HUBUNGAN *MEDIA MULTITASKING* DAN *INHIBITORY CONTROL* YANG DIMODERATORI OLEH *CHRONOTYPE* PADA MAHASISWA

ABSTRAK

Kemampuan *inhibitory control* dan tipe *chronotype* sangat menunjang aktivitas mahasiswa selama menjalani rutinitas perkuliahan. Tipe *chronotype* diasumsikan dapat meningkatkan dan menurunkan hubungan perilaku *media multitasking* dan kemampuan *inhibitory control*. Penelitian ini bertujuan untuk mengetahui seberapa berpengaruhnya *media multitasking* berperan terhadap *inhibitory control* mahasiswa dan sejauh mana tipe *chronotype* dapat mempengaruhi hubungan antara perilaku *media multitasking* dan kemampuan *inhibitory control* mahasiswa. Penelitian menggunakan metode non-eksperimen dengan jumlah subjek sebanyak 40 orang mahasiswa (L= 11, P=29) yang terdiri atas 20 orang *morningness chronotype* dan 20 orang *eveningness chronotype*. Metode pengumpulan data penelitian ini menggunakan *Computerized Stroop Color-Word Task* (CSCWT), *media-use questionnaire* (MUQ) dan *Reduced Morningness-Eveningness Questionnaire* (rMEQ). Penelitian ini menggunakan metode analisis data regresi linear sederhana dan PROCESS. Hasil analisis menunjukkan bahwa tidak terdapat hubungan antara *media multitasking* dan *inhibitory control* dan tipe *chronotype* juga tidak mampu mempengaruhi hubungan antara *media multitasking* dan *inhibitory control* mahasiswa.

Kata kunci: media multitasking, inhibitory control, chronotype.

THE CORRELATION OF MEDIA MULTITASKING AND INHIBITORY CONTROL MODERATED BY CHRONOTYPE IN STUDENTS

ABSTRACT

The ability of inhibitory control and type of chronotype greatly supports the students activities while undergoing routine lectures. Chronotype is assumed to increase and decrease the correlation of media multitasking behavior and inhibitory control ability. This study aims to determine how influential media multitasking can role the inhibitory control students and how extent to which the type of chronotype can affect the correlation between media multitasking behavior and inhibitory control students. The study used non-experimental method with 40 students (M = 11, F = 29) consisting of 20 morning chronotypes and 20 eveningness chronotypes. This research data collection method uses Computerized Stroop Color-Word Task (CSCWT), media-use questionnaire (MUQ) and Reduced Morningness-Eveningness Questionnaire (rMEQ). This study uses simple linear regression data analysis methods and PROCESS. The results of the analysis showed that there is no correlation between media multitasking and inhibitory control and the chronotype is also not able to influence the correlation between multitasking media and inhibitory control students.

Keywords: *multitasking media, inhibitory control, chronotype.*