

INTISARI

Latar Belakang: Kecanduan *video game* seringkali terjadi pada rentang usia remaja. Remaja mengalami peningkatan kadar hormon testosteron dan estradiol yang mempengaruhi area otak subkortikal sehingga remaja lebih rentan untuk berperilaku impulsif dan berisiko. Impulsivitas adalah kecenderungan untuk bertindak reaktif, kurang pertimbangan mengenai konsekuensi dan risiko dalam menanggapi rangsangan yang diterima. Remaja yang lebih impulsif cenderung mengalami kecanduan *video game*.

Tujuan Penelitian: Mengetahui hubungan impulsivitas dengan risiko kecanduan *video game* pada remaja SMA Negeri 2 Kota Yogyakarta

Metode Penelitian: Penelitian ini merupakan penelitian deskriptif korelasional dengan pendekatan kuantitatif dan rancangan penelitian menggunakan *cross sectional*. Penelitian dilakukan pada 132 remaja di SMA Negeri 2 Kota Yogyakarta. Alat ukur yang digunakan adalah *Barratt Impulsiveness Scale-11* (BIS-11) dan IGDS9-SF. Analisis data menggunakan *Spearman Rank*.

Hasil Penelitian: Mayoritas responden tidak mengalami impulsivitas (65,15%). Namun, lebih dari setengah responden memiliki risiko kecanduan *video game* (55,30%). Terdapat hubungan yang bermakna antara impulsivitas dengan risiko kecanduan *video game* ($p=0,001$) dengan koefisien korelasi (r) sebesar 0,289.

Kesimpulan: Terdapat hubungan antara impulsivitas dengan risiko kecanduan *video game*.

Kata Kunci: impulsivitas, remaja, risiko kecanduan *video game*

ABSTRACT

Background: Video game addiction often occurs in the teenage age range. Adolescents experience increased levels of the hormones testosterone and estradiol which affect the subcortical brain area so that adolescents are more susceptible to impulsive and risky behaviour. Impulsivity is the tendency to act reactive, lacking consideration of consequences and risks in response to stimuli received. Teens who are more impulsive are more likely to experience video game addiction.

Objectives: To know the relationship between impulsivity with the risk of video game addiction toward teenagers in SMA Negeri 2 Yogyakarta City.

Methods: A descriptive correlational study with a quantitative approach and cross-sectional study design was employed in this study. The study was conducted on 132 students of SMA Negeri 2 Yogyakarta City. Moreover, the Barratt Impulsiveness Scale-11 (BIS-11) and IGDS9-F were used for measuring instrument. Data analysis was conducted using Spearman Rank.

Result: The majority of respondents did not experience impulsivity (65,15%). Moreover, more than half of the respondents had a risk of video game addiction (55,30%). There was a significant relationship between impulsivity and the risk of video game addiction ($p = 0,001$) with correlation coefficient (r) of 0,289.

Conclusion: There is relationship between impulsivity and the risk of video game addiction.

Keywords: adolescence, impulsivity, risk of video game addiction