

THE PHENOMENON OF ONLINE GAME ADDICTION ON CHILDREN'S MORAL BEHAVIOR: ITS IMPACT AND PREVENTION

Kusuma Agdhi Rahwana *¹

Universitas Perjuangan Tasikmalaya, Indonesia
Email : agdhikusuma@gmail.com

Ma'adul Yaqien Makkarateng

Institut Agama Islam Negeri Bone, Indonesia
Email : maadulyaqien.m7w@gmail.com

Murthada

Universitas Muhammadiyah Mahakarya Aceh, Indonesia
Email : murthadagayo@gmail.com

Nunung Suryana Jamin

Universitas Negeri Gorontalo, Indonesia
Email : nunung_sj@ung.ac.id

Dedah Ningrum

Universitas Pendidikan Indonesia, Indonesia
Email : dedahningrum@upi.edu

Abstract

The increasingly rapid development of information and communication technology has had a significant impact on social life. Even though it provides many potential benefits from the internet, it gives rise to problematic behavior, including online games where the majority of users are students. However, little is known about the impact of online games on group behavior and norms in online interactions. Even though online games are useful for self-relaxation, their negative impact makes individuals lose track of time so that they forget their daily tasks and obligations such as studying, going to school, helping parents, socializing with many people, and also carrying out spiritual activities such as worship. The positive impacts of online games are training children in cooperation, being able to learn English, training concentration, speed, creativity, fun, and reducing stress. Behind this positive impact there is a dangerous threat from online games, namely children become lazy, addicted, and there is decadence or moral decline. For this reason, online games as a form of technological development need to be addressed wisely so that they do not have a negative impact on teenagers. Thus,

¹ Correspondence author.

teenagers need to be given efforts to prevent online game addiction, one of which is limiting playing online games, implementing healthy routines, carrying out cognitive behavioral therapy, and professional help so that they can hopefully avoid online game addiction.

Keywords: Online Games, Children's Moral Behavior

INTRODUCTION

Foreign culture is not something that is prohibited but indirectly influences Indonesian society. Foreign culture should be responded to wisely to maintain local culture (Hasanah, M., & Halija, H, 2023). One foreign culture that is increasingly popular in Indonesia is online games. The influx of online games in Indonesia has certainly affected traditional games because they are increasingly being abandoned by children. Moreover, children who like online games are at the education level from early childhood to elementary school. Even though it has positive and negative impacts and is the subject of study in the academic realm, social facts show that online games have a significant impact on student achievement at school.

Moreover, the increasingly massive development of the internet has brought about changes in aspects of life, including games (Kol, E., & Topgul, S, 2022). Before the internet developed as it is today, children played a lot of offline games such as traditional games, PlayStation, Nintendo, etc. However, as the internet develops and reaches villages in Indonesia, children have turned to online games. The increasing popularity of online games nowadays has resulted in game players becoming addicted to playing them (Harahap, S. H., & Ramadan, Z. H, 2021). Online game addiction has become a phenomenon in modern society. Moreover, online game applications are very easy to access via the internet network which is spreading rapidly among the public. Not only internet users among adults but also teenagers and children can easily make online game connections via smartphone. The flexibility of internal use via mobile devices has become a new culture of gaming among children. This new facility has made it possible for internet users to no longer be tied to location to play online.

In the era of globalization, the increasingly rapid development of information and communication technology has a significant impact on social life. Even though it provides many potential benefits from the internet, it gives rise to problematic behavior, including online games where the majority of users are students. However, little is known about the impact of online games on group behavior and norms in online interactions (Winarsih, N., & Salsabila, S, 2022). The massiveness of online games has even given rise to discourse

about the possibility of issuing a haram fatwa banning online games such as PlayerUnknown's Battlegrounds (PUBG) which occurred in the Indonesian public domain from March to July 2019 (Woltermann, L, 2023). Of course, online games are not only studied in the realm of education and psychology but also in the realm of religion. Several studies show that the impact of internet use, including online games, results in physical and psychological health problems and has a negative impact on interpersonal relationships and daily activities.

In fact, the habit of playing games is not only carried out by urban children who are used to internet networks but also rural children because internet penetration has entered rural areas (Kim, E. J., et al, 2008). In developing countries like Indonesia, the national priority is to catch up with developed countries in infrastructure development, including the internet. This is a big leap in internet access which has created a big gap between digital society and other societies (Kistoro, H. C. A, 2021). One of the impacts of the internet in villages is to play online games. Even though online games are useful for self-relaxation, their negative impact makes individuals lose track of time so that they forget their daily tasks and obligations such as studying, going to school, helping parents, socializing with lots of people, and also carrying out spiritual activities such as worship (Rochanah, R ., & Nabila, S. U, 2022).

