

ABSTRAK

Nursa'bania. 21054110107. Pengaruh *Online Disinhibition Effect* (ODE) Terhadap *Cyberbullying* pada Mahasiswa Pengguna Media Sosial di Surabaya. Program Studi Psikologi, Fakultas Ilmu Sosial dan Ilmu Budaya, Universitas Trunojoyo Madura. 2025.

Online disinhibition effect merupakan ketidakmampuan seseorang dalam mengendalikan pikiran, perilaku, dan perasaannya ketika berada di dunia online. Ketidakmampuan seseorang dalam mengendalikan perilakunya dapat membuat mereka melakukan perilaku agresif yaitu *cyberbullying*. Penelitian ini bertujuan untuk mengetahui pengaruh *online disinhibition effect* terhadap *cyberbullying* pada mahasiswa pengguna media sosial di Surabaya. Metode penelitian ini menggunakan pendekatan kuantitatif dengan teknik *purposive sampling*. Subjek dalam penelitian ini adalah 334 mahasiswa pengguna media sosial di Surabaya. Instrumen penelitian menggunakan dua skala yaitu skala *online disinhibition effect* dan skala *cyberbullying*. Analisis data dalam penelitian ini menggunakan analisis regresi linier sederhana dengan bantuan *IBM SPSS Statistics 21*. Hasil penelitian menunjukkan nilai F sebesar 7.705 dengan signifikansi 0.006 ($p < 0.05$). Dengan demikian, hipotesis yang diajukan diterima, artinya terdapat pengaruh *online disinhibition effect* terhadap *cyberbullying* pada mahasiswa pengguna media sosial di Surabaya. Berdasarkan nilai R Square sebesar 0.023 sehingga dapat dikatakan bahwa *online disinhibition effect* memengaruhi *cyberbullying* sebesar 2.3% dan sisanya 97.7% dipengaruhi oleh variabel lain di luar penelitian ini.

Kata Kunci : *online disinhibition effect*, *cyberbullying*, mahasiswa, media sosial

ABSTRACT

Nursa'bania. 210541100107. *The Effect of Online Disinhibition Effect (ODE) on Cyberbullying in Social Media User Students in Surabaya. Psychology Study Program, Faculty of Social dan Cultural Sciences, Trunojoyo University Madura. 2025.*

Online disinhibition effect is a person's inability to control their thoughts, behavior, and feeling when they are in the online word. A person's inability to control their behavior can make them commit aggressive behavior, namely cyberbullying. This study aims to determine the effect of online disinhibition effect on cyberbullying in students who use social emdia in Surabaya. This research method uses a quantitative approach with purposive sampling technique. The subjects in this study were 334 students who use social media in Surabaya. The research instrument used two scales, namely the online disinhibition effect and the cyberbullying scale. Data analysis in this study used simple linear regressuin analysis with the help of IBM SPSS Statistics 21. The results showed an F value of 7.705 wuth a significance of 0.006 ($p < 0.05$). Thus, the proposed hypothesiss is accepted, meaning that there in an influence of online disinhibition effect on cyberbullying in college students who use social media in Surabaya. Based on the R Square value of 0.023, it can be said that the online disinhibition effect affects cyberbullying by 2.3% and the remaining 97.9% is influenced by other variables outside this study.

Keywords: *online disinhibition effect, cyberbullying, university students, social media*