ABSTRACT

Tiktok social media is an application that is favored by various circles, one of them is Collage student. Collage student usually use Tiktok to fill the void of the day. The use of Tiktok social media if done is not as should be a tendency to addiction and have a negative impact on his life. Where a person cannot regulate or manage himself so as not to do that. The role of self-regulation can be used as a way to regulate individuals so as not to do things that have a negative impact. The purpose of this study was to determine the relationship between self-regulation and the tendency of tiktok social media addiction to students. The research method used is a quantitative method with a questionnaire or questionnaire distribution method. The data collection tool used is the scale of self-regulation and the scale of Tiktok social media addiction. Data collection techniques using purposive sampling with student criteria at age (18-24 years) that use the Tiktok application for more than 5 hours daily.

Keywords: Self-Regulation, Addiction, Social Media, Tiktok, Collage Students