

ABSTRACT

Digitalization, especially in entertainment has changed people's behaviour nowadays. Playing video game is one of many ways to enjoy entertainment technology. Many people making video game not only for entertainment, some also referring it as main activity, such as livelihood activity. In addition to entertainment media, playing video game also has many benefits, such as stress reliever.

People's life are inseparable from never ending problems that continuously come up. When people facing problem, he can feeling stressed. Not only stress can give people negative effects, stress also has many benefits, it depends on how people handle it. Many coping activities that can people do, one of it is playing video game. Perceived stress that decreased because of playing video game, making people tend to increase their video gaming intensity. If this video gaming activity not well-controlled, people can be addicted to it.

For undergraduate students, video game addiction and stress could affect their behaviour. Their academic achievement that can be measured by GPA, could also affected. In this research, the undergraduate students is Telkom University class of 2016 students.

This research found a significant negative impact of Stress and Video Game Addction on Academic Achievement partially and simultaneously. The relationship between Stress and Video Game Addiction also found in this research.

Keywords : Video Game Addiction, Stress, and Academic Achievement.