Online Game Addiction to Adolescent Adaptation Ability in Sikumana Village, Kupang City

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Abstract. Online games are games that are accessed online by many players using the internet network. Excessive use of online games can lead to online gaming addiction. Teens who spend their free time playing online games have the opportunity to experience online gaming. This study aims to see the effect of online game addiction on self-efficacy in adolescents in Sikumana Village, Kupang City. The sampling technique in this study used the Slovin formula with 100 subjects aged 17-21 years. The analysis used in this study uses simple regression analysis, which shows that the effect of the online game addiction variable on self-adjustment is obtained by the value (sig) = 0.044 <0.05 and the value of t> the value of t table 2.045> 1.984, so it can be concluded that Ha is accepted. . which means that there is a significant negative effect between online game addiction on adolescent adjustment in Sikumana Village, Kupang City.

Keywords: *Online Game Addiction, Self-Adjustment, Youth*

Abstrak. Permainan online merupakan permainan yang diakses secara online oleh banyak pemain dengan menggunakan jaringan internet. Penggunaan game online yang berlebihan dapat menyebabkan kecanduan game online. Remaja yang menghabiskan waktu luangnya dengan bermain game online memiliki kesempatan untuk merasakan game online. Penelitian ini bertujuan untuk melihat pengaruh adiksi game online terhadap efikasi diri pada remaja di Desa Sikumana Kota Kupang. Teknik pengambilan sampel dalam penelitian ini menggunakan rumus Slovin dengan 100 subjek berusia 17-21 tahun. Analisis yang digunakan dalam penelitian ini menggunakan analisis regresi sederhana, yang menunjukkan bahwa pengaruh variabel adiksi game online terhadap penyesuaian diri diperoleh nilai (sig) = 0,044 <0,05 dan nilai t> nilai t tabel 2,045 > 1,984, sehingga dapat disimpulkan Ha diterima. . yang artinya terdapat pengaruh negatif yang signifikan antara adiksi game online terhadap penyesuaian diri remaja di Desa Sikumana Kota Kupang.

Kata kunci: *Adiksi Game Online, Penyesuaian Diri, Remaja*

Introduction

Adjustment is what involves mental and behavioral responses in an effort to meet needs and resolve problems, define and conflict successfully and produce a harmonious relationship between his needs and the normal environment in which he lives (Schneiders, 1964). A person who swallows a successful person can achieve satisfaction in his efforts to meet needs, overcome, free from a variety of disturbing symptoms (such as chronic reports, depression, depression, obsessions, or psychosomatic disorders that can hinder a person), frustration, and conflict (Ghufron, 2011). Adolescents who experience difficulties in themselves will make adolescents who cannot develop optimally, both in terms of knowledge and in terms of personality. This means that adolescents will experience failure in social life, both at school and in the family environment.

Teens are considered to be more frequent and vulnerable to using online games than adults, using computers or notebooks connected to the internet. Men are more dominant than women. Teens spend more time playing online games than adults, because teenagers have more free time and less responsibility than adults, and teens have more flexible weekly activity schedules than adults (Griffiths, 2014). In Indonesia, most online game lovers are teenagers. This shows that teenagers really like online games (APJII, 2018).

Online game addiction is a form of addiction to internet technology or better known as internet addictive disorder (Young, 2011). In addition, the American Psychiatric Association (2013) explains that online game addiction is the continuous and repetitive use of online games that often causes disruption of everyday life. Based on this explanation, it can be concluded that online game addiction is the loss of control or control over the excessive use of internet-connected games, causing disruption of daily activities.

The results of research in Indonesia 10.5% of adolescents in four cities in Indonesia (Manado, Medan, Pontianak, and Yogyakarta) are declared to have online

game addiction (Jap, Tiatri, Jaya, & Suteja, 2013). The phenomenon of online game addiction is increasingly widespread and increasingly concerning, especially because many teenagers are addicted to online games. According to research by Fauziah (2013), online game addiction can have a negative impact on adolescent development. The negative impacts that arise include difficulty concentrating and socializing. Many students like to play truant, for the sake of playing online games. The social impact of online games makes children/adolescents indifferent and less concerned with the environment. Relationships with friends, and family become tenuous because their time with them is much less. Intercourse is only in online games, so that online game addicts are isolated from friends and the real social environment.

