

# PENGARUH SOCIAL MEDIA ADDICTION TERHADAP PERILAKU AGRESIF PADA REMAJA

Rebecca Theresia Br Tarigan  
Yanies Novira Soedarmadi

Program Studi Psikologi,  
Fakultas Bisnis & Humaniora  
Universitas Teknologi Yogyakarta  
E-mail : [rebecatarigan13@gmail.com](mailto:rebecatarigan13@gmail.com)

## ABSTRAK

*Perkembangan teknologi menimbulkan fenomena baru akibat penggunaan internet dan media sosial secara terus menerus, salah satunya yaitu Social Media Addiction atau ketergantungan media sosial. Social Media Addiction merupakan perhatian lebih terhadap media sosial sehingga mendorong individu menggunakannya secara berkepanjangan sehingga dapat menyebabkan gangguan aktivitas sosial, gangguan tidur, Agresivitas, bahkan dapat membuat pengguna merasa dunia maya lebih menarik dari dunia nyata. Penelitian ini bertujuan untuk melihat dan mengetahui pengaruh Social Media Addiction terhadap perilaku agresif pada remaja.. Metode penelitian yang digunakan yaitu metode kuantitatif. Subjek penelitian ini adalah remaja (15-18 tahun) dengan sampel sebanyak 88 responden. Teknik pengambilan subjek penelitian menggunakan teknik probability sampling, yaitu teknik pengambilan sampel yang memberikan peluang yang sama bagi setiap anggota populasi. Teknik pengumpulan data menggunakan skala Social Media Addiction berdasarkan teori Young (1988 & 2011) dan skala Agresivitas Buss & Perry (1992). Berdasarkan hasil kategorisasi menunjukkan responden yang memiliki Social Media Addiction tinggi sebanyak 26 (30%) responden, sedang 50 (57%), rendah 12 (14%). Uji Hipotesis yang dilakukan pada responden mendapat nilai signifikansi (Sig.) sebesar 0,000 (<0,05) yang berarti  $H_0$  diterima. Artinya, hasil penelitian menunjukkan bahwa terdapat pengaruh social media addiction terhadap perilaku agresif pada remaja.*

**Kata Kunci :** Agresivitas, Remaja, Social Media Addiction.

# THE EFFECT OF SOCIAL MEDIA ADDICTION ON AGGRESSIVE BEHAVIOR IN TEENAGERS

Rebecca Theresia Br Tarigan  
Yanies Novira Soedarmadi

Psychology Study Program,  
Faculty Buisness & Humanities  
University of Technoloy Yogyakarta  
E-mail : [rebecatarigan13@gmail.com](mailto:rebecatarigan13@gmail.com)

## ABSTRACT

*Technological developments give rise to new phenomena due to the continuous use of the internet and social media, one of which is Social Media Addiction or social media dependence. Social Media Addiction is more attention to social media so that it encourages individuals to use it for a long time so that it can cause disruption of social activities, sleep disturbances, aggressiveness, and can even make users feel that the virtual world is more interesting than the real world. This study aims to see and determine the effect of Social Media Addiction on aggressive behavior in adolescents. The research method used is quantitative method. The subjects of this study were adolescents (15-18 years) with a sample of 88 respondents. The technique of taking research subjects uses probability sampling technique, which is a sampling technique that provides equal opportunities for each member of the population. Data collection techniques used the Social Media Addiction scale based on Young's theory (1988 & 2011) and Buss & Perry's (1992) Aggressiveness scale. Based on the results of categorization, it shows that respondents who have high Social Media Addiction are 26 (30%) respondents, while 50 (57%), low are 12 (14%). Hypothesis testing conducted on the respondents got a significance value (Sig.) of 0.000 (<0.05), which means  $H_a$  is accepted. This means that the results of the study indicate that there is an influence of social media addiction on aggressive behavior in adolescents.*

**Keywords:** Aggressiveness, Youth, Social Media Addiction.