Identification of the Impact of Online Game Addiction

Fitriani F. Syahruli, Suyadi Murdi Wiharjo, Efriz Syamsul Bahri

1Universitas Al Azhar Indonesia, E-mail: fitriani.f.is@yaho.co.id.
2Universitas Pakuan, E-mail: cikyadi888@gmail.com.
3Sekolah Tinggi Ekonomi Islam SEBI (STEI SEBI), Indonesia, E-mail: efrisb@sebi.ac.id.

Article History:
Received: December 05, 2023
Revised: December 14, 2023
Accepted: December 14, 2023

Abstract: Online Game Addiction in Indonesia reaches 14%, Asia’s highest category. This study aims to identify the impact of online game addiction in Indonesia. This research uses a qualitative, descriptive approach and a literature study. The research data comes from journal articles related to online game addiction. The study results show that online game addiction negatively impacts nine dimensions: moral, educational, health, psychological, social, physical, financial, character, and spiritual. Therefore, government agencies must present policies to protect the younger generation from online game addiction. In addition, families are needed to prevent and reduce the impact of addiction to online games.

Keywords: game online, addicted, impact of online games.

Introduction

Online games have increased in popularity over the last decade (Hussain et al., 2012). According to research by Lette, Feoh, and Lette (2022), there are 3.5 billion gamers worldwide. Furthermore, based on Statista data (2020), the number of online game players in Indonesia reached 54.7 million in 2020 or the largest in Southeast Asia (Mulawarman et al., 2022) and the 17th global ranking (Lette et al., 2022). Furthermore, Ula (2023) identified that in the Capital there are 14% of students are addicted to online games, which is higher than in South Korea at 12%. Online game players in Indonesia have donated USD 624 million, or the equivalent of IDR 8.7 trillion, throughout 2019 (Irawan & Siska, 2021).

Novrialdy (2019) explains that online games have become an addiction and a critical problem. Rangkuti, Nasution, and Yurliani (2021) explained that a person is said to be experiencing addiction if he has at least 5 of the nine diagnostic criteria: preoccupation, tolerance, withdrawal, persistence, escape, problems, deception, displacement, and conflict. Addiction to online games has caused various impacts. Therefore, the impact of online game addiction must concern all parties.

According to Adams (2013), online games are related to games that can be played by many people simultaneously via the Internet (Novrialdy, 2019). Furthermore, according to the World Health Organization (2018), online game addiction is included in the category of mental disorders included in the International Classification of Diseases (ICD-11) (Novrialdy, 2019). Kardefelt-Winther (2017) explained that addiction was initially related to addictive substances such as social media, tobacco, and illegal drugs, which can enter the blood and go to the brain and eventually change the chemical composition of the brain (Novrialdy, 2019).

However, the impact of online game addiction has yet to be optimally described.
This condition is due to the need for a comprehensive picture of the impact of online game addiction. Finally, the picture of handling young people addicted to online games is not optimal. Therefore, an overview of the impact of online game addiction is needed to help save the younger generation's future. Therefore, one effort must be made to identify the impact of online game addiction.

Various analyzes discuss the impact of game addiction. For example, Darwis, Amri, and Reymond (2020) found that the impact of online game addiction is sleep disturbances. Furthermore, the study results of Subandi, Iman, and Syam (2022) show that learning time is lost because it is used for online games. Finally, Hapiyansyah (2023) has identified five aspects of the negative impact of online gameplay on adolescents: psychological, social relations, academic, financial, and health.

Meanwhile, a comprehensive discussion regarding the impact of online game addiction is still limited. In line with this information, research on the impact of online game addiction needs to be carried out because it can provide comprehensive information about the impact of online game addiction. In addition, the findings obtained can be used as a basis for research overcoming the effects of online game addiction. The results can also be used by the Government and related stakeholders who want to overcome the effects of online game addiction. Therefore, this study provides an overview of the impact of online game addiction.

**Method**

This study uses qualitative methods with a social studies approach. The qualitative method is an initial step in exploring online game addiction (Murdiyanto, 2020). This research method was used to identify the determinants of Online Game addiction. Data was obtained by reviewing documents on reference literature (Kusumastuti & Khoiron 2019). The research data source related to the research theme comes from Google Scholar. Data were analyzed descriptively and were grouped into several dimensions, including the Definition and Development of Online Games, Online Game Addiction, and the Impact of Online Game Addiction.

**Result and Discussion**

**Definition and Development of Online Games**

Online games are electronic and visual-based games (Subandi et al., 2022) whose implementation is accessed online (Lebho et al., 2020). Online games can be played if connected to an internet network (Kurnada and Iskandar, 2021). Online games often entertain teenagers (Mais, Rompas, and Gannika, 2020). However, online games can cause addiction (Darwis et al., 2020).

