



Increasing Knowledge About the Impact of Online Games on Health in Sukasenang Village, Tasikmalaya, Indonesia

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Abstract

The purpose of this study was to describe the factors causing playing online games and their negative impact on students in Sukasenang Village, Tanjungjaya District, Tasikmalaya Regency. The subject of this research is that it consists of students playing online games, SDN 1 Cigowak village Sukasenang. Data collection techniques in this study using observation, interviews, and documentation. The results of this study indicate that the factors that cause playing online games and their negative impact on students at the internet cafe at SDN 1 Cigowak village Sukasenang are visible and real. This is proven by the factors that cause children to play online games, namely (a) less than optimal communication between children and family members, especially parents; (b) Lack of parental supervision of children; (c) Errors in parenting patterns from parents to children; (d) The boredom or boredom of a child will be a monotonous routine. Online games have negative impacts including social impacts, psychological impacts, and physical impacts.

Keywords: online games; Causative factors, prevention, addiction

1. Introduction

In the era of globalization, the progress of information technology is currently growing very rapidly, marked by the globalization of information technology which has invaded all corners of the world (Buhalis and Law, 2008). Almost all the pulses of development anywhere in this world can be known through various existing mass media. The information and communication revolution of this era gave birth to a new civilization, namely life that is not limited by time. One aspect that follows the development of technological advances is marked by the emergence of one type of audio-visual and computer game, namely electronic games, one example is online games.

Online games are now so popular in various circles, one of which is popular among school children. When children enter school, children's games use a new dimension that reflects the new level of development of children. Playing does not only improve physical skills but intellectual abilities, children's fantasy and foster a sense of wanting to win in the game, but on the other hand, if you play too much, there will be negative impacts from playing online games, including a decrease in learning achievement (Wright and Burrows, 2006).

Online games are types of games that can be accessed by many players who are connected to the internet network. According to Lee et al. (2006), online gaming is more precisely referred to as a technology rather than a genre or type of game, a mechanism to connect players together rather than a certain pattern in a game.

According to Douglass (2007). The first-time online games appeared was in 1960, when a computer could be used to play games by two people who were in the same room, where the computer was connected to a Local Area Network (LAN). In Indonesia, online games first appeared and developed in the mid-90s, when the Nexian game appeared.

Online games will have a positive impact if they are used for entertainment (Boyle et al., 2012), where all feelings of fatigue and stress can be reduced by playing games (Rauber et al., 2009). But what is happening today, online games are played excessively and used as a place to escape from the realities of life so that what happens is addiction to online games (Young, 2009).

Adolescence is a period of transition marked by physical, emotional and psychological changes. Adolescence, which is between the ages of 10-19 years, is a period of maturation of the human reproductive organs, and is often called puberty. Adolescence is a period of transition from childhood to adulthood (Fuchs et al., 2017). At this time, adolescents will experience various changes in themselves, both physically and psychologically, individually or in their social roles in family, school and society. However, puberty is not a single, sudden event. Puberty is part of a process that occurs gradually (gradual) (Ge et al., 2001).

This ease of access will have a negative impact if it is not addressed properly. For example, online games are now easy enough for everyone to play. Online games are also facilitated by well-known social networks such as Facebook, Twitter, or myspace. These games can be played if you already have an account on a social network (Bonneau and Preibusch, 2010). Gamers can play with someone who is already a friend or follower, and not infrequently also with new people. The above conditions in addition to having a positive impact, the results show that adolescents are the age group that most often experiences problems using technology, such as the internet.

Online game addiction as a mental disorder is included in the International Classification of Diseases (ICD-11). It is characterized by impaired control over games with increased priority given to games over other activities and less concern for social activities, loss of control over time, decreased academic achievement, social relations, finances, health, and other important life functions. The main danger posed by online gaming addiction is the extreme investment of time in gaming.

Billieux et al. (2015) in the *Asian Journal of Health Information Sciences*, stated that there are at least 4 units of online game addiction aspects. The four aspects are:

1. Compulsion (compulsion or urge to do continuously), is a strong urge or pressure that comes from within oneself to do something continuously playing online games.
2. Withdrawal (Withdrawal) Someone who is addicted to online games will feel unable to withdraw or distance themselves from things related to online games.
3. Tolerance Usually this tolerance relates to the amount of time used or spent doing something which in this case is playing online games.
4. Interpersonal and health-related problems. Online game addicts tend to ignore the interpersonal relationships they have because they only focus on online games.

2. Methodology

Preparation phase. In this period, this preparation is focused on preparing all the equipment needed to carry out this activity. At this stage, the implementer begins by coordinating with the relevant agencies. Location Determination. At this stage a site visit is made to determine the place (location). In choosing the location, we took into account the distance we traveled from the University to the service location.

The place of this research is in the Mendungan Hamlet in the village of Sukasenang, Tanjungjaya District, Tasikmalaya Regency. The research phase was carried out for approximately four months, from March 2014 to June. This type of research data is qualitative, because the data collected is in the form of words, sentences or pictures that have more meaning than numbers or frequencies. In addition, the type of study in this study is more descriptive. Sources of research data are sources, places and events, and archives/documentation (see Figure 1).



