

# **GAMBARAN *MINDFULNESS* PADA REMAJA YANG KECANDUAN BERMAIN GAME ONLINE**

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## ***Abstract***

*People who play game online for 39 hours/week are people who are addicted to game online (Young, 1998). Playing game online would have negative effects like ditching, stealing, lying, even death. Therefore, it can be estimated that the teenagers who are addicted to playing game online have an overview of mindfulness. Langer, who claimed there were twelve dimensions. The twelve dimensions are nonjudging, nonstriving, acceptance, patience, trust, openness, letting go, gentleness, generosity, gratitude, empathy, and loving-kindness. This research involves 400 teenagers who play online games and the result is 230 teens addicted to playing game online. The technique for data retrieval is convenience sampling. The results showed mindfulness on adolescents who are addicted to playing online games tend to be high. The results showed that the highest dimension of mindfulness on teenagers who are addicted to playing game online is generosity (3,8825) which means the players of online games have a sense of wanting to help others. The dimensions of the mindfulness of the lowest is nonjudging (2,3425) which means gamers still can't forget the past and feel worried about the future.*

*Key words: mindfulness, teenagers, addicted, online games.*