

ABSTRAK

Moh Afif Zamroni. 18.05.411.00127. Program Studi Psikologi, Fakultas Ilmu Sosial dan Ilmu Budaya, Universitas Trunojoyo Madura. 2023. Pengaruh Kontrol Diri Terhadap Impulsivitas Pada Remaja Yang Bermain Judi Online.

Tujuan dari penelitian ini adalah untuk mengetahui pengaruh kontrol diri terhadap impulsivitas pada remaja yang bermain judi online. Penelitian ini merupakan penelitian kuantitatif. Dalam penelitian ini, peneliti menggunakan pendekatan kuantitatif survei. Subjek dalam penelitian ini adalah remaja yang bermain judi online berusia 18-22 tahun dengan jumlah 100 remaja yang bermain judi online. Teknik pengambilan sampel menggunakan teknik *purposive sampling*. Instrumen pengukuran menggunakan dua jenis skala yaitu skala kontrol diri dikembangkan berdasarkan aspek *Self-discipline, Healthy habits, Deliberate* atau *nonimpulsive, Reliability, Work ethic*. dan skala impulsivitas dikembangkan berdasarkan aspek *lack of perseverance, negative urgency, sensation seeking, positive urgency, lack of premeditation*. dengan nilai reliabilitas skala kontrol diri memiliki nilai sebesar 0,787 sedangkan skala impulsivitas memiliki nilai sebesar 0,836. Berdasarkan nilai reliabilitas dari ke dua skala tersebut dinyatakan reliabel karena nilainya lebih besar dari 0,70. Teknik analisis dalam penelitian ini menggunakan statistika dimana penelitian ini menggunakan uji regresi linier sederhana. Hasil analisis regresi sederhana diperoleh nilai F sebesar 8,018 dan nilai P sebesar $0,006 < 0,05$, yang berarti hipotesis diterima, artinya terdapat pengaruh kontrol diri terhadap impulsivitas pada remaja yang bermain judi online.

Kata kunci : kontrol diri, impulsivitas, judi online

ABSTRACT

Moh Afif Zamroni. 18.05.411.00127. Psychology Study Program, , Faculty Of Social And Cultural Sciences, Trunojoyo University, Madura. 2023. The Influence of Self Kontrol Against Impulsivity in Adolescents Who Play Online Gambling.

The purpose of this study was to determine the effect of self-control on impulsivity in adolescents who play online gambling. This research is a quantitative research. In this study, researchers used a survey quantitative approach. The subjects in this study were teenagers who played online gambling aged 18-22 years with a total of 100 teenagers who played online gambling. The sampling technique used purposive sampling technique. The measurement instrument uses two types of scales, namely the self-control scale developed based on the aspects of Self-discipline, Healthy habits, Deliberate or non-impulsive, Reliability, Work ethics. and the impulsivity scale was developed based on the aspects of lack of perversion, negative urgency, sensation seeking, positive urgency, lack of premeditation. with the reliability value of the self-control scale having a value of 0.787 while the impulsivity scale has a value of 0.836. Based on the reliability value of the two scales, it is declared reliable because the value is greater than 0.70. The analysis technique in this study uses statistics where this study uses a simple linear regression test. The results of simple regression analysis obtained an F value of 8.018 and a P value of 0.006 <0.05, which means that the hypothesis is accepted, meaning that there is an effect of self-control on impulsivity in adolescents who play online gambling.

Keywords: *self kontrol, impulsivity, online gambling*

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