

ABSTRAK

ANNISA SARAH TAMBUNAN. Pengaruh Layanan Penguasaan Konten Metode *Problem Base Learning* Terhadap Regulasi Diri Pengguna *Game Online* Siswa Kelas XI di SMA Negeri 1 Galang. Skripsi. Medan: Fakultas Ilmu Pendidikan. Universitas Negeri Medan. 2025.

Penelitian ini bertujuan untuk mengetahui apakah terdapat pengaruh layanan penguasaan konten metode *problem base learning* terhadap regulasi diri pengguna *game online*. Penelitian ini merupakan penelitian kuantitatif dengan metode eksperimen desain *one-group pre-test post-test*. Subjek pada penelitian ini adalah siswa kelas XI D berjumlah 33 siswa yang di dalamnya terdapat 21 siswa sebagai pengguna *game online*. Alat pengumpulan data yang digunakan adalah angket yang berisi 24 item pernyataan. Teknik analisis data menggunakan statistik deskriptif dengan uji analisis wilcoxon. Hasil penelitian pada pre-test didapatkan skor rata-rata sebesar 57,24 dan post-test didapatkan skor rata-rata sebesar 70,90. Data tersebut menunjukkan terjadi peningkatan regulasi diri pada saat sebelum dan sesudah diberi perlakuan layanan penguasaan konten metode *problem base learning*. Berdasarkan hasil analisis uji wilcoxon di dapatkan nilai Asymp.Sig.(2-tailed) sebesar 0,000 dengan nilai $\alpha = 0,05$. Hipotesis diterima jika nilai Asymp.Sig.(2-tailed) $< \alpha$ mak dari itu $0,000 < 0,05$ yang berarti hipotesis di terima. Dari hasil analisis tersebut dapat disimpulkan bahwa layanan penguasaan konten metode *problem base learning* berpengaruh terhadap regulasi diri pengguna *game online* siswa kelas XI di SMA Negeri 1 Galang.

Kata kunci : Regulasi Diri, Layanan Penguasaan Konten, Pengguna *Game online*, Metode *Problem Base Learning*



ABSTRACT

ANNISA SARAH TAMBUNAN. The Effect of Content Mastery Services Problem Base Learning Method on Self-Regulation of Game Online Users of Class XI Students at SMA Negeri 1 Galang. Skripsi. Medan: Faculty of Education. Universitas Negeri Medan. 2025.

This study aims to determine whether there is an effect of content mastery services problem base learning method on self-regulation of game online users. This research is a quantitative research with experimental method of one-group pre-test post-test design. The subjects in this study were XI D class students totaling 33 students in which there were 21 students as game online users. The data collection tool used was a questionnaire containing 24 statement items. Data analysis techniques using descriptive statistics with wilcoxon analysis test. The results of the study in the pre-test obtained an average score of 57.24 and the post-test obtained an average score of 70.90. The data shows an increase in self-regulation before and after being treated with content mastery services using the problem base learning method. Based on the results of the Wilcoxon test analysis, the Asymp.Sig. (2-tailed) value is 0.000 with an $\alpha = 0.05$ value. The hypothesis is accepted if the Asymp.Sig. (2-tailed) value $< \alpha$ then $0.000 < 0.05$ which means the hypothesis is accepted. From the results of this analysis, it can be concluded that the content mastery service of the problem base learning method has an effect on the self-regulation of game online users of class XI students at SMA Negeri 1 Galang.

Keywords : Self-regulation, game online users, content mastery services, problem base learning method

