



# Effectiveness of Self-Management Technique Intervention in Reducing Addictive Behavior towards Online Games in Adolescents: A Literature Study

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## Article History:

Submit:

2023-06-10

Publish:

2023-07-17

## Abstract

Generally, the handling of online game addiction in adolescents is still dominated by conventional counseling interventions, even though along with the rapid development of science there are many alternative interventions that can be applied in handling internet addiction in adolescents. One of them is intervention with self-management techniques in recent years began to be widely used for handling online game addiction. Therefore, this study intends to examine and map the use of self-management technique interventions in reducing adolescent online game addiction behavior. Through a literature study, the researcher tries to compile, analyze, and present the study material systematically in accordance with the research objectives. The results of the study of the ten articles analyzed, the researcher concluded that efforts to improve self-management in adolescents are effective to suppress and prevent

addiction from getting worse, as well as self-management interventions proven effective in reducing online game addiction, and have a positive impact on adolescent mental health. So that school counselors need to learn and practice self-management based interventions in an effort to deal with online game addiction gradually.

**Keywords:** Self-Management, Online Game, Adolescent

## 1. Introduction:

In the current era of globalization where technological development is growing rapidly. So that it has an impact on changes in everyday life. One of the products of technological development that is developing is the internet, where the reach of the internet has greatly expanded its reach. The easier it is to reach and get internet access, not only in big cities, but also has begun to enter rural areas. With the advancement of the internet, it must greatly facilitate activities and activities in carrying out individual daily life. Many conveniences are obtained by accessing the internet<sup>1</sup>.

Internet users are not limited to adults, even along with technological advances in this modern era, causing the increasing need for the use of internet access, ranging from children to elderly adults. Almost all groups of students, workers or the wider community can access and use the internet, because using the internet can get complete and very fast information<sup>2</sup>. Entering the millennial era, where everything is digital, has greatly changed human life. From the conventional pattern of life inherited by our ancestors, it has shifted with the times, which may be replaced by a new pattern of life where all activities are based on internet technology.

With technological advances that are increasingly developing over the years, it can be said that it has a positive impact, where the internet is one of the learning resources apart from the learning provided by the teacher. In addition to the positive impact, there is also a negative impact if teenagers do not use it

<sup>1</sup> Anggraeni, I. E. (2020). Pengaruh Penggunaan Strategi Self-Management dalam Konseling Kelompok Terhadap Sikap Kecanduan Game Online pada Siswa Kelas X IPA 2 di SMA Hang Tuah 4 Surabaya. PD ABKIN JATIM Open Journal System, 1(1), 288–294.

<sup>2</sup> Suplig, M. A. (2017). Pengaruh Kecanduan Game Online Siswa SMA Kelas X Terhadap Kecerdasan Sosial Sekolah Kristen Swasta Di Makassar. Jurnal Jaffray, 15(2), 177–200.

correctly and wisely.

One technology that is favored by all circles, especially teenagers at school age is online gaming. Many phenomena occur among teenagers, especially students who are very interested in online games or online games, where the online game has benefits only as entertainment and when to get pleasure<sup>3</sup>. Online games are an alternative form of entertainment that can be obtained and easily used simply by accessing the internet. This is clearly different from the previous, more conventional games, where you have to prepare the game in advance. No wonder teenagers and even adults prefer online gaming over traditional games.

Online games are game systems connected to the internet, which are provided by game producers or game makers in the form of game applications and can be downloaded through applications available on mobile phones or other software<sup>4</sup>. The three main categories of online games are basic, multiplayer, and massively multiplayer online games. Meanwhile, when viewed based on the genre, it is divided into simulation games, adventure games, alternative reality role playing games. There are many types of online games, ranging from simple games to those that are played virtually and can be filled by many players<sup>5</sup>.