Previous research has also shown that game addiction is not only experienced by adolescents, but also by children and early adults (Kuss, Louws, & Reinout, 2012). Most incidents occur in Asian countries, mostly in adult males aged 12-20 years. The Asian countries in question mostly occur in China and South Korea, and a few cases originate from Europe and North America with a fairly high prevalence estimate. This is in line with research by Piyeke, Bidjuni, and Wowiling, (2014), which states that teenagers who play online games are mostly male. an addict regularly spends 2–10 hours per week playing online games.

Based on the results of interviews with a student with the initials D in Sikumana Village, Kupang City, who often plays online games, he said that every day he could spend 3-4 hours playing online games. From the results of interviews with student D, it is known that previously he used to sleep at 10 at night and eat between 6 and 7 hours, so familiar with the online game dinner at 8 or 9 o'clock (sometimes at 2 pm still looking for food) and sleep at 3 am or even until morning. He often spends a lot of time at home playing games and when faced with the community environment he has difficulty adapting to the community environment.

When the writer asked about the frequency of playing with friends before they liked online games there was a difference, he said there was no difference because most of his friends also played online games and even if they had time to hang out with friends, they would definitely discuss the same games or discuss tricks to play online games. From these facts, the authors assume that the student with the initials D spends more time playing online games than adapting to the surrounding environment.

The results of research conducted by (Nirwanda & Ediati, 2016), online game addiction and social adjustment skills in adolescents, show that there is a negative relationship between online game addiction and social adjustment skills, meaning that the higher adolescent addiction to online games, the lower the adjustment skills, social, and vice versa. Several other research results show the relationship between online game addiction and adolescent social adjustment skills by Rahmat (2014), showing that there is a significant relationship between online game addiction and social adjustment. There is also a study conducted by Sriyanah, (2015) on the effect of online game addiction on the learning independence of class VIII students of UPTD SMP Negeri 1 Kauman in the 2014/2015 academic year, showing that there is a negative influence between online game addictions on the learning independence of students. The hypothesis in this study is that there is an influence between online game addictions on the adaptability of adolescents in Sikumana village, Kupang City.

Method

Participants

Participants in this study were adolescents in Sikumana Village, Kupang City in the 2019/2020 academic year aged 17-21 years. The number of participants who participated in this study were 100 adolescents who were taken using the Slovin formula with a standard error of 10%.

Design

This research uses quantitative research. This type of research is a study of the causes of correlation. The purpose of this study was to explain how online game addiction affects adolescent adaptation. The online game addiction variable is the independent variable and the self-adjustment variable is the dependent variable. Both of these variables can be measured using instruments so that the total data can be analyzed using statistical procedures.

Procedure

This study uses a measuring instrument in the form of a scale in data collection. The measuring instrument is designed in the form of an online scale. To get participants, To get participants, measuring tools are shared from social media. At the start of the scale, there is a description of the study and participants' consent to participate. The data that has been collected will then be examined whether it will be processed further.

Measuring tool

The measuring instruments used in this study are the Game Addiction Scale (GAS) and the BASE-6 scale (Brief Evaluation Adjustment Scale). The GAS scale consists of 19 statement items consisting of 7 aspects of online game addiction, namely joy, withdrawal, tolerance, failed attempts to reduce or stop, continue even if there are problems, deceive others, and run away. The BASE-6 scale consists of 8 statement items consisting of 3 aspects of adjustment, namely symptoms of distress, interpersonal, and social roles. This GAS scale was compiled by Lemmens et al, (2011) which has been translated into Indonesian. The BASE-6 scale was adapted from Lambert et al, (1996) has been translated into the Indonesian Languages.

Both scales use the Likert scale guideline with four answer choices very often, often, sometimes, rarely, never. Both scales before being distributed to adolescents had passed the validity test, so that GAS and BASE-6 each consisted of 19 items and 8 statements. After going through the reliability test by the author, the

Cronbach's Alpha value on GAS was 0.885 and BASE-6 was 0.812 so that the scale had good reliability.

