The Effect of Cognitive Behavior Therapy On Online Gaming Addiction In Adolescents

Indah Andriani Ansar^{1}, Fatmawati², Haerati³*

Program Studi S1 Keperawatan Stikes Panrita Husada Bulukumba, Indonesia¹

Departemen Keperawatan Jiwa, Stikes Panrita Husada Bulukumba, Indonesia²

Departemen Keperawatan Dasar, Stikes Panrita Husada Bulukumba, Indonesia³

**Corresponding Autor : andrianiindah478@gmail.com*

ABSTRACT

Adolescence is one of the transitional periods of human development, where a person cannot be called an adult but no longer a child. The biggest users of online games in Indonesia are teenagers, where for teenagers playing online games is not a strange thing. pleasure and fun when playing games causes feelings of helplessness or inability to stop playing online games, so that in the end it affects other activities that are usually done daily. Knowing the effect of cognitive behavior therapy on online game addiction in adolescents at SMAN 7 Bulukumba in 2020 ". The design in this study is quantitative using research design, pre and post control group design, the sample of this study was 34 respondents who were divided into 2 groups (experimental and control), where the experimental group was given cognitive behavior therapy and the control group as a comparison. . The results of the analysis using the paired T test statistical test with a level of confidence ($\alpha = 0.05$). Based on the results of this test. It was found that the p value in the experimental group was 0.000 and the p value in the control group was 0.163. So H_0 was rejected and H_a accepted. The conclusion of this study is that there is an effect of cognitive behavior therapy on online game addiction in adolescents at SMA Negeri 7 Bulukumba in 2020, researchers suggest that more attention is needed to adolescents who are addicted to online games so as not to cause harm in the future.

Keywords: Cognitive Behavior Therapy, Online Game Addiction, Adolescence

INTRODUCTION

Man was born with all his needs, where at the beginning of human civilization, the needs became limited and very simple. Along with the development, the level of civilization becomes more advanced and more varied human needs. The development of technology makes information easier to access and the internet accelerates the change(Reza, 2018). The increasing use of the internet in line with the ease factor offered allows people to access the internet either by using a computer, notebook, or by using a mobile phone. Using the internet can facilitate daily activities such as: sending mail (email), sending messages (chatting), retrieving or sending the information needed as well as a means of obtaining entertainment. One of the entertainment that can be offered and is very popular among teenagers today is online game play(Siagian, 2017).

Online games are a type of game play that uses electronic devices such as computers, mobile phones or other devices that can be connected to the internet network. Online games are the ones that one or more players can play at the same time, even if they don't know each other. Playing online games for most people is a fun right and can throw boredom at him. Online game players around the world are among the many with a figure of about 217 million people, and there are about 80% of them are addicted to online games. According to a survey conducted in the United States of America in children under the age of 13, there was an increase in the percentage of online game players in 2010 and 2015: from 54% to 70% through the microsoft xbox one game console.(Nielsen, 2015).

In Indonesia, the activity of teenagers in playing and downloading video games ranges in the number of 44.10% and in adolescents aged 10-24 years are in the range of 18.40% based on the statiistic indonesian internet users. The largest users of online games in Indonesia are teenagers, where for teenagers playing online games is no stranger, especially for teenagers in urban areas(Yanti, 2019).

The rise of types and choices in playing online games makes gamers become addicted to playing and unable to control themselves. Addiction to online games is a symptom of impaired self-control or desire to play online games that makes gamers forget their time in playing and do not care about anything else. The feeling of pleasure and fun when playing games causes the onset of feelings of helplessness or inability to quit the activities of playing online games, thus ultimately impacting on other activities that are common in daily work. The easier it is to get technology to play online games (gadgets and computers) is also another factor that causes the urge of gamers to experience addiction(Solikha, 2016).

Playing online games can create its own satisfaction after completing the challenges that exist in online games as well as gaining achievements in the online games. At first online games serve as a saturation remover, train physical and mental skills, now turned into a serious threat to health by increasing the risk of experiencing health, social, psychic and physical disorders. Or in general the disorder is referred to as online gaming addiction(Siagian, 2017).

A lack of self-control can lead to an increasing risk of a person experiencing symptoms of addiction in playing online games. Basically online gaming addiction can be assessed by looking at how active a person is in playing games and how much negative

impact it has on themselves and their environment this causes very significant harm to online gaming addicts. One of the disadvantages of having individuals have experienced an addiction to online gaming is that they tend to neglect their real lives such as studying, working, resting, and socializing with the environment. People who have been addicted to online games can forget about important things for themselves such as learning, channeling their talents or hobbies, hanging out with friends and family. Online games have a huge influence on a person's growth and psychological development. Although gamers can socialize through online games, online games often make gamers forget their social life(Ginting, 2017).