The presentation of online games is made as interesting as possible so that many are interested in playing them. However, individual interest in online games can cause individuals to lose track of time and forget themselves, even a sense of desire to continue playing it just for momentary pleasure<sup>6</sup>. Online games can have a big impact on teenagers. By playing online games, teenagers often cause feelings of addiction. When playing online games can cause feelings of pleasure and happiness, because they find their own satisfaction.

The unfavorable impact caused when addicted to online games, especially in terms of academics such as decreased learning achievement and lack of focus during the learning process, as well as social problems such as lack of time for social interaction with the surrounding environment. Other negative impacts

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<sup>3</sup> Ali, N. (2020). Pengaruh Teknik Self-Management Untuk Mengurangi Perilaku Kecanduan Game Online Pada Siswa Kelas XI Di MAN Pinrang [Diploma, UNIVERSITAS NEGERI MAKASSAR].

<sup>4</sup> Lutfiwati, S. (2018). Memahami kecanduan game online melalui pendekatan neurobiologi. *Jurnal of Psychology*, 1(1).

<sup>5</sup> Lebho, M. A., Lerik, M. D. Ch., Wijaya, R. P. C., & Littik, S. K. A. (2020). Perilaku Kecanduan Game Online Ditinjau dari Kesepian dan Kebutuhan Berafiliasi pada Remaja.

<sup>6</sup> Fauziawati, W. (2015). Upaya Mereduksi Kebiasaan Bermain Game Online Melalui Teknik Diskusi Kelompok. *PSIKOPEDAGOGIA Jurnal Bimbingan Dan Konseling*, 4(2), 115–123.

include sleep disturbances, irritability, aggression, anxiety when playing and sadness when unable to play.

Mahardika in<sup>7</sup> that online games have a negative impact on the psychological, social, and physical well-being of adolescents, including: difficulty concentrating on learning, irritability, aggression, frequent skipping, often saying harsh words, constantly thinking about online games, being indifferent, reduced social relations with family, low level of care around, and sometimes justifying all means in order to play online games, as well as exposure to radiation emitted by gadgets or other software that can result in damage to the nerves of the brain and eyes. The inability to regulate aspects of life and personality due to online game addiction results in a sense of comfort that has implications for the inability of adolescents or students to learn, regulate emotions, and feelings.

The number of individuals who are addicted to online games, even in adolescents who are still in school, is resolved and this problem is alleviated so as not to hinder growth and development in individuals. Therefore, it requires handling from competent people such as a counseling guidance teacher or a counselor. Counseling guidance teachers or counselors play a very important role in providing assistance and encouragement to adolescents or students who experience problems in online game addiction.

In handling internet and online game addiction, so far there are a number of counseling approaches that are often used ranging from reality approaches, CBT, REBT, behavioral approaches to postmodern approaches that have proven to be able to reduce adolescent addiction behavior gradually<sup>8 910111213</sup>.

<sup>7</sup> Lebho, M. A., Lerik, M. D. Ch., Wijaya, R. P. C., & Littik, S. K. A. (2020). Perilaku Kecanduan Game Online Ditinjau dari Kesepian dan Kebutuhan Berafiliasi pada Remaja.

<sup>8</sup> King, D. L., Delfabbro, P. H., Griffiths, M. D., & Gradisar, M. (2012). Cognitive-behavioral approaches to outpatient treatment of Internet addiction in children and adolescents. *Journal of Clinical Psychology*, 68(11), 1185–1195.

<sup>9</sup> Millatillah, H. (2021). Rasional Emotive Behavior Therapy (Rebt) Untuk Mereduksi Kecanduan Game Online Pada Peserta Didik Smp. *QUANTA*, 3(1), 7–11.

<sup>10</sup> Nurmalasari, Y. (2016). Konseling Singkat Berfokus Solusi dalam Mengembangkan Kemampuan Mengendalikan Compulsive Internet Use Siswa. *EMPATI-Jurnal Bimbingan Dan Konseling*, 3(2).

<sup>11</sup> Zajac, K., Ginley, M. K., Chang, R., & Petry, N. M. (2017). Treatments for Internet gaming disorder and Internet addiction: A systematic review. *Psychology of Addictive Behaviors*, 31(8), 979.

