

## ABSTRAK

*Game online* merupakan wujud dari perkembangan teknologi elektronik yang semakin hari semakin pesat. *Game online Mobile Legends: Bang Bang* saat ini sangat populer dikalangan masyarakat, dengan peminat mulai dari anak-anak hingga orang dewasa termasuk pekerja. Berdasarkan latar belakang itu, penelitian ini bertujuan untuk mengetahui jawaban tentang dampak bermain *game online Mobile Legends: Bang Bang* pada kondisi psikososial pekerja, dengan menggunakan pendekatan kualitatif. Data penelitian ini didapatkan melalui hasil wawancara, observasi, dan studi kepustakaan. Penelitian ini mengungkapkan bahwa ada beberapa dampak positif bermain *game online Mobile Legends: Bang Bang* pada kondisi psikososial pekerja, seperti, memberikan rasa senang, memberikan semangat, mempererat hubungan pertemanan, memperluas relasi pertemanan, melatih fokus, meningkatkan kreativitas, dan meredakan stres. Ada juga beberapa dampak negatif bermain *game online Mobile Legends: Bang Bang* pada kondisi psikososial pekerja, seperti mudah marah, stres, kecanduan *game online*, berkata kasar, dan cyberbullying. Penelitian ini juga mengungkapkan ada beberapa faktor internal penyebab pekerja kecanduan *game online*, yaitu adanya sesuatu yang dicapai (*achievement*), kurangnya kontrol diri, dan bosan. Ada juga beberapa faktor eksternal penyebab pekerja kecanduan *game online* yaitu lingkungan, dan adanya teman main *bareng game online*. Implikasi teoritis dan praktis pekerja sosial dalam mengatasi dampak psikososial pada pekerja pemain *game online Mobile Legends: Bang Bang* yaitu konselor, *enabler*, *broker*, dan *self help*.

Kata Kunci: pekerja, *game online*, kondisi psikososial, pekerja sosial

## ABSTRACT

*Game online* is a manifestation of the development of electronic technology which is growing rapidly. The online game Mobile Legends: Bang Bang is currently very popular among the public, with enthusiasts ranging from children to adults including workers. Based on that background, this study aims to find answers about the impact of playing the online game Mobile Legends: Bang Bang on the psychosocial condition of workers, using a qualitative approach. The data of this study were obtained through the results of interview, observation, and literature study. This study reveals that there are several positive impacts of playing the online game Mobile Legends: Bang Bang on the psychosocial condition of workers, such as, giving a happiness, giving encouragement, strengthening friendships, expanding friendship relations, training focus, increasing creativity, and reducing stress. There are also several the negative impacts of playing the online game Mobile Legends: Bang Bang on the psychosocial condition of workers, such as, stress, online game addiction, harsh words, and cyberbullying. This study also reveals that there are several internal factors that cause workers to become addicted to online games, namely achievement, lack of self-control, and boredom. There are also several external factors that cause workers to become addicted to online games, namely the environment, and having friends playing online games together. Theoretical and practical implications of social workers in overcoming psychosocial impacts on workers playing the online game Mobile Legends: Bang Bang, namely counselors, enablers, brokers and self help.

Keywords: workers, online game, psychosocial condition, social workers

## RINGKESAN

*Mobile Game* nyaéta salah sahiji *game online* anu mangrupa manifestasi tina kamekaran téknologi éléktronik anu ngembang pesat. *Game online Mobile Legends: Bang Bang* ayeuna pohara populer di kalangan masarakat, kalayan peminatna ti barudak nepi ka déwasa kaasup pagawé. Dumasar kana étas, ieu panilitian miboga tujuan pikeun néangan jawaban ngeunaan pangaruh maén *game online Mobile Legends: Bang Bang* kana kaayaan psikososial pagawé, ngagunakeun pamarekan kualitatif. Data dina ieu panilitian dimeunangkeun ngaliwatan hasil wawancara, observasi, sareng studi kepustakaan. panilitian ieu ngébréhkeun yén aya sababaraha pangaruh positip tina maen *game online Mobile Legends: Bang Bang* kana kaayaan psikososial pagawé, saperti, méré rasa senang, méré rasa sumanget, nguatkeun silaturahmi, ngalegaan hubungan silaturahmi, ngalatih fokus, ngaronjatkeun kreativitas, ngurangan setrés jeung aya ogé sababaraha dampak negatif tina maén *Game online Mobile Legends: Bang Bang* dina kaayaan psikososial pagawé, kayaning sénsitip, setrés, kecanduan *game online*, kecap kasar, cyberbullying. Panilitian ieu ogé ngungkabkeun yén aya sababaraha faktor internal anu nyababkeun pagawé kacanduan kana *Game online*, nyaeta, *achievement*, kurangna kontrol diri pagawé, sareng bosen. Aya ogé sababaraha faktor eksternal anu nyababkeun pagawé kacanduan kana *Game online*, nyaeta lingkungan, sareng gaduh babaturan maén *game online* babarengan. Implikasi téoritis jeung praktis pekerja sosial dina ngungkulan dampak psikososial pagawé pemaén *game online Mobile Legends: Bang Bang*, nyaéta, nyaéta konselor, *enabler*, *broker*, sareng *self help*

Kata Kunci: pagawé, *game online*, kaayaan psikososial, pekerja sosial