

ABSTRAK

Ilham Akbar Ramadhaniansyah, 220541100093. Program Studi Psikologi, Fakultas Ilmu Sosial dan Ilmu Budaya, Universitas Trunojoyo Madura 2026. Hubungan Regulasi Emosi Dengan Kecanduan *Game Online Mobile Legends* Di Bangkalan

Perkembangan teknologi dan internet yang pesat menjadikan game online sebagai salah satu hiburan yang banyak diminati, terutama oleh generasi muda. Namun, intensitas bermain yang berlebihan dapat menyebabkan kecanduan game online. Penelitian ini bertujuan untuk mengetahui hubungan antara regulasi emosi dengan kecanduan game online *Mobile Legends* di Bangkalan. Penelitian menggunakan pendekatan kuantitatif dengan metode korelasional pada 97 responden yang dipilih menggunakan teknik purposive sampling. Instrumen penelitian berupa skala regulasi emosi berdasarkan teori Gross dan skala kecanduan game online berdasarkan karakteristik DSM-V. Analisis data menggunakan korelasi Product Moment Pearson. Hasil penelitian menunjukkan adanya hubungan negatif yang signifikan antara regulasi emosi dan kecanduan game online ($r = -0,364$; $p = 0,000$). Temuan ini menunjukkan bahwa semakin tinggi regulasi emosi, semakin rendah tingkat kecanduan game online, dan sebaliknya. Regulasi emosi memberikan kontribusi sebesar 13,2% terhadap kecanduan game online, sedangkan 86,8% dipengaruhi oleh faktor lain.

Kata Kunci: Regulasi emosi, kecanduan *game online*, *Mobile Legends*

ABSTRACT

Ilham Akbar Ramadhaniansyah, 220541100093. Psychology Study Program, Faculty of Social and Cultural Sciences, Trunojoyo Madura University, 2026. *The Relationship Between Emotion Regulation and Online Game Addiction Among Mobile Legends Players in Bangkalan.*

The rapid development of technology and the internet has made online games one of the most popular forms of entertainment, especially among young people. However, excessive gaming intensity can lead to online game addiction. This study aimed to determine the relationship between emotion regulation and Mobile Legends online game addiction in Bangkalan. This research employed a quantitative approach with a correlational method involving 97 respondents selected through purposive sampling. The research instruments consisted of an emotion regulation scale based on Gross's theory and an online game addiction scale based on DSM-V characteristics. Data were analyzed using the Pearson Product-Moment correlation test. The results revealed a significant negative relationship between emotion regulation and online game addiction ($r = -0.364$; $p = 0.000$). These findings indicate that higher levels of emotion regulation are associated with lower levels of online game addiction, and vice versa. Emotion regulation contributed 13.2% to online game addiction, while the remaining 86.8% was influenced by other factors.

Keywords: *Emotion Regulation, Online Game Addiction, Mobile Legends.*