Based on research by Lete et al. (2022), global online game users are 3.5 billion people. Furthermore, based on Statista data (2020), the number of online game players in Indonesia will reach 54.7 million in 2020 or the largest in Southeast Asia (Mulawarman et al., 2022) and the 17th global ranking (Lete et al., 2022). Furthermore, in Indonesia, even online game players have donated USD 624 million or the equivalent of IDR 8.7 trillion, throughout 2019 (Irawan and W, 2021). Thus, online games have become a new industry directly related to society, especially among teenagers.

**Online Game Addiction**
According to the World Health Organization (WHO) in 2018, online game addiction is a mental disorder that is included in the International Classification of Diseases (ICD-11) (Irawan and W 2021). Novrialdy, Nirwana, and Ahmad (2019) explain that online game addiction includes losing control over online games, which disrupts other daily activities. Therefore, some research, e.g. Ayenigbara (2018), Mais et al. (2020), and Nursyifa, Widiani, and Herliani (2020) explain that the WHO has defined online game addiction as a mental disorder. Furthermore, according to Nurdilla (2018), online game addiction shows an excessive attitude toward playing online games with the condition that the users will continue to play and find it difficult to stop. It is supported by recent studies conducted by several e.q. Abdi and Karneli (2020), Mais et al. (2020), Ulya, Sucipto, and Fathurohman (2021).

Ayenigbara (2018) explains that online game addiction has the exact resemblance to Internet gaming disorder (IGD). Alam, Dirgayunita, and Dheasari (2022) identified that online game addiction originates from the family's availability of the gamer factor and the conditions of children's social interactions. Finally, Subandi et al. (2022) identified five causative factors: environment, psychology, information and communication technology, and the occurrence of disasters.

**Impact of Online Game Addiction**

According to Rahmah and Ritonga (2023), based on the sizeable Indonesian dictionary, social impact is a strong influence that brings social impact. Various studies that have been conducted show the negative impact of online game addiction. In detail, these are presented in Table 1.

<table>
<thead>
<tr>
<th>No</th>
<th>Dimensions</th>
<th>Impact</th>
<th>Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Moral</td>
<td>Changes in children's behaviour to act dissociative can make it easier to find pornography</td>
<td>Alam et al. (2022), Zeva et al. (2023)</td>
</tr>
<tr>
<td>2</td>
<td>Education</td>
<td>Changes in children's behaviour become laziness in studying, academic</td>
<td>Alam et al. (2022), Kadir, Kamri, and Amri (2020), Subandi et al. (2022)</td>
</tr>
<tr>
<td>3</td>
<td>Health</td>
<td>Sleep disturbances and social and mental disturbances</td>
<td>Akbar (2020), Darwis et al. (2020), Hapiyansyah (2023), Nursyifa et al. (2020)</td>
</tr>
<tr>
<td>4</td>
<td>Psychological</td>
<td>Attitudes and behaviour in communicating, acting, socializing, and the learning process, sensory and psychological emotions of students, neglecting duties and responsibilities, lack of social interaction, unstable emotions, and easily provoked emotions</td>
<td>Amran et al. (2020), Kamsy, Lekatompessy, and Pattiruhu (2021), Sadif and Rasmi (2023)</td>
</tr>
<tr>
<td>5</td>
<td>Social</td>
<td>Lupa bersosialisasi dengan orang-orang di sekitarnya, perkembangan kepribadian sosial anak</td>
<td>Kadir et al. (2020), Ulya, Sucipto, and Fathurohman (2021)</td>
</tr>
<tr>
<td>6</td>
<td>Physique</td>
<td>Injuries to body parts</td>
<td>Kadir et al. (2020), Sadif and Rasmi (2023)</td>
</tr>
<tr>
<td>7</td>
<td>Finance</td>
<td>Consumptive behaviour is used to play online games</td>
<td>Hapiyansyah (2023), Kadir et al. (2020)</td>
</tr>
</tbody>
</table>
Based on Table 1, there are eight dimensions of the negative impact of online game addiction. This can be seen in Figure 1.

**Figure 1. Nine Dimensions of Negative Impact of Online Game Addiction**

On the moral dimension, the negative impact of online game addiction is related to changes in children's behaviour to act dissociatively and the development of children's social personalities. The research results conducted by Alam et al. (2022) in Gunggungan Village found that online games impacted children's morality. Alam et al. (2022) found a change in behaviour in children. Among others: not having a priority scale of daily activities and encouraging dissociative actions. The implication is that children become lazy in learning activities (Alam et al., 2022). Furthermore, research results by Zeva et al. (2023) found that the negative impact of online game addiction is that it makes it easier to find pornography. Ultimately, this results in premarital sexual behaviour (Ahmad, 2016).