Addiction online games or commonly referred to as internet addictive disorder is a symptom of someone making online gaming is everything and the main thing in his life, one gamer thinks that there is no more important thing to do than play online games. This increases the risk of experiencing online gaming addiction(fitri, 2018). Based on the initial survey by the author at SMAN 7 bulukumba in grade X, almost all students had gadgets and as many as 40 questionnaires were shared with students who often played games in 34 students experiencing the impact of addiction online games. The most games played are free fire and mobile legends.

Addiction to online games in individuals in terms of biological can be handled with antidepressant or anti-anxiety drugs, in addition to the handling of addiction online games can also be provided by providing counseling programs where one of them uses therapy cognitive behavior approach. This is in accordance with the research presented by(rodriquez, 2017) which suggests that the most commonly used handling of online gaming addiction is cognitive behavior therapy. Cognitive behavior therapy is one of the proven approach techniques to deal with various human problems from a general perspective, such as ditching, depression, family problems, foster care, and addiction (mohammad zainal arif, 2017).

Based on the phenomenon of the background that has been described by the author where the thing that is alarming is teenagers who are still in the learning stage spend time by playing online games that cause a decrease in their school's achievements to decrease their learning achievements. In addition, online games can also cause a person to be less social and less familiar with those around him. Then it can be concluded that the online game should be returned to its original purpose of making it as a means of recreation for a moment after a day of activities. Providing therapeutic services with

cognitive behavior therapy approach to provide views and understanding to individuals in order to change mindset during gaming. From this, the author is interested in researching "the influence of cognitive behavior therapy on addiction Online games in adolescents at SMAN 7 Bulukumba in 2020"

MATERIAL AND METHODS

The design in this research is quantitative by using research design, pre and post control group design. To find out the influence of cognitive behavior therapy on online gaming addiction in teenagers at SMAN 7 Bulukumba in 2020. The population in this study was the entire grade I students of SMAN 7 Bulukumba. The number of samples used in this study was 34 students, where the intervention group consisted of 17 students and a control group of 17 students. In this study using consecutive sampling technique is a sampling technique that sets the subject that meets the criteria of the study then inserted dalam research until a certain time bracket so that the number of respondents fulfilled (Nursalam, 2013).

RESULTS

Tabel1. Distribusi frekuensi karakteristik responden Di SMA Negeri 7 Bulukumba

Characteristic Respondent	Intervention groups		Intervention Control	
	F	%	F	%
Gender				
Male	9	52,9	9	52,9
Female	8	47,1	8	47,1
Age				
15 year	14	82,4	11	64,7
16 Year	3	17,6	6	35,3
Amount	17	100	17	100

Based on table 1 shows from the 34 overall respondents can be known the number of respondents based on the most gender is found in the male gender as many as 18 of all respondents and 16 respondents are female, while the distribution of respondents based on age is known there are 25 respondents aged 15 years and 9 respondents with the age of 16 years.

Table 2. Distribution Of Respondents' Frequency Based On The Influence Of Cognitive Behavior Therapy On Online Gaming Addiction

Chategori	F	%
Intervention Groups		
Pre-Test		
Addiction	17	100
Not Addiction	0	0
Amount	17	100
Post-Test		
Addiction	6	35,5
Not Addiction	11	64,7
Amount	17	100
Intervention Control		
Pre-Test		
Addiction	17	100
Not Addiction	0	0
Amount	17	100
Post-Test		
Addiction	15	88,2
Not Addiction	2	11,8
Amount	17	100

Based on table.2 it can be known that as many as 17(100%) respondents who experienced online gaming addiction in the intervention group before the pre-test decreased to 6 (35.5%) respondents who experience addiction to online games after being treated cognitive behavior therapy. While in the control group in the pre-test measurement there were 17 (100%) respondents who were addicted to online gaming and after post-test measurements were obtained as many as 15 (88.2%) respondents who are addicted to online gaming, which means that there are 2 (11.8%) respondents who are not addicted to online games after the second measurement (post-test).

Table 3. The Effect of Cognitive Behavior Therapy On Online Gaming Addiction In Adolescents

Chategory	Mean	Std. Deviation	T	<i>P Value</i>
Intervention Groups				
Pre-Test	-,647	,493	-5,416	,000*
Post-Test				
Intervention Control				
Pre-Test	-,118	,332	-1,461	,163*
Post-Test				

Based on table 3 with statistical test results using T test paired with a degree of meaning of 95%. Indicating that there is an influence on the level of online gaming addiction in adolescents before and after being treated with cognitive behavior therapy, this is shown with a value of p value (0.00) < of the value of 0.05. While in the control group showed no difference in average before and after observations were made, this was shown with a value of p value (.163) > 0.05. Then it can be stated that

there is an influence of cognitive behavior therapy in teenagers at SMA Negeri 7 Bulukumba in 2020.