Data Analysis Techniques

The mechanical analysis used in this study was used as a preliminary test of simple linear regression analysis. The analysis is carried out to prove the proposed hypothesis, whether each variable independently affects the dependent variable.

Result

Table 1.
Participant's Frequency Distribution Based on Age and Sex

Characteristic		N	%
Age	17 years	8	8,0
	18 years	10	10,0
	19 years	17	17,0
	20 years	18	18,0
	21 years	47	47,0
Sex	Male	65	65,0
	Female	35	35,0

Based on Table 1, most of the participants were 21 years old and the largest sample was in the gender category, namely men.

Level of online game addiction and adjustment

The spread of online game addiction and adjustment among adolescents in Sikumana Village, Kupang City can be seen in the table below:

Table 3.
Distribution of Participants based on addiction level and online game adjustments

Variable	Exceedingly Low		Low		Moderate		High		Exceedingly Total		Total	
	N	%	n	%	N	%	N	%	N	%	n	%
Online game addiction	0	0,0	11	11,0	17	17,0	39	39,0	33	33,0	100	100
Adjustment	20	20,0	36	36,0	19	19,0	24	24,0	1	1,0	100	100

Table 4.

Distribution of participants based on Aspect Level of online game addiction and adjustment

Variable	Aspect	Exceedingly Low		Low		Moderate		High		Exceedingly High		Total	
		N	%	N	%	N	%	N	%	N	%	n	%
Online game addiction	preoccupation	6	6,0	23	23,0	27	27,0	36	36,0	8	8,0	100	100
	Withdrawal	7	7,0	15	15,0	36	36,0	28	28,0	14	14,0	100	100
	Tolerance	9	9,0	12	12,0	26	26,0	34	34,0	19	19,0	100	100
	unsuccessful attempts to	5	5,0	17	17,0	14	14,0	19	19,0	45	45,0	100	100
	reduce or stop continue	8	8,0	4	4,0	14	14,0	20	20,0	54	54,0	100	100
	despite problems	9	9,0	12	12,0	28	28,0	36	36,0	15	15,0	100	100
	deceived others escape	8	8,0	9	9,0	19	19,0	17	17,0	47	47,0	100	100
Adjustment	*symptom distress*	24	24,0	24	24,0	21	21,0	24	24,0	7	7,0	100	100
	Interpersonal	46	46,0	26	26,0	17	17,0	8	8,0	3	3,0	100	100
	social role	33	33,0	11	11,0	22	22,0	14	14,0	20	20,0	100	100

Based on Table 3, it can be concluded that the level of adolescent online game addiction in Sikumana Village, Kupang City is in the high category, namely 39 adolescents (39.0%) and the level of self-adjustment in the low category is 36 students (36.0%).

Based on Table 4, it can be said that in the preoccupation aspect, the high category was obtained as many as 36.0% (36 people). Withdrawal aspect obtained moderate category as much as 36.0% (36 people). The tolerance aspect obtained the high category as much as 34.0% (34 people). The aspect of efforts that failed to reduce or stop (unsuccessful attempts to reduce or stop) was found in the very high category of 45.0% (45 people). In the advanced aspect, even though there are problems (continue despite problems), the category is very high as many as 54.0% (54 people). The aspect of deceiving others (deceived others) has a high category of 36.0% (36 people). The escape aspect obtained a very high category as many as 47.0% (47 people). Meanwhile, the adjustment used 3 aspects, namely in the distress

symptom aspect (distress symptoms), the category was very low as many as 24.0% (24 people). In the interpersonal aspect, the category was very low as many as 46.0% (46 people). The aspect of social role (social role) obtained a very low category of 33.0% (33 people).

Assumption Test

Normality Test

The results of the Asymp Sig (2-tailed) normality test for the independent variable: mindfulness to stress, the result was p - 0.621 (p> 0.05). The results of the normality test indicate that each variable is normally distributed.

