

HUBUNGAN ANTARA *SELF-CONTROL* DENGAN *CYBERBULLYING* PADA *EMERGING ADULTHOOD* PENGGEJAR K-POP

INTISARI

Media sosial menjadi sarana bagi individu dalam membangun interaksi dan mengekspresikan diri di ruang digital. Namun penggunaan media sosial dapat meningkatkan risiko munculnya perilaku *cyberbullying*. Perilaku *cyberbullying* seringkali ditemukan pada kelompok *emerging adulthood* yang memiliki intensitas penggunaan media sosial yang tinggi. Penggemar K-pop merupakan salah satu kelompok yang aktif berinteraksi di media sosial sehingga berpotensi terlibat dalam konflik daring. Salah satu faktor yang berperan dalam keterlibatan individu pada perilaku *cyberbullying* adalah *self-control*. Penelitian ini bertujuan untuk mengetahui hubungan antara *self-control* dengan *cyberbullying* pada *emerging adulthood* penggemar K-pop. Penelitian ini menggunakan metode kuantitatif dengan analisis *spearman's rho correlation*. Sampel pada penelitian ini berjumlah 350 yang dipilih menggunakan teknik *quota sampling*. Instrumen yang digunakan adalah skala *self-control* dan skala *cyberbullying*. Hasil analisis menunjukkan nilai signifikansi sebesar 0.000 ($p < 0.05$), dengan koefisien korelasi -0.782. Artinya, semakin tinggi tingkat *self-control* individu, semakin rendah perilaku *cyberbullying*, sedangkan semakin rendah *self-control* individu maka semakin tinggi perilaku *cyberbullying*. Hubungan negatif yang kuat menunjukkan bahwa kemampuan *self-control* dalam penggunaan media sosial berkaitan dengan rendahnya keterlibatan perilaku *cyberbullying*.

Kata Kunci: *self-control*, *cyberbullying*, *emerging adulthood*, penggemar K-Pop

THE RELATIONSHIP BETWEEN SELF-CONTROL AND CYBERBULLYING IN EMERGING ADULthood K-POP FANS

ABSTRACT

Social media is a means for individuals to build interactions and express themselves in the digital space. However, social media use can increase the risk of cyberbullying behavior. Cyberbullying behavior is often found in emerging adulthood groups who have high intentions of using social media. K-Pop fans are one of the groups that actively interact on social media and thus have the potential to engage in bold conflict. One factor that plays a role in an individual's involvement in cyberbullying behavior is self-control. This research aims to determine the relationship between self-control and cyberbullying in emerging adulthood K-Pop fans. This study used quantitative methods with spearman's rho correlation analysis. The samples in this study totaled 350 samples selected using the quota sampling technique. The instruments used are the self-control scale and the cyberbullying scale. The result of the analysis showed a plot significance value of 0.000 ($p < 0.05$), with a correlation coefficient of -0.782. This means that the higher the individual's self-control level, the lower the cyberbullying behavior, while the lower the individual's self-control, the higher the cyberbullying behavior. A Strong negative relationships suggest that self-control capabilities in social media use are associated with low involvement of cyberbullying behavior.

Kata Kunci: self-control, cyberbullying, emerging adulthood, K-Pop fans