DISCUSSION

Based on table 1 shows the level of online gaming addiction in adolescents before treatment as much as 17 (100%) respondents and after the treatment of cognitive behavior therapy there were 11 (64.5%) respondents who do not experience addiction to online games. This research process consists of 5 meetings where the first meeting I did the initial measurement (pre test) in the control group and experimen, at the second meeting, three, four I did the cognitive behavior therapy process in the experimen group and at the fifth meeting I did a post test in the group of experimen and control.

The same research conducted by Nia Fitri Yanti about the influence of cognitive behavior therapy on online game addiction with quasy experiment pre - Post Test With Control Group research design on 88 respondents obtained online game addiction level in the intervention group before being given CBT which is at a low addiction rate of 6 people (13.6%), moderate addiction rate of 28 people (63.6%), and high addiction rate of 10 people (22.7%) and after being given cognitive behavior therapy Online game adiksi level in the intervention group that is at the low adiksi level amounted to 16 people (36.4%), moderate adiksi level as much as 26 people (59.1%), and high adiksi rate of 2 people (4.5%).(Yanti, 2019).

Addiction can be interpreted as unhealthy or self-harming behavior that continues continuously, as the age of the word addiction no longer always leads to drugs or alcohol, but can also occur on the internet, television and of course addiction to online games. Addiction to online games in adolescents can be caused by a variety of factors, where King and Delfabro in the journal Siregar say that someone experiencing games addiction tends to think of games as a means that can help them forget about loneliness / boredom so that they do not make contact with their social environment. In addition, addict games usually use online games as a form of coping from the problems they face, they think that playing games can help solve problems such as frustration in education, social relations, employment and anger (Siregar, 2013).

Excessive use of gadgets and playing online games can affect the stage of development in adolescence, so the need for time restrictions in playing online games such as in children aged 0-2 years should not be exposed to radiation exposure gadgets, for children aged 3-5 years can be given a time limit of playing online games up to 1

hour in a day while for children aged 6-18 years can use the gadget continuously for 1 to 2 hours in a day(Aryanti, 2017). Online gaming addiction also often occurs as a result of a lack of supervision and understanding of parents to the symptoms and impacts that can arise from online gaming addiction, further consequences that can occur if not given treatment that can affect mental and emotional development in children or adolescents so as to affect the social life of adolescents in society and interfere with activities such as learning and rest. A total of 34 teenagers at SMA Negeri 7 Bulukumba who are addicted to online games say that the most frequently played online games are mobile legend, free fire, PUBG Mobile and Wromzone.

This is in accordance with Welly's research on the relationship of online gaming addiction with depression rates in adolescents, whereas as many as 39 adolescents who experienced mild online gaming addiction obtained as many as 17 (43.6%) adolescents experienced mild depression rates and as much as 22 (56.4%) moderate depressive levels, while as many as 30 adolescents are addicted to moderate online gaming, there are 6 (20%) severely depressed adolescents and 24 (80%) teenagers have mild depression. So in his research, he concluded that there is a link between online gaming addiction and adolescent depression rates(Welly, 2017). The treatment that can be given to reduce addiction to online gaming in adolescents is cognitive behavior theraphy, is one of the proven approach techniques as an approach that is very suitable to deal with various human problems in a general perspective such as, ditching, depression, family problems, foster care, and addiction to online games(mohammad zainal arif, 2017).

Basically cognitive behaviour theraphy is designed to help individuals gain insight into their problems so that the individual can change distorted thoughts (playing games excessively) into rational thinking (playing games as needed) so as to give rise to adaptive behavior.(Ginting, 2017). Cognitif behavior theraphy which focuses on paying attention to the process of resha formation or the process of changing cognitive irrational (inappropriate) and detrimental to be rational so that indiviidu has the right response psychically and psychologically in memandan future situations(Yahya, 2016).

Based on the data obtained by researchers from the evaluation sheet filled by respondents can be known that CBT can reduce playing time and increase motivation to reduce the impact of addiction to online games teenagers at SMA Negeri 7 Bulukumba, this is in accordance with the research Ginting Where there is an increase in changes in

playing online games this can occur because the awareness and motivation of individuals who realize that playing online games can cause harm to themselves in accordance with the purpose of CBT that is to invite individuals to oppose wrong thoughts and emotions by displaying evidence that contradicts their beliefs about the problem at hand. Based on the table shows as many as 6 (35.5%) respondents who are addicted to online games despite being given cognitive behavior therapy treatment, from the evaluation sheet can be known that the school holidays and the presence of himbaun to stay home are the main reasons respondents can not control the time to play games so the questionnaire score results show no change in the level of online gaming addiction.