Figure 1. granting permit documents to the village head of Sukasenang

The place of this research is in the Sukasenang Village, Tanjungjaya District, Tasikmaya Regency. This type of research data is qualitative, because the data collected is in the form of words, sentences or pictures that have more meaning than numbers or frequencies. In addition, the type of study in this study is more descriptive. Sources of research data are sources, places and events, and archives/documentation.

Data Collection Techniques Data collection techniques using observation are data collection carried out by the author through observation and using interviews, namely holding direct interviews with informants. Interviews were conducted on selected informants and respondents and considered to be able to provide information about the focus of the research problem.

the role of parents to pay attention and tell what are the impacts of using online games from an early age. the world health organization 2018, defines online game addiction as a mental disorder that is included in the international classification of Diseases (ICD-11) (Reed et al., 2019). Because the phenomenon of online game addiction is

increasingly widespread and increasingly concerning, especially because many teenagers are addicted to online games.

3. Results And Discussion

The development of today's technological era is advancing rapidly, and online games are no exception. As a result of the increasingly rapid development of technology, it has an impact on the younger generation, including students. Addiction to online games can have a negative impact or danger for teenagers who experience it. The impact that will arise due to online game addiction includes five aspects, including health aspects, psychological aspects, academic aspects, social aspects, and financial aspects (Novrialdy et al., 2019)

Many people think that playing is just a waste of time for children. This makes many parents forbid their children to play and make children busier with serious activities such as additional lessons and the like. It's not wrong, but with the right guidance, playing activities can be harmonized and combined with learning so that playing besides children is happy, they also get knowledge from learning because playing is educational. What needs to be emphasized is the assistance from parents, teachers, or people closest to the child to continue to guide and supervise when the child plays.

Counseling as an individual who is in the process of developing or becoming (on becoming), which is developing towards maturity or independence. To achieve this maturity, counseling requires guidance because they still lack understanding or insight about themselves and their environment, as well as experience in determining the direction of their lives (See Figure 2).



Figure 2. Education At SDN 1 Cigowak

Efforts are being made to prevent what we did to the children of SDN 1 Cigowak Sukasenang, namely as follows:

Attention switching is an activity carried out to distract players from excessive involvement in online games (Xu et al., 2012). Attention switching has a significant effect on reducing and preventing negative impacts on online game addiction. Extracurricular activities such as sports can make teenagers less focused on online games and can reduce the level of play and ultimately reduce the level of addiction to online games (Xu et al., 2012).

Dissuasion is an action taken to prevent playing online games by giving advice, arguments, persuading, exploring until it is in the form of coercion (Feng et al., 2019; Xu et al., 2012). This term is closely related to persuasive action. This is a common practice by external forces (regulators, parents, teachers, and friends) to prevent unwanted behavior.

Education refers to the knowledge or focus of educational efforts aimed at one's cognition (Xu et al., 2012). As opposed to dissuasion which is an active effort against one's cognitive domain, education is mostly aimed at building a good and self-managing cognitive base (Xu et al., 2012). This means that individuals must be active in ensuring themselves to avoid addiction to online games (for example, by reading newspaper articles or watching TV news on the topic).

Based on the findings in the field and in accordance with the research objectives, based on the results of the study, it was found that the impact of online games on the behavior of students at SDN 1 Cigowak Sukasenang was as follows:

Can relieve stress, meaning that students can entertain and overcome fatigue due to routine school activities by playing online games and easily getting to know new friends who have the same hobby. Although the student socialization process is only limited to friends/new people who have the same hobby, this is a positive impact on students who are still teenagers in developing the maturity of their mindset in building the socialization process.

Lack of parental supervision of children as a result of this, of course, makes children want to do their own activities, indulge, free, restrain, suspect, and silence children and do not get good communication channels to complain about children are things that are very vital for children. children. Psychological impact. Online games make children addicted and always want to play the game. It can be seen that children will do various ways to satisfy their desires, such as by lying and skipping school.

4. Conclusion

The development of technology in this digital era cannot be denied very rapidly. One of the products of technological development that is currently favored by teenagers is online games. Supposedly online games are used for entertainment but what happens is that online games are played excessively, used as a place to escape from the realities of life so that what happens is addiction to online games. This will adversely affect various aspects of adolescent life. For this reason, online games as a form of technological development need to be addressed wisely so that they do not have a bad impact on the next generation.

the factors that cause children to play online games, namely (a) less than optimal communication between children and family members, especially parents; (b) Lack of parental supervision of children; (c) Errors in parenting patterns from parents to children; (d) The boredom or boredom of a child will be a monotonous routine. Online games have negative impacts including social impacts, psychological impacts, and physical impacts.

Implementation of factors causing playing online games and their negative impact on students at SDN 1 Cigowak, Sukasenang Village. This can be seen by the number of students who spend hours playing online games. Students are not aware of the dangers of playing online games too often, only thinking about fun and eliminating boredom.

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