Moral norms are norms for measuring the rightness and wrongness of human actions as humans, not for measuring the rightness and wrongness of human actions related to their abilities or skills in a particular job. Morals are related to values, norms and rules that are rooted in self-control (self-control) (Joeckel, S., et al, 2012). Meanwhile, the word moral itself comes from the word mores in Latin which means procedures in life, customs, habits. According to Gunarsa, moral behavior is behavior that is in accordance with the values of the procedures/customs that exist in a group. These traditional values may differ from one group to another. Even within a society there may be various boundaries regarding moral values (Lee, S. J., et al, 2019). This is largely influenced by cultural factors of a social group or society.

RESEARCH METHOD

The study in this research is qualitative with literature. The literature study research method is a research approach that involves the analysis and synthesis of information from various literature sources that are relevant to a particular research topic. Documents taken from literature research are

journals, books and references related to the discussion you want to research (Earley, M.A. 2014; Snyder, H. 2019).

RESULT AND DISCUSSION

Online Game Concept

A. Understanding Online Games

Online games are games that are usually played via internet networks and the like, always using the latest technology such as modems and cable connections. Generally, online games are offered as additional services by internet service providers or accessed directly through systems provided by the company offering the game (Young, K, 2009). Online games can be played simultaneously on computers connected to a specific network.

Meanwhile, according to Rollings, A., & Adams, E. (2003), online games are a technology, not a game genre; a mechanism to connect players, not a specific game model. Online games come in many types, from simple text-based games to games that use complex graphics and create virtual worlds occupied by many players at once. In online games, there are two main elements, namely the server and the client. The server administers the game and connects the client, while the client is the game user who uses the server's capabilities. The best online games can now be enjoyed on smartphones and computers.

Online games are a new hobby trend for young people and adults in today's modern era. Gamers can spend a long time playing online games and spend a lot of money. Hobbies are routine activities or interests that are done for pleasure, usually done during a person's free time (Rohman, K, 2018). Meanwhile, human behavior is a group of behaviors that humans have and are influenced by customs, attitudes, emotions, values, ethics, power, persuasion, and/or genetics.

B. Types of Online Game Games

1. Massively Multiplayer Online First-person shooter games (MMOFPS)

This game takes a first person view so it is as if the player is in the game from the perspective of the character being played, where each character has different abilities in terms of accuracy, reflexes, and so on. Usually when playing the player feels like he is in the game. For example, in a war game, you can see hands holding weapons. What is visible in the car racing game is the steering wheel, hands and the view from the car windshield.

2. Massively Multiplayer Online Real-time strategy games (MMORTS)

This type of game emphasizes the strategic prowess of the players. This game has the characteristic that players have to manage a virtual world and set strategies at any time. In RTS, game themes can be history (e.g. the Age of Empires series), fantasy (e.g. Warcraft), and science fiction (e.g. Star Wars).

3. Massively Multiplayer Online Role-playing Games (MMORPG)

This type is a game where players play the roles of imaginary characters and collaborate to weave a story together. RPGs usually lean more towards social collaboration than competition. In general, in RPGs, the players are members of one group. Examples of this game genre are Ragnarok Online, The Lord of the Rings Online: Shadows of Angmar, Final Fantasy, DotA.

4. Cross-platform online play

Types of games that can be played online with different devices. Currently console game machines are starting to develop into computers equipped with open source networks, such as Dreamcast, PlayStation 2, and Xbox which have online functions. For example, Need for Speed Underground, which can be played online from PC or Xbox 360 as well as Super Mario and Sonic.

5. Massively Multiplayer Online Browser Game

Games played in browsers such as Mozilla Firefox, Opera, or Internet Explorer. A simple single-player online game can be played with a browser via HTML and HTML scripting technologies (JavaScript, ASP, PHP, MySQL). The development of web-based graphics technology such as Flash and Java has resulted in games known as "Flash games" or "Java games" which have become very popular (Kim, J. Y., et al, 2013).