The main factor individuals can change their thinking patterns is the realization that the mindset is incorrect and detrimental and the individual's desire to change in addition there are other factors that can influence online gaming addiction such as individual conditions both psychically and psychologically. Boredom that arises from not doing as much activity as usual becomes a driving factor for individuals to return to playing online games excessively (Solikha, 2016). This is in line with the 2018 Fitri theory that revealed that there are several supporting factors that affect the level of addiction of online games in children and adolescents such as gender (gender), individual conditions (both psychically and psychologically) as well as the type of online game play. (Fitri, 2018).

This is in accordance with Kurniati's research, which concluded that therapy cognitive behavior approach can effectively help SMPN 4 Lampung students to reduce the duration of using smartphones. The same research by Ginting, also revealed that counseling individuals with cognitive behavior therapy approach has a significant influence to help private junior high school students in controlling online gaming addiction. (Kurniati, 2019).

Based on the table can be known that after observation in the control group there are 2 (11.8%) respondents out of a total of 17 (100%) who previously experienced an addiction to online games that have undergone a change into not addicted to online games. After the analysis of the questionnaire sheet that respondents filled out, this can occur as a result of the COVID-19 pandemic that impacts on school holidays so that respondents no longer get snack money to buy internet quota. According to the assumption of cognitive behavior therapy researchers can be effectively given to explore

the symptoms and impacts of online gaming addiction if respondents have the awareness that excessive behavior in playing online games can cause harm to themselves whether it is realized or not realized, in addition to the desire and motivation to change for the better than the respondent is also very necessary. In addition, supporting factors such as parental supervision can also facilitate respondents in changing their behavior.

CONCLUSION

There is an influence of cognitive behaviour therapy on online gaming addiction in adolescents at SMA Negeri 7 Bulukumba in 2020. We recommend that the need for more attention from the school to better monitor the use of smartphones in the school area and need supervision and support of the family to play a role in supervising the use of smartphones in adolescents so as not to cause negative impacts such as addiction to online games.

REFERENCES

- Ginting, R. L. 2017. Pengaruh Layanan Konseling Individu *Cognitive Behavioural Therapy* Terhadap Adiksi Game Online Pada Siswa Smp Swasta Puteri Sion Medang.
- Kurniati, R. 2019. Efektivitas Pendekatan Cognitive Behavior Therapy Dengan Teknik Self-Management Untuk Mengurangi Penggunaan Smartphone Secara Berlebihan Pada Peserta Didik Kelas Viii Smp N 4 Bandar Lampung.
- Mohammad Zainal Arif, E. W. 2017. Penerapan Konseling Kelompok *Cognitive Behavior Therapy* Teknik Biblioterapi Untuk Meningkatkan Penyusaian Diri Pada Siswa Kelas Vii Smp N 1 Ujungpangkah Gresik.
- Neilsen 2015. *Game Consoles In 2015; One Stopshop For Gamer And Entertainment*.
- Reza, M. 2018. Assesmen *Cognitive Behavior Therapy* Terhadap Remaja Dengan Kecanduan/ *Game Online* Pada Kelurahan Pondok Pinang, Kecamatan Kebayoran Lama Jakarta Selatan.
- Rodriguez 2017. The Treatment Of Internet Gaming Disorder: A Brief Overview Of The Pipatic Program. *International Journal Of Mental Health And Addiction*.
- Siagian, S. C. 2017. Pengaruh Pemberian Layanan Konselin Individual *Cognitive Behavioral Therapy* Terhadap Adiksi Game Online Pada Siswa Kelas Viii Smp Swasta Puteri Sion Medan Tahun Ajaran 2016/2017.
- Solikha, F. 2016. Efektivitas Pendekatan *Rational Emotive Behavoiur Therapy* Untuk Mengurangi Kecanduan Game Online Pada Anak Sekolah Dasar Sd N Jumeneng, Sumberadi, Mlati, Sleman.

Sugiyono (Ed.) 2014 *Statistika Untuk Penelitian* Bandung: Alfabeta.

Welly 2017. Hubungan Antara Kecanduan *Game Online* Dengan Tingkat Depresi Pada Remaja Di Smp Adabiyah Pada Tahun 2017. *Unesj Journal Of Social And Economics Research*, Vol 3, .

Yahya, M. 2016. Pengaruh Konseling Kognitif Behavior Therapy (Cbt) Dengan Teknik Self Control Untuk Mengurangi Perilaku Agresif Peserta Didik Kelas Viii Di Smpn 9 Bandar Lampung Tahun Pelajaran 2016/2017. *Ejournal Bimbingan Konseling Raden Intan*, Vol. 03, No. 2. 2016.