

Abstrak

Fenomena agresi verbal dalam *game online* semakin marak seiring meningkatnya popularitas gim kompetitif seperti *PUBGM (Player Unknown Battleground Mobile)*, di mana interaksi antar pemain sering kali memicu kata-kata kasar, hinaan, atau ejekan. Faktor seperti kecanduan *game online* dan kemampuan regulasi emosi turut berperan dalam meningkatkan maupun menekan kecenderungan munculnya perilaku agresi verbal. Penelitian ini bertujuan untuk mengetahui pengaruh kecanduan *game online* dan regulasi emosi terhadap perilaku agresi verbal pada pemain *PUBGM* di Komunitas Discord *Motionime*. Metode penelitian menggunakan pendekatan kuantitatif dengan desain korelasional. Partisipan berjumlah 393 orang yang dipilih dengan teknik purposive sampling. Instrumen yang digunakan adalah *Game Addiction Scale (GAS)*, *Emotion Regulation Questionnaire (ERQ)* dan *Verbal Aggressiveness Scale (VAS)* yang telah diadaptasi ke bahasa Indonesia. Analisis data menggunakan regresi linier berganda. Hasil penelitian menunjukkan bahwa kecanduan *game online* dan regulasi emosi berpengaruh positif signifikan terhadap agresi verbal.

Kata Kunci : *Agresi Verbal, Regulasi Emosi, Kecanduan Game Online*

Abstract

The phenomenon of verbal aggression in online games is increasingly prevalent along with the rising popularity of competitive games such as PUBG Mobile (PlayerUnknown's Battlegrounds Mobile), where interactions among players often trigger harsh words, insults, or taunts. Factors such as online game addiction and emotion regulation play a role in either increasing or reducing the tendency of verbal aggression. This study aims to examine the effect of online game addiction and emotion regulation on verbal aggression among PUBG Mobile players in the Motionime Discord Community. The research employed a quantitative approach with a correlational design. Participants consisted of 393 players selected through purposive sampling. The instruments used were the Game Addiction Scale (GAS), Emotion Regulation Questionnaire (ERQ), and Verbal Aggressiveness Scale (VAS), which were adapted into Indonesian. Data were analyzed using multiple linear regression. The results indicate that both online game addiction and emotion regulation have a significant positive effect on verbal aggression.

Key Words: *Verbal Aggression, Emotion Regulation, Online Game Addiction*