

## Perbedaan Tingkat Resiliensi Pemain Gim Daring Genre Aksi Dan Pemain Gim Daring Genre RPG = Difference in Resilience Level Between Action Game Players and RPG Game Players

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### Abstrak

Periode dewasa muda identik dengan early adult transition, sehingga rentan menghadapi quarter life crisis. Dalam menghadapi dampak negatif dari krisis tersebut, individu seringkali menggunakan gim daring (video games) sebagai media untuk coping. Penelitian-penelitian terbaru mulai menemukan adanya potensi penggunaan gim daring dalam meningkatkan resiliensi. Namun, penelitian-penelitian masih terbatas pada penelitian gim daring secara umum. Oleh karena itu, penelitian ini bertujuan untuk melihat perbedaan tingkat resiliensi antara pemain dua genre yang sering ditemui, yaitu aksi dan role-play game (RPG). Perbedaan kedua genre tersebut didasarkan pada perbedaan aspek kompetitif dan kooperatif dalam hubungannya dengan resiliensi. Penelitian ini membandingkan tingkat resiliensi yang diukur menggunakan 10-item Connor Davidson Resilience Scale dan juga pertanyaan persepsi aspek kompetitif dan kooperatif yang dirasakan dalam gim daring. Gim daring genre aksi yang digunakan adalah "Playerunknown's Battleground (PUBG)" dan gim daring RPG yang digunakan adalah "Genshin Impact" Hasil analisis komparasi independent sample t-test mendapatkan perbedaan tingkat resiliensi antara pemain gim daring genre aksi dan genre RPG [ $t(104) = 12.467, p = 0.01$ ], dengan skor resiliensi yang lebih tinggi pada pemain gim daring genre aksi. Hasil ini memperlihatkan tingkat resiliensi berbeda pada genre gim daring yang berbeda.

.....The young adulthood period is often vulnerable to experiencing quarter-life crisis. In facing this crisis, individuals often turn to online games as a means of coping. Recent studies have started to discover the potential use of online games in enhancing resilience. However, research in this area is still limited to general studies on online gaming. Therefore, this study aims to examine the differences in resilience levels between players of two commonly encountered genres, namely action and role-playing games (RPGs). The differences between these two genres are based on the distinct aspects of competitiveness and cooperativeness and their relation to resilience. This study compares resilience levels measured using the 10-item Connor Davidson Resilience Scale, as well as questions regarding the perceived competitive and cooperative aspects experienced in online gaming. The action genre game used is "Playerunknown's Battleground (PUBG)," while the RPG game used is "Genshin Impact". The results of the independent sample t-test comparison analysis indicate a difference in resilience levels between players of action and RPG online games [ $t(104) = 12.467, p = 0.01$ ], with higher resilience scores observed among players of action genre games. These findings demonstrate varying levels of resilience across different genres of online games.