

The Impact of Self-Regulation on the Relationship between Depressive Symptoms and Binge-Watching Behavior in Undergraduate Students in Indonesia

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Abstract. Binge-watching behavior raises concerns among university students due to its impact on their well-being. The growth of binge-watching behavior is driven by technological advancement through subscription video-on-demand (SVOD) services like Netflix and Disney+. This research investigates the role of self-regulation as a mediator between depressive symptoms and binge-watching behavior in undergraduate students. Data were collected through an online survey involving 202 Indonesian university students aged 18-22 years old. Psychological instruments used include Binge-Watching Addiction Questionnaire, PHQ-9, and Self-Regulation Questionnaire-Czech. Results based on path analysis revealed no significant indirect impact of self-regulation on the relationship between depressive symptoms and binge-watching behavior. A significant negative relationship was found between depressive symptoms and self-regulation. Contradictory findings with previous study were found, where self-regulation indicates no significant relation with binge-watching behavior. On the other hand, depressive symptoms were found to significantly predict binge-watching behavior. Additional study indicated that age has no correlation with binge-watching behavior. Furthermore, SVOD platforms were found to encourage university students to indulge in binge-watching, where female undergraduate students exhibiting significant depressive symptoms were found to be more prone to using binge-watching as a way to cope with their negative emotions.

Keyword: *binge-watching behavior, depressive symptoms, self-regulation, subscription video-on-demand services, undergraduate students*

Abstrak. *Perilaku maratonton menimbulkan kekhawatiran di kalangan mahasiswa karena dampaknya terhadap kesejahteraan mereka. Pertumbuhan perilaku maratonton didorong oleh kemajuan teknologi melalui layanan subscription video-on-demand (SVOD) seperti Netflix dan Disney+. Penelitian ini menyelidiki peran regulasi diri sebagai mediator antara gejala depresi dan perilaku maratonton pada mahasiswa. Data dikumpulkan melalui survei online yang melibatkan 202 mahasiswa sarjana di Indonesia berusia 18-22 tahun. Instrumen psikologis yang digunakan antara lain Binge-Watching Addiction Questionnaire,*

PHQ-9, dan Self-Regulation Questionnaire-Czech. Hasil berdasarkan analisis jalur menunjukkan tidak ada dampak tidak langsung yang signifikan dari pengaturan diri terhadap hubungan antara gejala depresi dan perilaku maratonton. Hubungan negatif yang signifikan ditemukan antara gejala depresi dan pengaturan diri. Temuan yang bertentangan dengan penelitian sebelumnya ditemukan, dimana regulasi diri menunjukkan tidak ada hubungan yang signifikan dengan perilaku maratonton. Di sisi lain, gejala depresi ditemukan secara signifikan memprediksi perilaku maratonton. Studi tambahan menunjukkan bahwa usia tidak memiliki korelasi dengan perilaku maratonton. Selain itu, platform SVOD ditemukan mendorong mahasiswa untuk melakukan maratonton, dimana mahasiswi sarjana yang menunjukkan gejala depresi yang signifikan ditemukan lebih cenderung menggunakan maratonton sebagai cara untuk mengatasi emosi negatif mereka.

Kata kunci: gejala depresi, layanan subscription video-on-demand, mahasiswa sarjana, perilaku maratonton, regulasi diri