<sup>12</sup> Zhang, X., Shi, X., Xu, S., Qiu, J., Turel, O., & He, Q. (2020). The effect of solution-focused group counseling intervention on college students' internet addiction: A pilot study. *International Journal of Environmental Research and Public Health*, 17(7), 2519.

<sup>13</sup> Auliya, N, F. , Prasatiawan, H. (2022). Keefektifan Layanan Konseling Kelompok Teknik Self Management Untuk Mereduksi Kecanduan Game Online. *PROSIDING Seminar Antarangsa*

In writing this article, the research took one approach, namely the behavior approach with self-management techniques. The approach is used to analyze patterns of human behavior and behavior, with the aim of changing maladaptive behavior to adaptive. This self-management technique is more directed at self-control where individuals can control and control their own behavior. Ali (2020) states that a self-management is taking responsibility for his own behavior and actions. This self-management strategy has the aim of increasing one's ability so that it can develop properly and can make self-improvement from the past.

In general, self-management means being able to control oneself to be able to assess and monitor oneself. Self-management techniques are able to increase the potential to change the behavior of the individual. Counseling strategies that focus on directing one's own behavior and controlling life in accordance with the desired goals<sup>14</sup>.

Therefore, researchers want to comprehensively summarize the effectiveness of self-management techniques in reducing online game addiction behavior in adolescents, which can help and become a reference for counselors in reducing addiction levels. This research focuses on three things, namely: (1) compiling studies related to the use of self-management technique interventions in reducing online game addiction in adolescents. (2) describe the content of the study related to the efficacy of self-management intervention in reducing online game addiction in adolescents. (3) explain the implications for school counselors.

## 2. Method

In preparing a comprehensive study related to the use of self-management interventions in reducing online game addiction in adolescents, the researcher chose the literature study method in which the data obtained were analyzed by content and concluded. In summary, this research starts from developing criteria and objectives, collecting and analyzing data, followed by presenting the results of the analysis systematically. Then for the study material, researchers selected research articles published in the last five years and have a connection

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<sup>14</sup> Anggraeni, I. E. (2020). Pengaruh Penggunaan Strategi Self-Management dalam Konseling Kelompok Terhadap Sikap Kecanduan Game Online pada Siswa Kelas X IPA 2 di SMA Hang Tuah 4 Surabaya. PD ABKIN JATIM Open Journal System, 1(1), 288–294.

with the research objectives. The following researchers present the study materials in table 1.

Table 1 Study sources

Article Topic	Year
Application of Behavioral Group Counseling with Self-Management Strategy to Reduce Online Game Addiction among Online Game Addiction of Class VIII Students at SMP Negeri 2 Sidoarjo. (P1)	2019
Effectiveness of Self-Management Techniques in Handling Adolescent Online Game Addiction in Patoloan Village, Bone-Bone District, North Luwu Regency (P2)	2019
The Effect of Group Counseling Services with Self-Management Techniques to Reduce Online Game Addiction Students of Class VIII C SMP N 17 Bengkulu City (P3)	2020
The Effect of Using Self-Management Strategies in Group Counseling on Online Game Addiction Attitudes of Class X IPA 2 Students at Hang Tuah 4 Surabaya High School (P4)	2020
The Effectiveness of Group Counseling Services with Self-Management Techniques to Reduce Online Game Addiction (P5)	2021
The Effectiveness of Group Counseling Online Behavior Approach Self-Management Techniques to Reduce the Tendency of Addiction to Games Online (P6)	2021
Effectiveness of Self-Management Techniques to Reduce Online Game Addiction at SMP Purnama Kesugihan (P7)	2022
The Effect of Group Guidance Services with Self-Management Techniques on Intensity of Game Addiction (P8)	2022
The Effectiveness of Group Counseling with Self-Management Techniques to Reduce Online Game Addiction (for Class VIII Students) at SMPNegeri 1 Pundong (P9)	2023
Counseling Guidance by BK Teachers with Self Management Techniques for Online Game Playing Students in Class XII SMK Minqothrotul Ulum Gumukmas (P10)	2023

