

**PENGARUH ADIKSI MEDIA SOSIAL DAN *SELF-CONTROL* TERHADAP
KECEMASAN SOSIAL REMAJA SMA DI SURABAYA**

SKRIPSI



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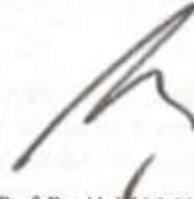
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INTISARI

Remaja SMA sebagai bagian dari generasi digital menghadapi dinamika sosial yang semakin kompleks akibat intensitas penggunaan media sosial yang tinggi. Penggunaan yang berlebihan berpotensi berkembang menjadi adiksi media sosial dan memengaruhi kondisi psikologis, khususnya kecemasan sosial yang ditandai dengan rasa takut terhadap evaluasi negatif dalam interaksi langsung. Selain faktor eksternal tersebut, faktor internal seperti self-control berperan penting dalam membantu remaja mengatur dorongan, emosi, dan perilaku agar tetap adaptif. Rendahnya self-control dapat memperkuat kecenderungan penggunaan media sosial secara kompulsif serta meningkatkan kerentanan terhadap kecemasan sosial. Penelitian ini bertujuan untuk menganalisis pengaruh adiksi media sosial dan self-control terhadap kecemasan sosial pada remaja SMA di Surabaya. Penelitian menggunakan pendekatan kuantitatif korelasional dengan analisis regresi linier berganda terhadap 382 siswa yang dipilih melalui purposive sampling. Instrumen yang digunakan adalah Bergen Social Media Addiction Scale (BSMAS), Brief Self-Control Scale (BSCS), dan Generalized Problematic Internet Use Scale 2 (GPIUS2). Hasil menunjukkan bahwa adiksi media sosial berpengaruh positif dan signifikan terhadap kecemasan sosial, sedangkan self-control berpengaruh negatif dan signifikan. Secara simultan, kedua variabel memberikan kontribusi bermakna dalam menjelaskan variasi kecemasan sosial. Temuan ini menegaskan pentingnya penguatan kontrol diri dan pengelolaan penggunaan media sosial guna mendukung kesehatan mental remaja.

Kata kunci: kecemasan sosial, adiksi media sosial, kontrol diri

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ABSTRACT

High school adolescents, as part of the digital generation, face increasingly complex social dynamics due to the high intensity of social media use. Excessive use has the potential to develop into social media addiction and affect psychological conditions, particularly social anxiety, characterized by fear of negative evaluation in direct interactions. In addition to these external factors, internal factors such as self-control play an important role in helping adolescents regulate impulses, emotions, and behavior to remain adaptive. Low self-control can strengthen the tendency for compulsive social media use and increase vulnerability to social anxiety. This study aims to analyze the influence of social media addiction and self-control on social anxiety in high school adolescents in Surabaya. The study used a quantitative correlational approach with multiple linear regression analysis on 382 students selected through purposive sampling. The instruments used were the Bergen Social Media Addiction Scale (BSMAS), the Brief Self-Control Scale (BSCS), and the Generalized Problematic Internet Use Scale 2 (GPIUS2). The results showed that social media addiction had a positive and significant effect on social anxiety, while self-control had a negative and significant effect. Simultaneously, both variables made a significant contribution in explaining variations in social anxiety. These findings emphasize the importance of strengthening self-control and managing social media use to support adolescent mental health.

Keywords: social anxiety, media social addiction, self-control

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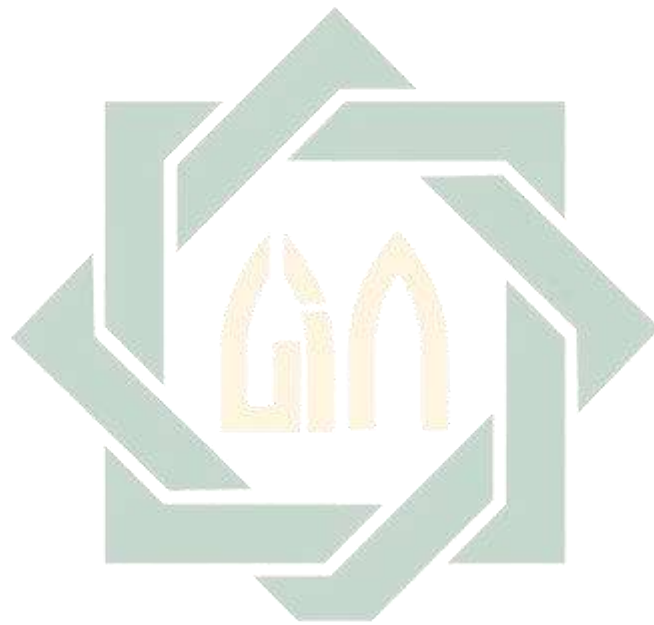
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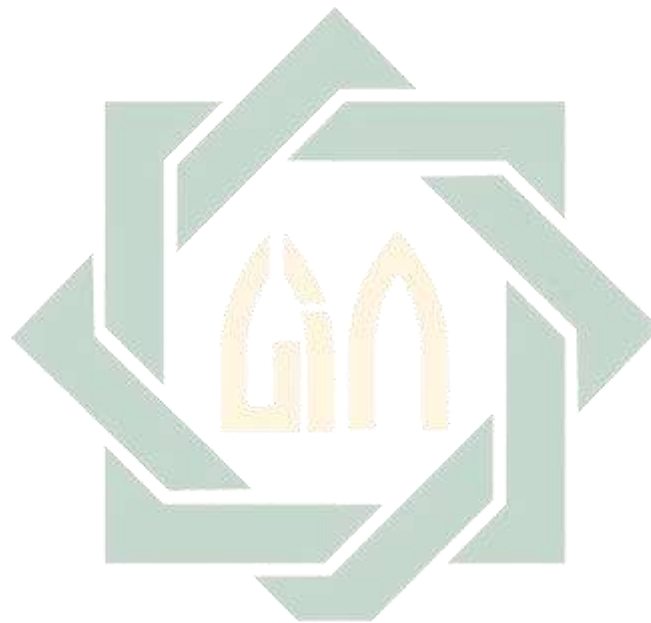
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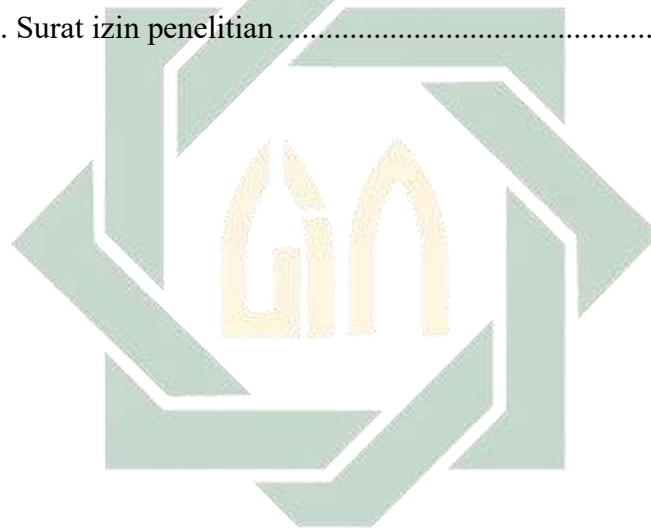
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