

## **HUBUNGAN INTENSITAS AKSES PORNOGRAFI *ONLINE* TERHADAP *SELF-ESTEEM* MAHASISWA**

**Muhammad Rizqy, Zahra Frida Intani**

Universitas Gadjah Mada/Fakultas Psikologi; Jalan Sosio Humaniora 1,

Bulaksumur, Yogyakarta 55281, Tel.(0274) 550435

e-mail: [muhamadrizqy@mail.ugm.ac.id](mailto:muhamadrizqy@mail.ugm.ac.id)

### **Abstrak**

Penelitian ini bertujuan untuk mengetahui hubungan antara intensitas akses pornografi online dengan self-esteem pada mahasiswa. Desain penelitian yang digunakan adalah kuantitatif dengan pendekatan korelasional. Partisipan berjumlah 316 mahasiswa di Yogyakarta berusia 18–21 tahun, dengan mayoritas berjenis kelamin laki-laki (99,4%). Instrumen yang digunakan adalah Skala Self-Esteem dan Skala Intensitas Akses Pornografi Online. Data dianalisis menggunakan korelasi Pearson dan regresi linier sederhana. Hasil analisis menunjukkan terdapat hubungan negatif yang signifikan antara intensitas akses pornografi online dan self-esteem ( $r = -0,842$ ,  $p < 0,001$ ). Analisis regresi menunjukkan bahwa intensitas akses pornografi merupakan prediktor signifikan terhadap self-esteem, dengan persamaan regresi  $Y = 77,794 - 0,426X$  dan nilai koefisien determinasi ( $R^2$ ) sebesar 0,709. Artinya, 70,9% variabel self-esteem dapat dijelaskan oleh intensitas akses pornografi online. Semakin tinggi intensitas akses pornografi, semakin rendah tingkat self-esteem mahasiswa. Temuan ini mengindikasikan bahwa konsumsi pornografi yang berlebihan dapat berdampak pada citra diri dan kesehatan mental mahasiswa

Kata kunci: *pornografi online, self-esteem, mahasiswa, psikologi perkembangan, intensitas akses*

### **Abstract**

This study aims to examine the relationship between the intensity of online pornography access and self-esteem among university students. A quantitative correlational research design was employed. The participants consisted of 316 university students in Yogyakarta aged 18–21 years, with the majority being male (99.4%). The instruments used were the Self-Esteem Scale and the Online



Pornography Access Intensity Scale. Data were analyzed using Pearson correlation and simple linear regression. The results indicated a significant negative correlation between the intensity of online pornography access and self-esteem ( $r = -0.842$ ,  $p < 0.001$ ). Regression analysis further showed that pornography access intensity significantly predicted self-esteem, with the regression equation  $Y = 77.794 - 0.426X$  and a coefficient of determination ( $R^2$ ) of 0.709. This means that 70.9% of the variance in self-esteem can be explained by the intensity of online pornography access. The higher the pornography consumption, the lower the student's self-esteem tends to be. These findings suggest that excessive exposure to online pornography may have adverse effects on students' self-perception and mental well-being.

*Keywords: online pornography, self-esteem, college students, developmental psychology, consumption intensity*



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