

*RELATIONSHIP BETWEEN PROBLEMATIC INTERNET USE AND STUDENTS' MENTAL
HEALTH FACULTY OF PSYCHOLOGY, MERCU BUANA UNIVERSITY*

ABSTRACT

This study aims to determine the relationship between problematic internet use with the mental health of students at the Faculty of Psychology, Mercu Buana University. The sampling technique used accidental sampling with a sample of 206 respondents. Mental health uses the Mental Health Short Continuum – Short Form (MHC-SF) scale and internet problems uses the Generalized Problematic Internet Use Scale 2 (GPIUS2). This study uses a correlation test. The results show a value of $r = 0.323$ and a value of $p = 0.000$, meaning that there is a relationship in a negative direction between problematic internet use and mental health with a moderate correlation. Based on the results of this study it was concluded that there was a relationship between problematic internet use and mental health in students of the Faculty of Psychology, Mercu Buana University.

Keywords : *Problematic Internet Use, Mental Health*



HUBUNGAN ANTARA PROBLEMATIC INTERNET USE DENGAN KESEHATAN MENTAL
MAHASISWA FAKULTAS PSIKOLOGI UNIVERSITAS MERCU BUANA

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan *problematic internet use* dengan kesehatan mental mahasiswa Fakultas Psikologi Universitas Mercu Buana. Teknik pengambilan sampel menggunakan aksidental sampling dengan sampel sebanyak 206 responden. Kesehatan mental menggunakan alat ukur skala *Mental Health Short Continuum – Short Form* (MHC-SF) dan *problematic internet use* menggunakan alat ukur skala *Generalized Problematic Internet Use Scale 2* (GPIUS2). Penelitian ini menggunakan uji korelasi. Hasil menunjukkan nilai $r = 0,323$ dan nilai $p = 0,000$, artinya terdapat hubungan dengan arah negatif antara *problematic internet use* dengan kesehatan mental dengan korelasi sedang. Berdasarkan hasil penelitian ini disimpulkan bahwa terdapat hubungan antara *problematic internet use* dengan kesehatan mental pada mahasiswa Fakultas Psikologi Universitas Mercu Buana.

Keywords : *Problematic Internet Use, Kesehatan Mental*