

ABSTRAK

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Program Studi : Kedokteran Umum
Judul Skripsi : Hubungan antara *Self-Control* dan *Internet Addiction*
Selama Masa Pandemi COVID-19 pada Siswa/i Kelas XI
SMA Negeri 99 Jakarta Semester Genap Tahun Ajaran
2021/2022 dan Tinjauannya Menurut Pandangan Islam.

Latar Belakang: Surat Edaran Nomor 4 Tahun 2020 yang dikeluarkan oleh Kementerian Pendidikan dan Kebudayaan (Kemendikbud) adalah tentang keberadaan platform pendidikan dalam keadaan darurat penyebaran COVID 19 serta instruksi tentang sistem pembelajaran dari rumah. Adanya perubahan pembelajaran di sekolah yang berubah menjadi *online*, penggunaan *gadget* berlebihan dan tidak tentu akan menimbulkan *Internet Addiction*. Dampak *Internet Addiction* yaitu bisa menambah intensitas remaja untuk bermain internet. Tujuan dari penelitian ini berfokus pada hubungan antara *Self-Control* dan *Internet Addiction* selama masa pandemi COVID-19 pada siswa/i kelas XI SMA Negeri 99 Jakarta semester genap tahun ajaran 2021/2022 ditinjau menurut pandangan Islam.

Metode: Penelitian ini menggunakan studi observasional dengan pendekatan cross sectional untuk melihat hubungan antara *Self-Control* dan *Internet Addiction* selama masa pandemi COVID-19 pada siswa/i kelas XI SMA Negeri 99 Jakarta semester genap tahun ajaran 2021/2022.

Hasil: Hasil analisis hubungan pengendalian diri dengan adiksi internet menunjukkan koefisien korelasi (r) = -0,514 dan nilai signifikansi 0,000 ($p < 0,05$), maka dapat disimpulkan bahwa pengendalian diri berpengaruh signifikan terhadap kecanduan internet. kecanduan internet.

Kesimpulan: Kesimpulan pada penelitian ini terdapat korelasi negatif antara kedua variabel, dimana semakin rendah kemampuan *Self-Control* yang dimiliki siswa, maka tingkat *Internet Addiction* semakin tinggi.

Kata Kunci: *Self-Control*, *Internet Addiction*, Pandemi, COVID-19, Pelajar.

ABSTRACT

Name : Ratu Rohmah Januba
Study Program : Medicine
Title : The Relationship between Self-Control and Internet Addiction During the COVID-19 Pandemic in Class XI Students of SMA Negeri 99 Jakarta Even Semester 2021/2022 Academic Year and Its Overview from an Islamic View.

Background: *Circular Letter Number 4 of 2020 issued by the Ministry of Education and Culture (Kemendikbud) concerns the existence of educational platforms in an emergency situation of the spread of COVID 19 as well as instructions regarding the learning system from home. There have been changes in learning in schools that have turned online, the use of gadgets excessive and not necessarily will lead to Internet Addiction. The impact of Internet Addiction is that it can increase the intensity of teenagers to play the internet. The purpose of this study focuses on the relationship between Self-Control and Internet Addiction during the COVID-19 pandemic in class XI students at SMA Negeri 99 Jakarta in the even semester of the 2021/2022 academic year from an Islamic viewpoint.*

Methods: *This study uses an observational study with a cross-sectional approach to see the relationship between Self-Control and Internet Addiction during the COVID-19 pandemic in class XI students at SMA Negeri 99 Jakarta, even semester of the 2021/2022 academic year.*

Result: *The results of the analysis of the relationship between Self-Control and Internet Addiction show a correlation coefficient (r) = -0.514 and a significance value of 0.000 ($p < 0.05$), it can be concluded that Self-Control has a significant effect on Internet Addiction.*

Conclusion : *The conclusion in this study is that there is a negative correlation between the two variables, where the lower the students' Self-Control ability, the higher the level of Internet Addiction.*

Keywords: *Self-Control, Internet Addiction, Pandemic, COVID-19, Student.*