

**PENGARUH TEKNIK *SELF-MANAGEMENT* DALAM *COGNITIVE  
BEHAVIORAL THERAPY* UNTUK MENGURANGI KECANDUAN *GAME  
ONLINE***

*(Single Subject Research* terhadap siswa Kelas XII

SMA Negeri 85 Jakarta Barat)

**(2017)**

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**ABSTRAK**

Penelitian ini bertujuan untuk mengetahui pengaruh teknik self-management untuk mengurangi tingkat kecanduan game online. Sampel penelitian adalah siswa kelas XII berinisial AS. Pengambilan sampel menggunakan teknik purposive sampling. Metode yang digunakan adalah Single Subject Research dengan desain A-B dan pendekatan Cognitive Behavioral Therapy. Pengukuran pada penelitian ini menggunakan instrumen kecanduan game online yang memiliki 20 butir pernyataan valid dan memiliki koefisien reliabilitas sebesar 0.763. Hasil penelitian menunjukkan intervensi pendekatan Cognitive Behavioral Therapy (CBT) dengan menggunakan teknik self-management dapat mengurangi kecanduan game online. Terbukti dari kecanduan game online AS mengalami penurunan skor setelah diberikan intervensi, yang semula 60 menjadi 35. Hasil ini menunjukkan teknik self-management dapat diterapkan untuk mengurangi kecanduan game online.

Kata kunci: Pendekatan Cognitive Behavioral Therapy, Teknik Self-management, Kecanduan Game Online

**THE IMPLEMENTATION OF SELF-MANAGEMENT IN COGNITIVE  
BEHAVIORAL THERAPY TO DECREASE GAME ONLINE ADDICTION**

*(A Single Subject Research on a Student of Grade XII*

*SMA Negeri 85 West Jakarta)*

**(2017)**

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**ABSTRACT**

*This study aims to determine the effect of self-management techniques to reduce the online game addiction rate. The sample in this research is a student of class XII initialed as AS. The sampling used Purposive Sampling technique. This research used Single Subject Research with A-B design and the approach of Cognitive Behavioral Therapy. Measurement in this research used instrument game online addiction which is 20 items valid statement and has a reliability coefficients of 0.763. The result of this research showed that the intervention of Cognitive Behavioral Therapy (CBT) approach using self-management technique can reduce the online games addiction. Evident from the online games addiction of AS decreased scorer after being given intervention, which was originally 60 to 35. These result indicate self-management technique can be applied to reduce the online games addiction.*

*Keywords: Cognitive Behavioral Therapy Approach, Self-Management Technique, Online Game Addiction*