

ABSTRAK**MODEL REGULASI EMOSI REMAJA PENGGUNA *GAME ONLINE*
DALAM PENCEGAHAN *INTERNET GAMING DISORDER*
DI KOTA SURABAYA**

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Pendahuluan: *Internet Gaming Disorder* merupakan kondisi yang diakibatkan oleh penggunaan internet yang tidak terkontrol, dan menyebabkan gejala kognitif serta perubahan perilaku yang progresif. Regulasi emosi berkontribusi terhadap gejala *Internet Gaming Disorder*. Tujuan penelitian adalah untuk mengembangkan model regulasi emosi remaja pengguna *game online* dalam pencegahan *Internet Gaming Disorder*. **Metode:** Jenis penelitian menggunakan *explanatory survey* dengan desain *cross sectional*. Populasi penelitian adalah remaja pengguna *game online* di Kota Surabaya. Metode sampling menggunakan *multistage sampling* dengan besar sampel 200 remaja berusia 13-15 tahun. Variabel independen penelitian adalah tindakan langsung, pencarian bantuan, konflik resolusi, pengarahan perhatian, dan perubahan kognitif. Variabel dependen penelitian adalah regulasi emosi. Data dikumpulkan menggunakan kuesioner dan dianalisis menggunakan SEM PLS. **Hasil:** Hasil uji *indirect effect* didapatkan variabel tindakan langsung berpengaruh terhadap pengarahan perhatian ($p\text{-value}=0,000$), variabel pencarian bantuan berpengaruh terhadap pengarahan perhatian ($p\text{-value}=0,001$), variabel resolusi konflik tidak berpengaruh terhadap pengarahan perhatian ($p\text{-value}=0,371$), variabel pengarahan perhatian berpengaruh terhadap perubahan kognitif ($p\text{-value}=0,000$), dan variabel perubahan kognitif berpengaruh terhadap respon modulasi ($p\text{-value} 0,000$). Hasil uji *direct effect* didapatkan tindakan langsung berpengaruh terhadap perubahan kognitif melalui pengarahan perhatian ($p\text{-value} 0,016$), pencarian bantuan berpengaruh terhadap perubahan kognitif melalui pengarahan perhatian dengan ($p\text{-value}=0,008$), dan pengarahan perhatian berpengaruh terhadap respon modulasi melalui perubahan kognitif ($p\text{-value}=0,002$). Hasil uji jalur didapatkan variabel pencarian bantuan berpengaruh terhadap respon modulasi melalui pengarahan perhatian dan perubahan kognitif ($p\text{-value}=0,020$). **Diskusi:** Regulasi emosi remaja pengguna *game online* yang baik didapatkan dari perubahan kognitif yang didukung oleh pengarahan perhatian dan pencarian bantuan.

Kata kunci: *Internet Gaming Disorder*, Regulasi emosi, *Game Online*, Remaja, Model

ABSTRACT**EMOTION REGULATION MODEL OF ADOLESCENT GAME USERS
ONLINE IN PREVENTION OF INTERNET GAMING DISORDER
IN SURABAYA CITY**

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Introduction: Internet Gaming Disorder was a condition caused by uncontrolled internet used, and causes cognitive symptoms and progressive behavior changes. Emotion regulation contributed to the symptoms of Internet Gaming Disorder. The aim of the study was to develop a model for the regulation of emotion adolescents of online game users in the prevention of Internet Gaming Disorder. **Method:** The type of research used explanatory survey with cross sectional design. The study population was adolescents used online games in the city of Surabaya. The sampling method used multistage sampling with 200 adolescents aged 13-15 years. Independent variables of research were direct situation, help seeking, conflict resolution, attention deployment, and cognitive change. The dependent variable of the study was emotion regulation. Data were collected used a questionnaire and analyzed with SEM PLS. **Results:** The indirect effect showed that direct situation variables influence to attention deployment (p-value=0,000), help seeking variables influence to attention deployment (p-value=0.001), conflict resolution variable did not influence to attention deployment (p-value=0.371), attention deployment variables influence to cognitive change (p-value=0,000), and cognitive change variables influence to modulation response (p-value 0,000). The direct effect results obtained direct situation influence to cognitive change through attention deployment (p-value 0.016), help seeking influence to cognitive change through attention deployment (p-value=0.008), and attention deployment influences to modulation response through cognitive change (p-value=0.002). The Path analysis test obtained help seeking variables have an effect on the modulation response through attention deployment and cognitive changes (p-value=0.020). **Discussion:** The good emotion regulation of adolescent game online users was derived from cognitive changes that were supported by attention deployment and help seeking.

Keywords: Internet Gaming Disorder, Emotion Regulation, Online Games, Adolescents, Models