

## ABSTRACT

A study has been conducted on the Application of Self Management in Overcoming Addiction to Watching Korean Dramas (Drakor) in Adolescents in Boarding Houses in Rawa Jaya Kemuning Palembang. The purpose of this study was to determine the implementation of self-management techniques can reduce and reduce addictive behavior in watching Korean dramas. This study uses a qualitative research method by comparing theoretical perspectives consisting of 5 steps, namely: problem identification, diagnosis, prognosis, therapy / treatment, evaluation and follow-up. In this counseling process, the counselor provides treatment, namely the application of self-management techniques (positive reinforcement and setting self-contracts), asking the counselee to pay attention and giving assignments to the counselor. The final result of the application of self-management techniques to reduce addictive behavior in Korean dramas has changes that occur in the behavior and thoughts of the counselee, starting from their behavior that rarely sees Korean drama sites, although the counselee still wants to follow the Korean drama series that is booming, but the counselee has begun to be able to limit their desires. Then the counselee has begun to think more positively and is no longer fantasizing excessively. This was proven when the counselor chatted with a friend of the client. In the conversation, the client's friend said that the client had started to change, although it was not complete.

**Keywords:** *Self-Management Techniques, Korean Drama Addiction, Teenagers.*