

Abstrak

Penelitian ini bertujuan untuk mengeksplorasi pengaruh self-control dan fear of missing out (FOMO) terhadap kecenderungan adiksi bermain game online Mobile Legends pada mahasiswa UIN Sunan Gunung Djati Bandung. Penelitian ini menggunakan pendekatan kuantitatif dengan metode survei dan teknik pengumpulan data menggunakan kuesioner. Sampel penelitian ini terdiri dari 135 mahasiswa. Data dianalisis menggunakan teknik regresi berganda. Hasil penelitian menunjukkan bahwa self-control berpengaruh signifikan terhadap kecenderungan adiksi bermain game online Mobile Legends, artinya semakin tinggi tingkat self-control seseorang, semakin rendah kecenderungan adiksi mereka. Selain itu, fear of missing out (FOMO) juga berpengaruh signifikan terhadap kecenderungan adiksi bermain game online Mobile Legends, menunjukkan bahwa semakin tinggi tingkat FOMO seseorang, semakin tinggi kecenderungan adiksi mereka terhadap permainan tersebut. Penelitian ini memberikan pemahaman yang lebih baik tentang faktor-faktor yang memengaruhi kecenderungan adiksi bermain game online Mobile Legends di kalangan mahasiswa. Implikasi praktis dari penelitian ini adalah pentingnya memperhatikan dan meningkatkan self-control serta mengelola FOMO pada mahasiswa untuk mencegah dan mengurangi kecenderungan adiksi terhadap permainan tersebut.

Kata Kunci : Adiksi Game Online, *Fear of Missing Out*, *Self Control*, Mahasiswa

Abstract

This study aims to explore the influence of self-control and fear of missing out (FOMO) on the tendency of addiction to playing the online game Mobile Legends among students at UIN Sunan Gunung Djati Bandung. This research employs a quantitative approach with a survey method, and data collection techniques using questionnaires. The research sample consists of 135 randomly selected students. Data were analyzed using multiple regression techniques. The results of the study indicate that self-control has a significant on the tendency of addiction to playing the online game Mobile Legends, meaning that the higher the level of self-control of an individual, the lower their tendency of addiction. Additionally, fear of missing out (FOMO) also has a significant on the tendency of addiction to playing the online game Mobile Legends, indicating that the higher the level of FOMO of an individual, the higher their tendency of addiction to the game. This research provides a better understanding of the factors influencing the tendency of addiction to playing the online game Mobile Legends among students. The practical implications of this research emphasize the importance of paying attention to and enhancing self-control and managing FOMO among students to prevent and reduce addiction tendencies towards the game.

Keywords: Online Game Addiction, Fear of Missing Out, Self Control, Students