ABSTRACT

An Overview of Self-Regulation in Collage Students Using Social Media TikTok

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Social media utilizes web technology or various applications to make it easier for people to stay connected with other people. One of the new applications that is currently trending is the TikTok application. The emergence of Tiktok has positive and negative impacts on society. The negative impact is that students who use TikTok tend to have bad time management where they cannot divide their time between study time and time playing cellphones. This is due to a person's low self-regulation. Self-regulation is a person's ability to develop, implement, and maintain planned behavior to achieve one's goals. This study aims to get an overview of the self-regulation of students who use social media TikTok. This research was conducted using a descriptive quantitative method. The participants in this study were 446 undergraduate students who used the TikTok application in Indonesia. The research instrument used a self-regulation scale, namely the short self-regulation questionnaire (SSRQ) developed by Carey and Neal. Based on the descriptive analysis in this study, it was found that there was low self-regulation in students who use social media TikTok.

Keywords: *self-regulation, collage students, TikTok*

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