In the educational dimension, the negative impact of online game addiction is related to changes in children's behaviour to become lazy to learn (Alam et al., 2022). It is supported by research (Zeva et al., 2023) which explains that the cause of lazy learning is
staying up late. Furthermore, Harahap and Ramadan (2021) explained that addiction to online games creates a lazy nature in learning which impacts learning outcomes. As a result, academic achievement tends to decline (Kadir et al., 2020; Subandi et al., 2022).

In the health dimension, the negative impact of online game addiction is related to sleep disturbances and social and mental disorders. The study's results by Darwis et al. (2020); Nursyifa et al. (2020) have identified the occurrence of sleep disturbances which ultimately result in insomnia, narcolepsy, sleep apnea, nocturnal myoclonus, and parasomnias. In fact, according to a study by Hapiyansyah (2023), online game addiction has an impact on the occurrence of mental health disorders. The research results of Akbar (2020) at SMA Negeri 1 Kotamobagu recommend how to deal with online game addiction by conducting counselling and outreach to teenagers in schools.

On the psychological dimension, the negative impact of online game addiction is related to attitudes and behaviour in communicating, acting, socializing, learning processes, sensory emotions, psychological emotions, neglect of duties and responsibilities, lack of social interaction, unstable emotions, and easily provoked emotions. This is based on the findings of a previous study conducted by Amran et al. (2020), Kamsy et al. (2021), and Sadif and Rasm (2023). Sadif and Rasm (2023) identified three negative impacts of online game addiction: causing addictive effects, being isolated from the surrounding environment, and psychological and physical impacts.

On the social dimension, the negative impact of online game addiction is related to children who forget to socialize with the people around them, affecting the child's social personality development. It is based on the findings of a previous study conducted by Kadir et al. (2020) and Ulya et al. (2021). Ulya et al. (2021) explain that changes in children's social personalities are related to children's defy behaviour, aggressive attitudes, dispute/fighting attitudes, competitive attitudes, cooperative attitudes, children's attitudes of power, and selfishness/selfishness: children and child sympathy. Furthermore, according to Ulya et al. (2021), children do not care about their surroundings.

On the physical dimension, the negative impact of online game addiction is related to injuries to body parts. It is based on the findings of a previous study conducted by Kadir et al. (2020) and Sadif & Rasm (2023). Sadif & Rasm (2023) identified that from a physical dimension, children addicted to online games could experience several injuries to parts of the body, including neck, back, spine, wrists, and weight loss because they forget to eat.

On the financial dimension, the negative impact of online game addiction is related to the consumptive behaviour used to play online games. It is based on the findings of previous research conducted by Hapiyansyah (2023) and Kadir et al. (2020). Novrialdy (2019) explains that on the financial dimension, playing online games requires money to buy vouchers. For adolescents who do not have income, there is the potential to lie to their parents, including theft, so that they can play online games (Novrialdy 2019). In addition, addiction to online games also changes behaviour to become consumptive, which is needed to play online games (Hapiyansyah 2023).

On the character dimension, the negative impact of online game addiction is related to reducing empathy and tolerance, increasing children's aggressive behaviour, increasing fear and anxiety, and decreasing children's concentration and focus. It is based on the findings of a previous study conducted by Daheri et al. (2023). Daheri et al. (2023) explained that children who often play online games with violent elements can have reduced empathy for other people. Empathy relates to a person's ability to feel what others feel
(Arniansyah et al. 2018). Arniansyah et al. (2018) reminded us that if empathy is not honed properly, then empathy cannot develop. Empathy is needed to care for and want to help others (Arniansyah et al. 2018).

On the spiritual dimension, the negative impact of online game addiction is related to the frequent late morning prayers and leaving Islamic boarding school activities at dawn, such as reading the wire and reciting books. It is based on a previous study by Said et al. (2023). According to Said et al. (2023), spirituality is related to a person's appreciation of religious values. Meanwhile, spiritual impacts relate to all forms of behaviour related to religious norms and the individual's relationship with God (Said et al. 2023). Research by Said et al. (2023) also stated that due to this online game addiction, behaviour changes sleep patterns, so students cannot participate in activities as they should.

**Conclusion**

Indonesia must be vigilant because the number of addicted to online games reaches 14%, with the highest achievement in Asia. This research has identified the impact of online game addiction in Indonesia using qualitative methods, descriptive approaches, and literature studies. The study's results found that the negative impact of online game addiction includes nine dimensions: moral, educational, health, psychological, social, physical, financial, character, and spiritual. Therefore, government agencies must present policies to protect the younger generation from online game addiction. Therefore, the family becomes a critical pillar to prevent and reduce the impact of addiction to online games.

**Acknowledgements**

This study is a preliminary identification based on the literature. Furthermore, support is needed to carry out further studies regarding the implications and strategies for dealing with Online Game Addiction. We are grateful for Wakaf Bangun Negeri's support in conducting studies related to the younger generation.

**References**


