

Abstrak

Perkembangan *game online* menjadikan Roblox tidak hanya sebagai sarana hiburan, tetapi juga ruang interaksi sosial yang dapat digunakan secara intensif oleh *emerging adults*. Kondisi tersebut menimbulkan kekhawatiran karena keterlibatan bermain yang sulit dikendalikan dapat berkembang menjadi *problematic online game use*, yaitu perilaku *gaming* bermasalah yang mengganggu fungsi kehidupan sehari-hari. Penelitian ini bertujuan mengetahui pengaruh *boredom proneness* dan *parental support* terhadap *problematic online game use*. Penelitian melibatkan 410 anggota Komunitas Roblox Indonesia berusia 18–25 tahun. Data dikumpulkan menggunakan skala *a short boredom proneness scale* (SBPS), *perceived parental autonomy support scale* (P-PASS), dan *problematic online game use scale* (POGU), kemudian dianalisis melalui regresi linear berganda. Hasil penelitian menunjukkan bahwa *boredom proneness* dan *parental support* masing-masing berpengaruh signifikan terhadap *problematic online game use*. Secara simultan, kedua variabel tersebut juga berpengaruh signifikan sehingga seluruh hipotesis penelitian diterima.

Kata Kunci : *boredom proneness, parental support, problematic online game use, emerging adulthood*

Abstract

The development of online games has transformed Roblox from merely a means of entertainment into a space for social interaction that can be intensively utilized by emerging adults. This condition raises concerns because difficult to control gaming involvement may develop into problematic online game use, which refers to problematic gaming behavior that interferes with daily functioning. This study aimed to examine the effects of boredom proneness and parental support on problematic online game use. The study involved 410 members of the Indonesian Roblox Community aged 18–25 years. Data were collected using the Short Boredom Proneness Scale (SBPS), Perceived Parental Autonomy Support Scale (P-PASS), and Problematic Online Game Use Scale (POGU), and were subsequently analyzed using multiple linear regression. The results showed that boredom proneness and parental support each had a significant effect on problematic online game use. Simultaneously, both variables also had a significant effect on problematic online game use, indicating that all research hypotheses were supported.

Keywords: *boredom proneness, parental support, problematic online game use, emerging adulthood*

