

ABSTRAK

Penelitian ini menjelaskan pengaruh *Strengths-Based Therapy* (SBT) terhadap *self-determination* pada remaja adiksi *online game*. Subjek dari penelitian ini adalah 14 remaja laki-laki berusia antara 12-15 tahun, memiliki masalah adiksi *online game* berdasarkan *Game Online Addiction Scale* (GOAS) dan *Self-determination* sedang berdasarkan *Self-Determination Scale* (SDS). Penelitian ini adalah eksperimen kuasi dengan rancangan *Non-Randomized Pretest-posttest Control Group*. Penelitian ini terdiri Kelompok Eksperimen (KE) dan Kelompok Kontrol (KK). Kelompok eksperimen mendapatkan SBT berupa Program *Young Strong Warrior* dan dilakukan tiga kali pengukuran pada KE dan KK yaitu *pretest*, *posttest 1* dan *posttest 2*. Hasil analisis *Anova* satu jalur menunjukkan terdapat perbedaan *self-determination* antara kelompok KE dan KK pada pengukuran *posttest 1* dengan $F=8,067$ ($p<0,05$), dan pada pengukuran *posttest 2* dengan $F=7,396$ ($p<0,05$). Hal ini menunjukkan bahwa *strengths-based therapy* dapat meningkatkan *self-determination* pada remaja adiksi *online game*.

Kata kunci : *Strengths-based therapy*, *self-determination*, adiksi, adiksi *online game*.

ABSTRACT

The Research aim is to explain the effect of *Strengths-Based Therapy* (SBT) toward *self-determination* in adolescents addicted to online game. The research subject are 14 boys 12-15 years old, having online game addiction problem according to *Game Online Addiction Scale* (GOAS), and moderate *self-determination* according to *Self-Determination Scale* (SDS). This research is a quasi-experimental research with *Non-Randomized Pretest-post-test design*. This research includes *Experimental Group* (EG), and *Control Group* (CG). Experiment group received SBT in form of *Young Strong Warrior Program*, with three measurements done to both EG and CG in *pretest*, *post-test 1*, and *post-test 2*. An analysis of one-way ANOVA showed that there are differences in *self-determination* between EG and CG in *post-test 1* measurement with $F = 8.067$ ($p<0,05$) and *post-test 2* measurement with $F = 7.396$ ($p<0,05$). The result shows that *strengths-based therapy* improves *self-determination* in adolescents addicted to online game.

Keywords: *Strengths-based therapy*, *self-determination*, addiction, online game addiction