Linearity Test

The results of the linearity test showed that the effect of mindfulness independent variables on stress was at the level of p = 0.380 (p <0.05). The results of this calculation indicate a linear correlation between the two variables in this study.

Hypothesis Test

Table 4.
Simple Regression Linear Test Result

Model	Unstandardized Coefficients		Standardized Coefficients		
	B	Std. Error	Beta	T	Sig.
(Constant)	28.432	3.371		8.435	.000
Mindfulness	-.104	.051	-.202	-2.045	.044

Based on Table 4, the constant value is 28,432, which means that if the online game addiction value (X) is 0, the adjustment value is 28,432. The regression coefficient of the online game addiction variable (X) is -0.104, which means that with the 1% increase in online game addiction, the decrease in self-adjustment is 0.104. The coefficient will be negative, which means that there is a negative correlation between online game addiction and adjustment. Increasing the value of addiction will decrease the value of self-adjustment.

Discussion

Based on the results of the analysis above, it can be seen that in general the participants in the online game addiction variable are in the high category, namely 39 people (39.0%). in Kelurahan Sikumana unable to resist the urge to continuously play online games, unable to withdraw from the world of online gaming and unable to control or reduce time in playing online games.

Online game addiction in adolescents in Sikumana Village, Kupang City was measured using 7 aspects, namely the high category fun aspect, namely 36.0% (36 people). In this aspect, many teenagers in Sikumana Village are always busy playing online games every day. The withdrawal aspect was obtained in the moderate category as many as 36.0% (36 people). In this aspect, teenagers in Sikumana Village feel bad if they don't play online games. The aspect of tolerance found in the high category was 34.0% (34 people). In this aspect, youth in Sikumana Village spend a high amount of time playing online games. The aspect of efforts that failed to reduce or stop (efforts that failed to reduce or stop) was found in the very high category, namely 45.0% (45 people). In this aspect, youth in Sikumana Village are very high in reducing or stopping online gameplay. In the advanced aspect, although there are still problems (there are still problems) the category is very high, namely as many as 54.0% (54 people). In this aspect, there are still very high adolescents in Sikumana Village who still play online games even though there are obstacles. The aspect of deceiving (deceiving others) has a high category, namely 36.0% (36 people). In this aspect, many teenagers in Sikumana Village deceive others by playing online games. The escape aspect gets a very high category as many as 47.0% (47 people). In this aspect, many teenagers in Sikumana Village play online games to forget about real life.

Self-adjustment can be said to be an adaptation effort, in accordance with conscience and social norms, as well as planning and organizing responses in the face of conflicts and problems (Rahma, 2016). Adjustment is a lifelong psychological

process and individuals strive to find and overcome life's pressures and challenges in order to achieve a healthy personality (Fatimah, 2012).

Based on the results of the analysis above, it can be seen that in general the participants in the self-adjustment variable were in the low category, namely 36 people (36.0%). From this percentage, adolescents in Sikumana Village, Kupang City have a low level of adjustment, where adolescents in Sikumana Village have the ability to adapt, face conflicts, try to find and overcome the pressures and challenges of life in order to achieve a life. healthy people in the low category. Efforts are needed to improve the adaptation of adolescents to their environment through group guidance services so that adolescents with low self-adjustment can increase so that they are able to adapt well to their environment (Ghufron 2011).

Adolescents who have a low level of self-adjustment are adolescents who have difficulty making adjustments and will make them unable to develop optimally, both in terms of knowledge and in terms of personality (Ghufron 2011).

Adolescents who have a high level of self-adjustment, namely adolescents who can achieve satisfaction in their efforts to meet needs, overcome tension, are free from various disturbing symptoms (such as chronic anxiety, moodiness, depression, obsessions, or psychosomatic disorders that can hinder one's duties) frustration and conflict (Ghufron 2011).

