi psikologis pemain ($B = -0,975$; $t = -8,795$; $p < 0,001$), durasi bermain juga berpengaruh negatif dan signifikan terhadap kondisi psikologis ($B = -2,386$; $t = -9,628$; $p < 0,001$), serta interaksi antara pengalaman bermain dan durasi bermain berpengaruh positif dan signifikan ($B = 0,132$; $t = 12,518$; $p < 0,001$), yang mengindikasikan bahwa durasi bermain memoderasi hubungan antara pengalaman bermain dan kondisi psikologis pemain; model penelitian mampu menjelaskan 78,3% variasi kondisi psikologis ($R^2 = 0,783$). Temuan ini menunjukkan bahwa kualitas pengalaman bermain dan lamanya waktu bermain secara bersama-sama berperan dalam memengaruhi kondisi psikologis pemain, sehingga diperlukan pengelolaan durasi bermain serta perhatian terhadap aspek pengalaman bermain untuk menjaga kesejahteraan psikologis pemain.

Kata kunci: Mobile Legends, pengalaman bermain, durasi bermain, kondisi psikologis, moderasi, regresi berganda.

ABSTRACT

THE EFFECT OF MOBILE LEGENDS ON PLAYER PSYCHOLOGY: MOTIVATION, STRESS, AND EMOTIONAL WELL-BEING

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This study aims to analyze the effect of playing experience in Mobile Legends on players' psychological condition, which includes motivation, stress level, and emotional well-being, as well as to examine the role of playing duration as a moderating variable in this relationship. The research employed a quantitative approach using a survey method involving 100 Mobile Legends players selected through random sampling. Data were collected through a Likert-scale questionnaire that had been tested for validity (r -calculated $>$ r -table) and reliability (Cronbach's Alpha: $M = 0.953$; $X = 0.971$; $Y = 0.913$), indicating that the instrument was appropriate for use. Data analysis was conducted using multiple linear regression by incorporating an interaction variable ($X \times M$) to test the moderating effect. The results show that playing experience has a negative and significant effect on players' psychological condition ($B = -0.975$; $t = -8.795$; $p < 0.001$), playing duration also has a negative and significant effect on psychological condition ($B = -2.386$; $t = -9.628$; $p < 0.001$), and the interaction between playing experience and playing duration has a positive and significant effect ($B = 0.132$; $t = 12.518$; $p < 0.001$), indicating that playing duration moderates the relationship between playing experience and psychological condition. The research model explains 78.3% of the variance in psychological condition ($R^2 = 0.783$). These findings suggest that both the quality of playing experience and the length of playing time jointly influence players' psychological condition, highlighting the importance of managing playing duration and addressing aspects of playing experience to maintain psychological well-being.

Keywords: Mobile Legends, playing experience, playing duration, psychological condition, moderation, multiple regression.