

Hubungan antara Kesulitan dalam Regulasi Emosi dan Toxic Behavior pada Pemain Gim Multiplayer Online Battle Arena (MOBA) = Correlation between Difficulties in Emotion Regulation and Toxic Behavior among Multiplayer Online Battle Arena (MOBA) Game Players

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Abstrak

Toxic behavior adalah perilaku yang sering dijumpai dalam gim daring terutama pada gim bergenre Multiplayer Online Battle Arena (MOBA). Penelitian ini bertujuan untuk melihat hubungan antara kesulitan dalam regulasi emosi dan toxic behavior pada pemain gim bergenre MOBA. Kesulitan dalam regulasi emosi diukur menggunakan Difficulties in Emotion Regulation Scale - 16 item version (DERS-16), dan toxic behavior diukur menggunakan Toxic Behavior Scale. Partisipan penelitian ini terdiri dari 123 pemain gim MOBA dalam rentang usia 18-33 tahun ($M=21.31$, $SD=2.43$, 65,85% perempuan). Hasil analisis korelasi menggunakan teknik statistik Pearson menunjukkan bahwa terdapat hubungan positif dan signifikan antara kesulitan dalam regulasi emosi dan toxic behavior ($r=0.313$, $p < 0.01$). Hasil penelitian ini mendukung hipotesis peneliti yang menyatakan bahwa semakin tinggi tingkat kesulitan dalam regulasi emosi seseorang maka semakin tinggi tingkat toxic behavior yang dimiliki. Penelitian ini memberikan bukti tambahan bahwa regulasi emosi merupakan salah satu aspek yang dapat diperhatikan dalam pengembangan gim karena memiliki hubungan dengan toxic behavior yang membuat kepuasan bermain gim secara keseluruhan menurun.

.....Toxic behavior is a behavior that is often found in online games, especially in Multiplayer Online Battle Arena (MOBA) genre games. This study aims to look at the relationship between difficulties in emotion regulation and toxic behavior in MOBA genre game players. Difficulties in emotion regulation were measured using the Difficulties in Emotion Regulation Scale - 16 item version (DERS-16), and toxic behavior was measured using the Toxic Behavior Scale. The participants of this study consisted of 123 MOBA game players in the age range of 18-33 years ($M=21.31$, $SD=2.43$, 65.85% female). The results of correlation analysis using Pearson statistical techniques showed that there was a positive and significant relationship between difficulties in emotion regulation and toxic behavior ($r=0.313$, $p<0.01$). The results of this study support the researcher's hypothesis which states that the higher the level of difficulty in regulating one's emotions, the higher the level of toxic behavior. This study provides additional evidence that emotion regulation is one aspect that can be considered in game development because it has a relationship with toxic behavior that makes overall game play satisfaction decrease.