Adolescent adaptation in Sikumana Village, Kupang City was measured by 3 aspects, namely the distress symptom aspect (distress symptom) which was obtained in the very low category of 24.0% (24 people). In this aspect, adolescents in Sikumana Village experience very low symptoms of distress. In the interpersonal aspect, the category is very low, namely 46.0% (46 people). In this aspect, adolescents in Sikumana Village have very low interpersonal relationships. The aspect of social roles (social roles) was found in the very low category of 33.0% (33 people). In this aspect, adolescents in Sikumana Village are very low in carrying out their social roles.

Based on the hypothesis test using simple linear regression, it is known that there is a negative influence between the online game addiction variable and the self-adjustment variable studied. Thus, it can be concluded that if online game addiction increases, self-adjustment will decrease, and vice versa.

Adolescents with online game addiction levels are said to be high because they are seen from the frequency of playing in the high category, namely 39.0% (39 people). This is influenced by the strong desire of adolescents to continue playing games and results in disruption of daily life and difficulties in making adjustments which will prevent adolescents from developing optimally, both in terms of knowledge and from a personality perspective. This is in accordance with Griffiths' (2016) theory that online game addiction is a state in which a person's mind always wants or needs online games and it is difficult to control or reduce the time spent playing online games.

The results of this study are in line with the results of research conducted by Septa and Annastasia (2016), with the title of research on online game addiction and social adjustment skills in adolescents. The results of this study indicate a negative and significant relationship between online game addiction and social adjustment skills among adolescents in Semarang. Online game addiction is excessive or excessive behavior that has broad negative consequences, including psychosocial issues (Kuss & Griffith 2012).

The findings that the authors found in this study were adolescents who played online games were mostly male, as many as 65.0% (65 people). According to the author, the male gender tends to like to play online games, because male teenagers prefer to spend their time playing online games for a long time, causing addiction to online games and forgetting time. Boys prefer and like to play online games because this online game has many variations to play with levels of difficulty and an element of violence and has a network where the games can be played together even though the places are different. This is in line with the research

conducted by Piyeke, Bidjuni, and Wowiling, (2014) which stated that adolescents who play online games are mostly boys.

Another thing that the authors found was that there was no very low category on the level of online game addiction, while 11.0% (11 people) who were included in the online game addiction category were in the low category. This shows that the level of teen online game addiction in Sikumana Village, Kupang City is quite good. The low category of online game addiction indicates the ability to withdraw from the world of online gaming, be able to resist the desire to play online games be able to manage the use of time to play online games, and be able to manage good relationships with other people. With good online game addiction, it shows that teenagers are able to adapt well to their environment.

Based on the results of the research conducted by the author, it can be explained that with high results there is a negative effect of online game addiction on adolescent adjustment in Sikumana Village, Kupang City. This shows that the effect of online game addiction is very important in determining a person's behavior in adjusting to the surrounding environment. Due to adolescents who can show pleasant attitudes towards other people and the surrounding group environment, these adolescents can adapt well to their surroundings.

Conclusion

Based on the results of the research conducted, it can be concluded that there is a negative effect of online game addiction on adolescent adjustment in Sikumana Village, Kupang City, which means that with the increase in adolescent online game addiction, the adjustment will decrease.

Suggestion

Based on the research results, discussions, and conclusions previously described, the authors propose the following suggestions:

For teenagers in Sikumana Village, Kupang City this sub-district is in order to control themselves and their time in playing online games and be able to find out the main tasks of teenagers or students and find other activities that are more useful. Teens also need to understand more and realize how big an impact online games can be if they are overused.

For Sikumana Village, Kupang City The results of this study are to be taken into consideration by the Kelurahan to create programs related to the reduction of online game addiction so that it can increase the adjustment experienced by adolescents

For parents of teenagers in Sikumana Village, Kupang City It is hoped that they can spend more time controlling and supervising children's activities inside and outside the home, because the influence from outside is very strong so that children can act beyond their limits, and sufficient attention is not only in terms of material but also in terms of material. material things. non-material. Don't always go along with everything your child wants without knowing clear aims and objectives. In addition, parents are also expected to be able to monitor the development of conditions and changes in children's psychology so as not to violate norms.

For future researchers

The next researcher wants to conduct research on addiction and adjustment of online games so that in the future it can expand the scope of participants and balance the number of participants between women and men.

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