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**PENGARUH *MINDFULNESS* TERHADAP ADIKSI MEDIA SOSIAL
PADA MAHASISWA DI KOTA BANDUNG MASA PANDEMI COVID-19**

SKRIPSI

Diajukan untuk Memenuhi Salah Satu Syarat Memperoleh Gelar Sarjana
Psikologi Fakultas Ilmu Pendidikan Departemen Psikologi



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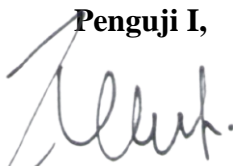
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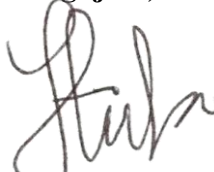
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ABSTRAK

Alya Azaria (1606026) *Pengaruh Mindfulness terhadap Adiksi Media Sosial pada Mahasiswa di Kota Bandung Masa Pandemi COVID-19*. Skripsi. Departemen Psikologi, Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia. (2021).

Penelitian ini bertujuan untuk mengetahui pengaruh *mindfulness* terhadap adiksi media sosial pada mahasiswa di Kota Bandung masa pandemi COVID-19. Penelitian menggunakan pendekatan kuantitatif dengan metode korelasional. Subjek penelitian berjumlah 105 mahasiswa di Kota Bandung dengan rentang usia 18-25 tahun dan merupakan pengguna media sosial. Instrumen penelitian yang digunakan adalah *Cognitive and Affective Mindfulness Scale- Revised* (CAMS-R) untuk mengukur *mindfulness* dan adaptasi dari instrumen *Social Media Addiction Scale* (SMAS) serta *Social Networking Addiction Scale* (SNAS) untuk mengukur adiksi media sosial. Teknik analisis data menggunakan teknik analisis regresi linear sederhana. Hasil penelitian menunjukkan nilai signifikansi sebesar 0,000 ($<0,05$) yang berarti bahwa *mindfulness* memiliki pengaruh terhadap adiksi media sosial pada mahasiswa.

Kata kunci: *mindfulness*, adiksi media sosial.

ABSTRACT

Alya Azaria (1606026) The Influence of Mindfulness on Social Media Addiction in Students in Bandung During The Covid-19 Pandemic. Research Paper. Department of Psychology, Faculty of Education, Indonesian University of Education. (2021).

This study aims to determine the effect of mindfulness on social media addiction in students in the city of Bandung during the COVID-19 pandemic. The research uses a quantitative approach with the correlational method. The research subjects were 105 students in the city of Bandung with an age range of 18-25 years and were social media users. The research instrument used was the Cognitive and Affective Mindfulness Scale- Revised (CAMS-R) to measure mindfulness and adaptation of the Social Media Addiction Scale (SMAS) instrument and the Social Networking Addiction Scale (SNAS) to measure social media addiction. The data analysis technique used a simple linear regression analysis technique. The results showed a significance value of 0.000 (<0.05), which means that mindfulness has an influence on social media addiction in students.

Keywords: *mindfulness, social media addiction.*

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