

## Abstrak

Dengan meningkatnya popularitas video *game*, perilaku *toxic* seperti agresi verbal, penghinaan, dan provokasi di antara pemain menjadi semakin umum. Penelitian ini menggunakan desain kausalitas dengan sampel 190 mahasiswa S1 Universitas Islam Negeri Sunan Gunung Djati Bandung yang bermain *Mobile Legends*. Instrumen yang digunakan meliputi *Emotion Regulation Questionnaire* (ERQ) untuk regulasi emosi, *Self-Control Scale* (SCS) untuk *self control*, dan Skala Agresi Verbal untuk agresi verbal. Analisis data dilakukan menggunakan Uji Regresi Berganda dan Uji Koefisien Determinasi dengan *IBM Statistics 21*. Hasil penelitian menunjukkan adanya pengaruh signifikan dari regulasi emosi dan *self control* terhadap agresi verbal mahasiswa pemain *Mobile Legends*.

**Kata Kunci :** *Regulasi Emosi, Self Control, Agresi Verbal.*

### Abstract

*With the increasing popularity of video games, toxic behaviors such as verbal aggression, insults, and provocation among players have become more common. This study uses a causal design with a sample of 190 undergraduate students from Universitas Islam Negeri Sunan Gunung Djati Bandung who play Mobile Legends. The instruments used include the Emotion Regulation Questionnaire (ERQ) for emotion regulation, the Self-Control Scale (SCS) for self-control, and the Verbal Aggression Scale for verbal aggression. Data analysis was conducted using Multiple Regression Tests and the Coefficient of Determination Test with IBM Statistics 21. The results of the study indicate a significant influence of emotion regulation and self-control on the verbal aggression of Mobile Legends players.*

**Keywords:** *Emotion Regulation, Self Control, Verbal Aggression*