

**HUBUNGAN *ESCAPISM* DAN KONTROL DIRI DENGAN ADIKSI
GAME PADA PEMAIN *MASSIVELY MULTIPLATER ONLINE ROLE-
PLAYING GAME* (MMORPG)**

Diajukan Kepada Universitas Islam Negeri Sunan Ampel Surabaya untuk
Memenuhi Salah Satu Persyaratan dalam Menyelesaikan Program Strata Satu (S1)
Psikologi (S.Psi)



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FAKULTAS PSIKOLOGI DAN KESEHATAN
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PADA PEMAIN *MASSIVELY MULTIPLAYER ONLINE ROLE-PLAYING GAME*
(MMORPG)**

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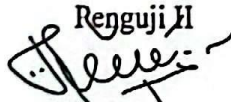
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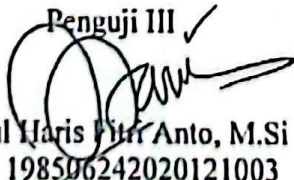
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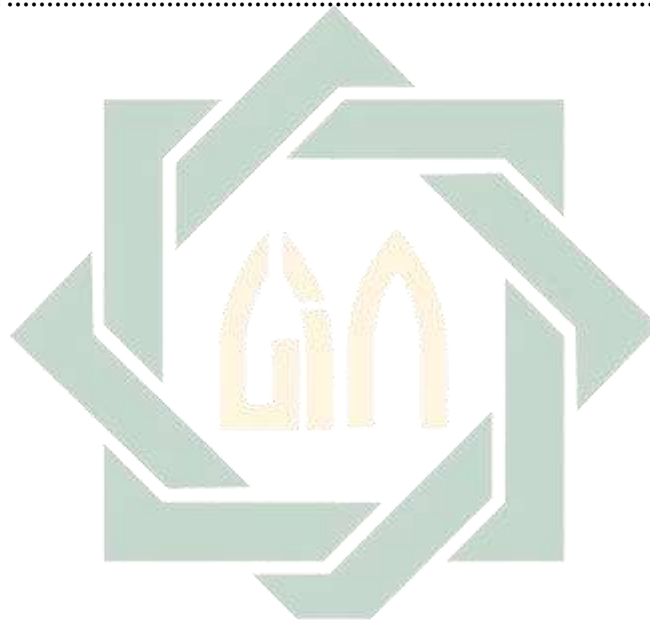


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INTISARI

Fenomena adiksi game semakin mengkhawatirkan, terutama di kalangan pemain MMORPG. Berdasarkan data Newzoo (2022), lebih dari 3,2 miliar orang di seluruh dunia bermain game, dengan 20% di antaranya menunjukkan tanda-tanda perilaku adiktif. Di Indonesia, survei APJII (2023) mencatat sekitar 85,3 juta orang aktif bermain game online, sementara laporan Southeast Asia Gaming Report (2023) menunjukkan bahwa lebih dari 8 juta pemain MMORPG aktif di Indonesia. Meningkatnya akses terhadap perangkat teknologi dan kemudahan dalam mengunduh game secara gratis berkontribusi terhadap peningkatan risiko adiksi game. Penelitian ini bertujuan untuk mengetahui hubungan antara *escapism* dan kontrol diri dengan adiksi game pada pemain MMORPG. Metode pada penelitian ini adalah metode kuantitatif korelasional dengan menyebarkan kuisioner pada komunitas MMORPG di Surabaya. Teknik sampling yang digunakan pada penelitian ini adalah sensus/total sampling pada komunitas MMORPG di Surabaya dengan total sampel 179 subjek. Data yang telah didapatkan kemudian dilakukan analisis berupa uji asumsi klasik dan uji regresi linier berganda. Hasil penelitian menunjukkan bahwa adanya hubungan yang signifikan antara *escapism* dan kontrol diri dengan adiksi game sebesar 36,8%. Penelitian ini juga menunjukkan bahwa variabel *escapism* memiliki korelasi positif dengan adiksi game, sedangkan variabel kontrol diri memiliki korelasi negatif dengan adiksi game.

Kata kunci: adiksi game, *escapism*, kontrol diri, MMORPG

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ABSTRACT

The phenomenon of game addiction is increasingly worrying, especially among MMORPG players. Based on data from Newzoo (2022), more than 3.2 billion people worldwide play games, with 20% of them showing signs of addictive behavior. In Indonesia, the APJII survey (2023) recorded that around 85.3 million people actively play online games, while the Southeast Asia Gaming Report (2023) showed that more than 8 million MMORPG players are active in Indonesia. Increasing access to technological devices and the ease of downloading games for free contribute to the increased risk of game addiction. This study aims to determine the relationship between escapism and self-control with game addiction in MMORPG players. The method in this study is a quantitative correlational method by distributing questionnaires to the MMORPG community in Surabaya. The sampling technique used in this study was a census/total sampling in the MMORPG community in Surabaya with a total sample of 179 subjects. The data that has been obtained was then analyzed in the form of a classical assumption test and multiple linear regression test. The results of the study showed that there was a significant relationship between escapism and self-control with game addiction of 36.8%. This study also showed that the escapism variable had a positive correlation with game addiction, while the self-control variable had a negative correlation with game addiction.

Keywords: game addiction, escape, self-control, MMORPG

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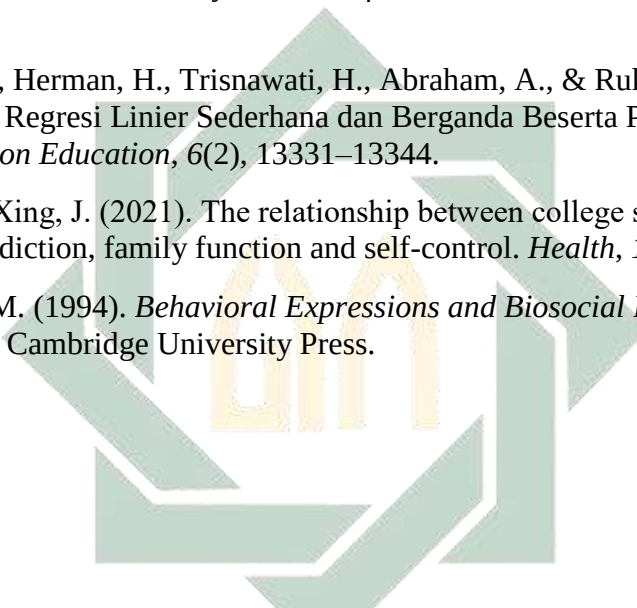
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