### 3. Results and Discussion

In this section, the researchers present the results of content analysis on thirteen articles related to the intervention of self-management techniques for adolescents who experience online game addiction as shown in the table below:

Table 2 Content Analysis of Study Sources

Article Codes	Description
P1	An experimental approach using a game addiction test that was conducted before and after the test was conducted. Initially there were 6 students with the highest scores who were high in online game addiction. After counseling with seven stages of counseling has decreased, it can be concluded that the use of technical self-management methods can reduce or reduce addiction to online games.
P2	Approach with experimental methods by distributing questionnaires with saturated sampling techniques, obtained 24 correspondences, which resulted in a fairly high score. Then 4 times of self-management technique counseling was obtained, which resulted in a decrease in the score.
P3	The method used is experimental by distributing pretest and posttest questionnaires. After the pretest there were 6 students who had the highest score so that the treatment was carried out 6 times with self-management techniques. After that, fill out the questionnaire or posttest again so that the resulting decrease in numbers.
P4	The same as the research above which uses pre-experimental methods with purposiv sampling from 32 students to 5 students who are used self-management group service strategies and there is a decrease in the attitude of online game addiction.
P5	This type of research is mix method research with the method of one group pre test post test design and data collection techniques, namely purposive sampling and a sample of 10 students from different classes. It can be concluded that counseling guidance services can reduce addictive behavior to online games.

P6	Experimental method with two tests, namely pretest by taking 6 samples because of the high score results. Then conduct six meetings with 30-45 minutes in each session. Then do a posttest and produce a reduction in addiction to online games.
P7	Experimental method with pretest and posttest. Getting 2 groups of students, containing seventeen people. One group with self-management treatment and the other group with conventional counseling guidance. The results of self-management have an impact on reducing online game addiction compared to those who do conventional counseling guidance.
P8	Quasi-experimental method without a comparison group. Conduct a pretest to determine the level of online game addiction. Then do four times treatment with self-management. After the treatment, a posttest was conducted with the results of a decrease in online game addiction.
P9	Pre-experimental quantitative method. Two pretests and posttest, and conducting self-management treatment with eight stages, the results obtained that self-management techniques can reduce the level of addiction to online games.
P10	The research method uses qualitative with observation and interviews. Bk teachers' direct students by making a schedule with three stages, namely the self-monitoring stage, the self-assessment stage, and the reinforcement, emphasis or punishment stage. From its implementation there is a level of success in handling students using self-management techniques.

Content analysis of ten national articles related to the application of self-management found that all articles stated that self-management interventions have efficacy in reducing online game addiction behavior in adolescents. With a variety of treatment durations, there are four to seven times gradually given to adolescents who have a tendency to online game addiction. From the above



findings, it is not surprising because self-management is basically a procedure for regulating behavior by individuals themselves<sup>15</sup>. In this strategy, individuals engage in some or all of the basic components of determining target behaviors, monitoring these behaviors, selecting procedures to be applied, implementing these procedures, and evaluating the effectiveness of these procedures. Even in previous research, self-management can reduce other maladaptive behaviors. In short, cognitive and affective risk factors for online game use are highly dependent on the level of awareness of individuals in living and managing their lives. Finally, from these findings, the researcher recommends that school counselors be able to learn the concepts and procedures of self-management-based interventions in the context of school counseling and practice them to reduce students' online game addiction behavior whether it is related to social media or related to the internet.

#### 4. Conclusion

This study can be concluded that the handling of adolescent online game addiction with self-management intervention is very effective and able to reduce the average score of adolescent addiction gradually and a lot of people use this technique. The results of the study are important and can be used as a guide for school counselors to provide treatment for students who are experiencing online game addiction in addition to existing approaches and techniques. And it is hoped that the self-management technique will continue to be developed so that it can be useful in broader treatment.

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