Moral Development Theory

Moral behavior is behavior that follows the moral code of a certain group of people (Vozzola, E. C, 2014). Morals in this case mean customs or traditions. Immoral behavior means behavior that fails to comply with the expectations of that social group. This non-compliance is not due to an inability to understand the group's expectations, but rather is caused by disapproval of the social group's expectations, or because they do not feel obliged to comply. Behavior outside of moral awareness is behavior that deviates from the expectations of a social group which is more caused by the

person's inability to understand the expectations of the social group (Thompson, R. A, 2012).

The following will explain the basic theory of moral development by several psychologists, which will be explained briefly, among others: (Nida, F. L. K, 2013).

1. Psychoanalytic Theory of Moral Development

In describing moral development, psychoanalytic theory divides the human personality structure into three, namely the id, ego and superego. Id is a personality structure consisting of irrational and unconscious biological aspects. The ego is a personality structure consisting of psychological aspects, namely the ego subsystem which is rational and conscious, but has no morality. The superego is a personality structure consisting of social aspects containing a system of values and morals, which really takes into account the "right" or "wrong" of something.

2. Social-Learning Theory of Moral Development

Moral learning theory views moral behavior as a response to stimulation. In this case, the processes of reinforcement, punishment and imitation are used to explain children's moral behavior. When children are rewarded for behavior that conforms to social rules and contracts, they will repeat that behavior. On the other hand, if they are punished for immoral behavior, that behavior will decrease or disappear.

3. Piaget's Cognitive Theory of Moral Development

Piaget's cognitive theory of moral development involves the same principles and processes as the cognitive growth found in his theory of intellectual development. For Piaget, moral development is described through the rules of the game. Therefore, the essence of morality is the tendency to accept and obey a system of rules. Based on his observations of the game rules used by children, Piaget concluded that children's thinking about morality can be divided into two stages: heteronomous morality and autonomous morality. Heteronomous morality or morality of constraint is a stage of moral development that occurs in children aged approximately 6 to 9 years.

4. Kohlberg's Theory of Moral Development

Kohlberg's theory of moral development is an expansion, modification, and redefinition of Piaget's theory. This theory is based on his analysis of the results of interviews with boys aged 10 to 16 years who were faced with a moral dilemma, where they had to choose between obeying the rules or fulfilling life's needs in a way that was contrary to the rules

(Zhang, Q., & Zhao, H, 2017). Based on the considerations given to the question of a dilemma faced by a person, Kohlberg clarifies moral development into three levels, which are then further divided into six stages.

Impact and Prevention of Online Game Addiction on Children's Morals

A. Impact of Online Games

The positive impacts of online games include the following:

1. Can Make People Smart

Research at Manchester University and Central Lancashire University proves that gamers who play games 18 hours per week have good hand-eye coordination equivalent to the abilities of athletes.

2. Increase Concentration

Dr. Jo Bryce, head of research at a university in England, found that true gamers have high concentration power which allows them to complete several tasks.

3. Improves Eye Sharpness

Research at Rochester University revealed that children who play action games regularly have faster visual acuity than those who are not used to playing games.

4. Improves brain performance and stimulates the brain in receiving stories

As with studying, playing games in moderation can improve brain performance and even have less saturated capacity compared to studying and reading books.

5. Improve Reading Ability

Psychologists at Finland University stated that video games can help children improve their reading skills. So, complaints about playing games which can reduce the culture of reading are unfounded (Latif, R. A., et al, 2017).

The negative impacts of online games are: (Guerada, K, 2021).

1. Causes addictive effects, which results in neglect of real life. This is the real problem faced by gamers, the essence of which is self-control.

2. Makes people isolated from the surrounding environment. This is the effect of playing games too often so that they forget about social relationships in their lives.

3. If it is done too often it will result in psychological disorders. A person's behavior can change and influence thought patterns. His mind will always be focused on the games he often plays.

4. It is a waste of time and economy to play games online has become an addiction.

B. Prevention of Online Game addiction

Technological developments always provide new experiences and provide fun activities, from easy access to information, social media, watching films, to games that can also be enjoyed online. All of these things always spoil the users, so they are too carried away and tend to forget the time to use them (Karapetsas, A. V., et al, 2014).

Childhood, which is a time of play, does not rule out the possibility that it will also be related to the development of technology. So quite a few children really like playing online games. Children who like playing online games is something that is fine, as long as it is within reasonable limits. However, if a child is deeply addicted to online games, it can have several negative impacts that they may experience (Xu, Z., Turel, O., & Yuan, Y, 2012). Therefore, parents have an important role in supervising, paying attention and limiting children's access to online games.

