

ABSTRAK

ASMAIDA SIHOMBING. Hubungan *Self-Control* dengan Perilaku *Binge-Watching* pada Mahasiswa Bimbingan Konseling Universitas Negeri Medan. Skripsi. Medan: Fakultas Ilmu Pendidikan Universitas Negeri Medan. 2026.

Penelitian ini bertujuan untuk mengetahui hubungan antara self-control dengan perilaku binge-watching pada mahasiswa Program Studi Bimbingan dan Konseling Universitas Negeri Medan. Binge-watching dipahami sebagai perilaku menonton tayangan serial secara berkelanjutan dalam durasi yang panjang dan sulit dikendalikan sehingga berpotensi mengganggu aktivitas akademik maupun kesejahteraan psikologis. Self-control dipahami sebagai kemampuan individu dalam mengatur dorongan, emosi, dan perilaku agar selaras dengan tujuan jangka panjang. Penelitian ini menggunakan pendekatan kuantitatif dengan jenis penelitian korelasional. Populasi penelitian adalah seluruh mahasiswa aktif Bimbingan dan Konseling Universitas Negeri Medan, dengan sampel sebanyak 177 mahasiswa yang ditentukan menggunakan teknik purposive sampling. Instrumen penelitian menggunakan Self-Control Scale (SCS) dan Binge-Watching Engagement Scale Questionnaire (BWESQ) yang telah diuji validitas dan reliabilitasnya. Data dianalisis menggunakan teknik analisis korelasi. Hasil penelitian menunjukkan bahwa terdapat hubungan yang signifikan antara self-control dengan perilaku binge-watching pada mahasiswa Bimbingan dan Konseling Universitas Negeri Medan, di mana semakin tinggi tingkat self-control mahasiswa maka semakin rendah kecenderungan perilaku binge-watching yang dilakukan. Temuan ini menunjukkan bahwa self-control memiliki peran penting dalam membantu mahasiswa mengendalikan perilaku konsumsi media digital secara lebih sehat dan seimbang. Hasil penelitian ini diharapkan dapat menjadi dasar pengembangan layanan bimbingan dan konseling dalam meningkatkan kemampuan pengendalian diri mahasiswa.

Kata Kunci : *Self-Control*, *Binge-Watching*, Mahasiswa, Bimbingan dan Konseling

ABSTRACT

ASMAIDA SIHOMBING. The Relationship Between Self-Control and Binge-Watching Behavior among Guidance and Counseling Students at Universitas Negeri Medan. Skripsi. Medan: Faculty of Education. State University of Medan. 2026.

This study aims to examine the relationship between self-control and binge-watching behavior among students of the Guidance and Counseling Study Program at Universitas Negeri Medan. Binge-watching is defined as the behavior of continuously watching serial programs for extended periods of time that is difficult to control and may potentially disrupt academic activities as well as psychological well-being. Self-control is understood as an individual's ability to regulate impulses, emotions, and behaviors in accordance with long-term goals. This study employed a quantitative approach with a correlational research design. The research population consisted of all Guidance and Counseling students at Universitas Negeri Medan, totaling 949 students, with a sample of 177 students selected using purposive sampling techniques. Data were collected using the Self-Control Scale (SCS) and the Binge-Watching Engagement Scale Questionnaire (BWESQ), both of which have been tested for validity and reliability. The data were analyzed using correlation analysis techniques. The results indicate that there is a significant relationship between self-control and binge-watching behavior among Guidance and Counseling students at Universitas Negeri Medan, where higher levels of self-control are associated with lower tendencies toward binge-watching behavior. These findings suggest that self-control plays an important role in helping students manage their digital media consumption in a healthier and more balanced manner. The results of this study are expected to serve as a basis for the development of guidance and counseling services aimed at enhancing students' self-control abilities.

Keywords : Self-Control, Binge-Watching, Students, Guidance And Counseling