



The Effect of Online Game Addiction on Adjustment Social in Adolescents

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Abstract

Technology is currently developing rapidly, one of which is online games. Excessive online game play can give teens a lot of trouble. The purpose of this study was to determine the effect of online game addiction on social adjustment. The populations in this study were adolescents in Kampung Dalam. The technique used is purposive so that the research sample is obtained as many as 23 adolescents in the inner village. The data collection method uses a questionnaire which will later be analyzed by SPSS. The results showed the value of $r = 0.586$ with a significance of 0.03 ($p < 0.05$), which means that there is a negative influence between online game addiction and adolescent social adjustment.

Keywords: online game addiction, social adjustment, adolescents

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INTRODUCTION

The industrial revolution 4.0 is marked by the massive use of technology, especially information technology in the life sector (Meutia et al., 2020). The ever-growing science and technology continue to create products to meet human needs. Internet addiction and online game addiction are problems that often occur in the era of the industrial revolution 4.0 (Ismail, 2016).

Games that are played using hardware such as playstations (PS), mobile smart phones (android), XBOX, and computers (PC) are called online games. There are many types of online games, such as real time strategy (RTS), first-person shoot her (FPS), role-playing games (RPG) and many other types (Santoso & Purnomo, 2017).

Online games have many negative impacts such as causing addiction, waste, disturbing health, difficulty concentrating and socializing (Ardianasari, 2013). In some adolescents, it turns out that they show excessive playing of games, which causes symptoms such as addiction (Nirwanda & Ediati, 2017). The World Health Organization (WHO) at the end of 2017 determined in the International Classification Of Diseases (ICD) that online game addiction is a mental disorder disease (Ellyana Kusuma Hati et al., 2019).

One of the phases of human life is adolescence. This period is referred to as the transition period from children to adulthood, experiencing changes in physically, psychologically, sexually, cognitively and in the mood according to adolescent circumstances (Julianre et al., 2014). Adolescents as social beings are expected to interact with other people so that they can adapt well according to their age development stage (Martanto et al., 2014).

Almost all teenagers play online games every day (Angraini & Wahyuningsih, 2007) which spends 30 hours each week. One of the impacts of adolescent behavior is the difficulty in social adjustment (Atas & Tantri., 2018). Online games have a negative impact on social adjustment, disruption of psychological functions and disruption of people's relationships with their environment. Individuals fail to overcome the conflicts they face or do not find ways to overcome environmental problems that cause emotions, as well as frustration (Ningrum, 2019).

A person who is attached to a very strong habit and cannot escape playing online games can say that the person is addicted to online games. This is marked by the urge to do it continuously accompanied by withdrawal, inability to manage time, having interpersonal and health problems (Ferdy, 2014). Seeing the phenomenon of the number of adolescents experiencing online game addiction can increase the difficulty of adolescents in social adjustment. Researchers are interested in measuring how much online game addiction is on social adjustment for adolescents in Kampung Dalam.

LITERATURE REVIEW

Online game addiction is characterized by playing games more than three hours a day, getting upset and angry when playing games are prohibited and disruption of self-control due to playing games, increasing the high priority of games compared to do daily activities and activities. This continues and is increasing every day (Ardianasari, 2013).

Addiction means a repetitive activity, which is difficult to end and has a negative impact (Nirwanda & Ediaty, 2017). Addictive behavior has certain characteristics, namely first, always wanting to repeat an action, even though knowing that it is useless, self-defeating, and dangerous. Second, there are discomfort, anxiety, restlessness, anger, gloom, and annoyance if you cannot carry out the addiction process. Third, the individual makes the object of his addiction an escape when emotions such as anger, disappointment, sadness, failure. Fourth, individuals accept addiction as a part of themselves when they fail to try to stop the addiction. Fifth, addiction will get worse if it is done longer, more frequently, and the surrounding environment is supportive (Nirwanda, 2017). Spending more time in front of the computer can make individuals lose more relationships with social relations, careers, and school opportunities (Utami & Hodikoh, 2020).

Meanwhile, social adjustment is an effort made by individuals to be accepted in the community so that a harmonious relationship can be achieved between individuals and their environment (Sembiring, 2017). This adjustment is needed by every individual adolescent. Good adjustment will be fostered by creating a harmonious relationship, being able to adapt to existing norms, not to harm other adolescents, not to be aggressive, to be kind and not easily get depressed when it is not what you want (Suharno, 2008). In this adolescent age, it is hoped that he will socialize more with the family, school, and community in order to improve his ability to socialize himself.

Adolescents experience a lack of ability for social adjustment in themselves and result in adolescents learning less about their environment because they spend more time playing online games (Bengu, 2017).

In several studies, it was explained that good adjustment would be an important provision because it will help teenagers when they enter the world of society. Social interaction as a form of adjustment made by adolescents is not limited to the real world, but with the development of technology, it helps humans to interact with each other without being limited by distance and time (Aridarmaputri et al., 2016).

METHODS

Research design

The method used by researchers in examining this matter is ex-post facto. The researcher takes the effect of the dependent variable and examines it retrospectively to determine the cause and effect and seek information about the cause and effect.

Data collection

The populations in this study were the youth of Kampung Dalam, who were addicted to the game. The total number of adolescents was 23 people with the sampling technique used by researchers was purposive.

Analysis data

Data analysis was carried out by doing a correlation test using SPSS assistance. This analysis is used to determine whether there is a relationship between online game addiction and social adjustment.

RESULTS AND DISCUSSION

The data were analyzed using the correlation of product moment's people with the help of SPSS.

Tabel 1. Correlations of online games with adolescent social adaptation

		game online	Social
game online	Pearson Correlation	1	.586**
	Sig. (2-tailed)		.003
	N	23	23
Social	Pearson Correlation	.586**	1
	Sig. (2-tailed)	.003	
	N	23	23

** . Correlation is significant at the 0.01 level (2-tailed).

Based on the results of the calculation of the person correlation from the output of SSS statistics, it can be seen that the value of $r = 0.586$ with a significance of 0.03 ($p < 0.05$). The results showed that there was a significant negative relationship between online game addiction and social adjustment of adolescents in the inner village. This shows that the higher a person's online game addiction, the lower his social adjustment.

The results of this study are in line with the results of Santoso's research, which also concluded that there is a significant relationship between playing online games and adjusting the social behavior of adolescents (Santoso & Purnomo, 2017). Online gaming addicts mostly have an internal urge to play continuously and withdraw from the environment to be able to play online games. Teens are prone to addiction to online

games, due to emotional instability and a strong curiosity for new things. Teens Believe playing online games is an activity that can relieve stress in the real world. However, in the end, it makes teenagers have problems interacting with society.

CONCLUSION

Teenagers should be wise in using information technology, especially when it comes to playing. Online games have a negative impact on adolescents, because the time spent is so long that it affects social behavior.

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