The following are ways parents can prevent children from becoming addicted to online games as follows: (Hutama, J. M, 2021).

1. Enforce Restrictions

Restricting children from playing online games, such as limiting access to gaming devices and limiting children's time playing games. Because the ideal time for playing online games is no more than 2 hours a day. If your child's gaming device such as a computer, laptop or smartphone is in his room, move the device and place it far enough away from his room, or place the device in a place that makes it easier for parents to monitor him.

2. Adopt a healthy routine

When your child has free time, divert his attention with activities that are healthier than playing online games. This activity can be physical activity such as asking him to tidy up his room, asking him to do light exercise, or it can be reading a book.

3. Doing cognitive behavioral therapy

Parents can try to carry out cognitive behavioral therapy to overcome addictive behavior in children to help overcome children whose addiction to online games is quite severe. Parents can ask a psychologist to refer to an experienced therapist to treat children who are addicted to online games with cognitive therapy.

4. Professional help

If parents are experiencing difficulties or their child's level of online game addiction is serious, it would be a good idea to talk to a psychologist. This is useful because the psychologist will definitely provide advice on how to stop online game addiction according to its severity. It is important to prevent children from becoming addicted to online games as early as possible, so that children's online game addiction does not get worse to the point where it becomes more difficult to treat. Download the IHC Telemed application on the App Store and Google Play and enjoy direct consultation services with IHC doctors anywhere and anytime. IHC Telemed, health in the palm of your hand.

C. The Influence of Online Games on Children's Morals

Along with the development of the gaming industry and technology, now online games can penetrate time and space. This means that there are no location and time restrictions so everyone can play games whenever and wherever they are. Sadly, this means that children, who in fact are the nation's assets and who will become the nation's future generations, are starting to lose control of themselves as a result of playing online games. It is not uncommon for children to spend hours in front of their smartphone screens.

For children, playing online games can cause a feeling of addiction because there is a pleasant sensation and a sense of satisfaction when playing, resulting in a feeling of wanting to repeat it continuously. A study conducted in the United States showed that 86% of parents felt that their children had gaming disorder (addiction to online games).

Addiction to playing online games will certainly have a negative impact on children's lives. According to research by Mertika and Mariana written in a journal article entitled "The Phenomenon of Online Games among Elementary School Children" it is explained that the booming phenomenon of online games has had positive and negative impacts on children in various aspects of life involving morals or character (Kiswoyo, K., & Agustini, F, 2022).

The positive impacts of online games are training children in cooperation, being able to learn English, training concentration, speed, creativity, fun, and reducing stress. Behind this positive impact there is a dangerous threat from online games, namely children become lazy, addicted, and there is decadence or moral decline (Hutama, J. M, 2021).

Children who are addicted to playing online games tend to be temperamental and aggressive. They become more likely to say harsh and dirty words, especially when they lose in a game. This condition is exacerbated by a hostile gaming community where superior players mock and belittle weak players.

It doesn't stop there, during the game players often misuse the chat feature which should be used to communicate strategies in the game but instead use it to say harsh words to their teammates because they feel annoyed. This can of course trigger ongoing conflict. Conditions like this can lead to moral decadence in children if they occur continuously.

Childhood is a developmental phase that has an important role in the child's future. Therefore, the role of parents in educating a child is very much needed, especially in dealing with deviant behavior in children. The solution to dealing with deviant behavior in children as a result of frequently playing online games is to increase supervision of children. The form of supervision provided is in the form of attention to social interactions and children's habits in playing online games (Nazwan, A. P., et al, 2024).

CONCLUSION

Along with the development of the gaming industry and technology, now online games can penetrate time and space. This means that there are no location and time restrictions so everyone can play games whenever and wherever they are. It cannot be denied that technological developments in this digital era are very rapid. One product of technological development that is currently popular with teenagers is online games. Online games should be used for entertainment, but what happens is that online games are played excessively, used as a place to escape from the reality of life, so what happens is online game addiction. This will have a negative impact on various aspects of teenagers' lives, especially on their moral development. For this reason, online games as a form of technological development need to be addressed wisely so that they do not have a negative impact on teenagers. Thus, teenagers need to be given efforts to prevent online game addiction, one of which is limiting playing online games, implementing healthy routines, carrying out cognitive behavioral therapy, and professional help so that they can hopefully avoid online game addiction. It is also hoped that related parties can synergize in carrying out the various efforts that have been conveyed.

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