

## **PROBLEMATIC INTERNET USE DITINJAU DARI KEPERIBADIAN ANCHOR DAN KEPERIBADIAN BIG-FIVE**

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### **ABSTRAK**

Indonesia memiliki jumlah pengguna internet terbanyak keempat di dunia. Meski begitu, masih banyak pengguna internet di Indonesia, terutama remaja, yang mengalami *problematic internet use* (PIU). PIU menurut beberapa penelitian berkorelasi secara positif dengan permasalahan psikologis, seperti kesepian, gejala depresi, kebutuhan sosial yang tinggi, dan materialisme, dan berkorelasi secara negatif dengan spiritualitas dan religiusitas. Selain itu, PIU pun dipengaruhi oleh karakteristik kepribadian *big-five*, seperti *neuroticism*, *agreeableness*, *conscientiousness* dan *extraversion*. Lalu, terdapat sebuah teori kepribadian unik yang bernama teori kepribadian *anchor* yang dimensi-dimensinya berkorelasi dengan faktor-faktor yang mempengaruhi PIU. Meski begitu, teori kepribadian *anchor* belum pernah diuji validitas inkrementalnya. Oleh karena itu, peneliti hendak mengetahui apakah dimensi kepribadian *anchor* memiliki validitas inkremental dalam mempengaruhi PIU setelah dimensi kepribadian *big-five* dikontrol. Partisipan penelitian adalah Warga Negara Indonesia (WNI) berusia 15-18 tahun yang sudah mengalami pubertas, dan berdomisili di Indonesia. Hasil analisis data menemukan bahwa *neuroticism* merupakan satu-satunya dimensi kepribadian *big-five* yang berkorelasi secara signifikan dengan PIU ( $\beta = 0.350$ ;  $p < 0.05$ ) sedangkan *anchor others* dan *anchor virtue* merupakan dimensi kepribadian *anchor* yang berkorelasi secara signifikan dengan PIU ( $\beta = 0.241$  &  $-0.128$ ;  $p < 0.05$ ). Kemudian, *anchor other* dan *anchor virtues* memberikan kekuatan prediksi tambahan yang signifikan terhadap PIU setelah kekuatan prediksi *neuroticism* dikontrol ( $R^2$  Change =  $0.033$  &  $0.014$ ;  $p < 0.05$ ). Hasil tersebut menunjukkan bahwa kepribadian *anchor*, yaitu *anchor other* dan *anchor virtues*, memiliki validitas inkremental dalam mempengaruhi PIU setelah dimensi kepribadian *neuroticism* dikontrol.

**Kata Kunci:** *Problematic Internet Use, Kepribadian Big-Five, Kepribadian Anchor, Validitas Inkremental*

## **ABSTRACT**

*Indonesia has the fourth largest number of internet users in the world. Even so, there are still many internet users in Indonesia, especially teenagers, who experience problematic internet use (PIU). According to several studies, PIU correlates positively with psychological problems, such as loneliness, depressive symptoms, high social needs, and materialism, and negatively correlates with spirituality and religiosity. In addition, PIU is also influenced by the big-five personality characteristics, such as neuroticism, agreeableness, conscientiousness, and extraversion. Then, there is a unique personality theory called the anchor personality theory whose dimensions correlate with the factors that influence PIU. However, the anchor personality theory has never been tested for its incremental validity. Therefore, the researcher wants to know whether the anchor personality dimension has incremental validity in influencing PIU after controlling for the big-five personality dimensions. Research participants are Indonesian Citizens (WNI) aged 15-18 years who have experienced puberty and live in Indonesia. The results of the data analysis found that neuroticism was the only big-five personality dimension that correlated significantly with PIU ( $\beta = 0.350$ ;  $p < 0.05$ ) while anchor others and anchor virtue were anchor personality dimensions that correlated significantly with PIU ( $\beta = 0.241$  &  $-0.128$ ;  $p < 0.05$ ). Then, anchor others and anchor virtues provide significant additional predictive power to PIU after the predictive power of neuroticism is controlled for ( $R^2$  Change =  $0.033$  &  $0.014$ ;  $p < 0.05$ ). These results indicate that the anchor personality, namely the anchor other and anchor virtues, has incremental validity in influencing PIU after the neuroticism personality dimension is controlled.*

**Keywords:** *Problematic Internet Use, Big-Five Personality, Anchor Personality, Incremental Validity*