

ABSTRAK

Esa Eksakti. NIM 1405828. (2018). Hubungan Regulasi Diri dengan Adiksi Media Sosial dan Implikasinya bagi Layanan Bimbingan dan Konseling. (Studi Korelasional di SMA Pasundan 2 Bandung Tahun Ajaran 2018/2019)

Penelitian dilatarbelakangi oleh adanya indikasi rendahnya regulasi diri dan adanya adiksi media sosial pada peserta didik seperti mengerjakan tugas pekerjaan rumah di sekolah, bermain media sosial, game *online* atau mengakses *handphone* saat jam pelajaran berlangsung, adanya konflik antar kelompok teman karena merasa terganggu saat bermain media sosial, tidak mengerjakan tugas dan sebagainya. Penelitian bertujuan untuk mengetahui secara empirik regulasi diri, adiksi media sosial, hubungan antara regulasi diri dan adiksi media sosial beserta layanan bimbingan dan konseling berdasarkan gambaran regulasi diri dan adiksi media sosial peserta didik kelas XI SMA Pasundan 2 Bandung Tahun Ajaran 2018/2019. Desain penelitian adalah penelitian survei. Pendekatan yang digunakan adalah kuantitatif dengan metode penelitian deskriptif korelasional. Proses pengumpulan data yaitu melalui instrumen dengan skala yang terdiri dari lima alternatif pilihan jawaban. Hasil penelitian menunjukkan: 1) persentase skor kecenderungan regulasi diri dan adiksi media sosial berada pada kategori sedang; 2) korelasi antar kedua variabel negatif; 3) pengembangan regulasi diri dalam menangani adiksi media sosial dapat dilakukan dengan layanan bimbingan dan konseling pribadi dengan metode bimbingan dan konseling kelompok berdasarkan *Cognitive Behavior Therapy* dan/atau *Rational Emotive Behavior Therapy*.

kata kunci: regulasi diri, adiksi, media sosial, bimbingan dan konseling.

ABSTRACT

Esa Eksakti. NIM 1405828. (2018). *Self-Regulation Relationship with the Addiction of Social Media and its Implications for Guidance and Counseling. (Correlational Study at Pasundan 2 Bandung High School Academic Year 2018/2019).*

The research is motivated by indications of low self-regulation and the existence of social media addiction to students such as doing homework assignments at school, playing social media, online games or accessing mobile phones during class hours, conflicts between groups of friends because they feel disturbed while playing social media, not doing assignments and so on. The study aims to find out empirically self-regulation, social media addiction, the relationship between self-regulation and social media addiction along with counseling and guidance services based on the description of self-regulation and social media addiction of class XI students of Pasundan 2 Bandung High School 2018/2019. Research design is survey research. The approach used is quantitative with descriptive correlational research methods. The process of collecting data is through an instrument with a scale consisting of five alternative answer choices. The results of study: 1) illustrate the percentage of achievement scores on self-regulation trends and social media addiction in the medium category; 2) the relationship between the two variables is negative; 3) implications of guidance and counseling services to improve self-regulation and reduce student social media addiction.

key words; self regulation, adiction, social media, guidance and counseling.