

Hubungan intensitas bermain permainan daring dengan kecerdasan emosional remaja usia 13-17 tahun di SMP Al Khairiyah 1 dan SMA Al Khairiyah Jakarta = The relations between online gaming intensity and emotional intelligence of adolescents age 13-17 in Al Khairiyah 1 Junior High School and Al Khairiyah Senior High School Jakarta

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Abstrak

Perkembangan internet yang semakin pesat menyebabkan semakin mudah diaksesnya internet oleh masyarakat, salah satunya yaitu permainan daring yang merupakan hal yang cukup diminati remaja saat ini. Penelitian ini bertujuan untuk mengetahui hubungan intensitas bermain permainan daring dengan kecerdasan emosional remaja usia 13-17 tahun. Desain penelitian yang digunakan adalah analitik-korelatif secara cross sectional. Sampel penelitian ini berjumlah 60 siswa SMP Al-Khairiyah 1 dan SMA Al-Khairiyah Jakarta dengan teknik consecutive sampling. Uji statistik yang digunakan dalam penelitian ini yaitu uji Korelasi Pearson. Hasil penelitian menunjukkan ada hubungan negatif yang bermakna antara intensitas bermain permainan daring dengan kecerdasan emosional ($r = -0,33$; $p = 0.004$). Penelitian ini merekomendasikan perlu dikembangkannya suatu program untuk mengoptimalkan kecerdasan emosional remaja di sekolah maupun komunitas, dengan harapan kegiatan bermain permainan daring dapat diminimalkan.

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The development of internet which is rapidly increasing, causing it more easily accessible by people, one of it is online game which is preferable by adolescents at this time. The purpose of this study was to explore the relations between online gaming intensity and emotional intelligence of adolescents age-range 13-17. This study used correlative-analytical with cross sectional design approach. The sample of this study were 60 students in Al-Khairiyah 1 Junior High School and Al-Khairiyah Senior High School, Jakarta through consecutive sampling. Statistical test which was used in this study was Pearson Correlation test. This study result showed that there was a significant negative relations between online gaming intensity and emotional intelligence ($r = -0,33$; $p = 0.004$). This study recommends that a program to optimize adolescents' emotional intelligence need to be developed in school and community, with expectation that online gaming activity can be minimized.