A STUDY OF LITERATURE ON GAME ADDICTION WITH VIOLENT CONTENT AMONG ADOLESCENTS AND THE ROLE OF COUNSELLORS

Feby Najmah Khairiyah, Firman, Netrawati
Universitas Negeri Padang.
Email: firman@konselor.org

Abstract: Technological developments are now increasingly sophisticated. In Indonesia, the use of the internet, especially among adolescents, is a cause for concern. One of the most accessed content is games online. Games online that contain elements of violence can have various impacts on adolescents. Starting from psychological problems such as aggressive behavior to disrupt learning outcomes. Then the role of the counsellor in reducing the influence of playing online games that contain violent content is by carrying out guidance and counseling services, namely by conducting information services, individual counseling services, group guidance services and also group counseling services. The research method used is library research using various sources such as books, articles, and journals which are information gathering tools used, both from within and outside the country. This paper describes the dangers of the influence of game online that contain elements of violence on adolescents.

Keywords: Adolescence, games, violent content, aggression.

I. Introduction

Everyone can easily use technological advances, from children to parents1. One of technological advancement is the Internet, which can facilitate access to information more quickly, precisely, and effective2. As time passes, more and more new products are developed in technology to support human needs in various areas such as

---


education, health, and entertainment\(^3\). Internet use in Indonesia, especially among adolescents, is a problem\(^4\). Based on research conducted in 2022 by the Ministry of Communication and Informatics of the Republic of Indonesia and the Association of Indonesian Internet Service Providers (AP[II]), the total internet users in Indonesia increase from 196.7 million in 2020 to 210 million in 2022. According to data, 99.16% are adolescents aged between 13 and 18 years\(^5\).

One of the most popular types of entertainment that adolescents have access to is online gaming - all kinds of games that can be played as long as there is an internet connection\(^6\). In online games, players engage with each other to complete tasks, complete missions, and get the best score virtually\(^7\). Players can play with people from various locations, locally and internationally, by connecting the game to the internet network. This allows them to play not only with close opponents but also with players around the world\(^8\). Online games can also be played with devices such as smartphones, laptops, game consoles such as the Nintendo Switch, or via PCs\(^9\). Especially in the last five years, online games have had a better appearance and are pleasing to the eye, starting from the story plot, image appearance, game graphics, and game resolution. Then nowadays, online games are getting more attractive because they have various genres, ranging from puzzles, adventure, war, racing, and others\(^10\). There are several categories of online games, namely\(^11\):

1. **Massive Multiplayer Online**: First-person shooter games (MMOFPS) are multiplayer online games that belong to the category of role-playing games, which often feature military weapons such as Black Squad, Counter-Strike, and Point Blank.
2. **Massive Multiplayer Online Role-Playing Games (MMORPG)**: Users take a role as a fictional character. They can communicate with other players from various locations to help shape the plot such as Rising Force, Ragnarok, and Lineage II.
3. **Massively Multiplayer Online Real-Time Strategy Games (MMORTS)**: It is a game that requires the strategic skills of the participants to be displayed in this online game. Age of Empires, WarCraft, and DoTa are some examples.

---


\(^10\) Studi Bimbingan et al., “Konseling Individu (Cognitive Behavior Therapy) Untuk”

4. Cross-Platform Online Play: It is a category of online games that can be played on the Xbox 360 game console and personal computer (PC) with internet connectivity.

5. Simulation Games: Online games that seek to simulate real-world situations to gain experience. One form is life simulation games, in which players attempt to manage a character’s life as in real life.

6. Massively Multiplayer Online Browser Game: It is a simple online game that a single player can access through a hypertext markup language and a browser platform such as Mozilla Firefox, Internet Explorer, or Chrome (HTML).

According to data, several game genres, such as MOBA (Multiplayer Online Battle Arena), PUBG (Player Unknown Battle Ground), ML (Mobile Legends), and FF (Free Fire), are very popular and are often played by adolescents. Most online games are made to relieve fatigue or refresh people’s mind after doing routine tasks. But in reality, many are addicted to online games. Many adolescents are addicted of playing online games. That’s because playing online games generates passion and causes users to play for extended periods of time without realizing it, which can result in online gaming addiction. Other impacts include being negligent in completing assignments, forgetting meal schedules, being late for school, and others. Adolescents often play online games, and it is known that they tend to skip school more often and miss assignments and others. In addition, they found that males were more negatively affected by these outcomes because they often lost track of time when playing games. Then, research conducted by Jaruratanasirikul, Wongwaitaweewong, and Sangsupawanich suggested that playing online games excessively (more than five hours per day) can cause school grades to be below average.

Games were initially made for entertainment, increasing adrenaline, and sometimes even education, but the fact is that most online games have elements of violence. Nearly half of online games contain violent content directed from one character to another game character. Dill et al., revealed in their research that 87%...
of children under age and 70% of them are adolescents who often play online games on computers, and boys have a share of about 87% more users than girls, who only 79% play online games.\textsuperscript{21}

Anderson and Bushman examined 35 different studies of violent online games. They identified a consistent pattern: Exposure to videos that contain elements of violence can increase physiological arousal, generate aggressive thoughts, emotions, and actions, and reduce positive and prosocial activities.\textsuperscript{22} Many factors can increase aggressiveness and anger, even in non-violent online games. For example, games about car racing, sports, or games that require concentration and fast response (such as Piano Tiles) can increase heart rate and blood pressure. Online games that are too difficult to play can also increase frustration and anger, leading to aggressive thoughts. This aggressive thinking is needed in playing games that contain elements of violence. Repetitive activation of aggressive thoughts that occur in a person can allow relatively permanent changes to occur in that person because the activation of the knowledge structure associated with aggression repeatedly and continuously will eventually become part of a person’s personality.\textsuperscript{23}

From this description, it is clear that science and technology are experiencing very rapid progress, especially in developing entertainment facilities, such as online games. However, there are elements of violence in online games. The essence of violence can have several impacts on adolescents, such as aggression, increased blood pressure, and decreased academic achievement.

This study of literature is made to discover the results caused by game addiction that contains elements of violence and the role of counsellors. A library research literature study was performed as the research methodology. Data for this study were gathered from a variety of sources, including books, articles, periodicals, papers, essays, biographies, etc. Literature research starts with reading, then looks at many references from different sources to look at the theoretical underpinnings of the issues that are going to be investigated.\textsuperscript{24} Online games with violent components and their consequences on adolescents are the subject of research efforts to gather data.

II. Adolescence

Adolescence is when a person experiences a transition from childhood to adulthood. Many changes occur in physical, mental, and interpersonal relationships. Adolescents are currently facing challenges in society from traditional residents to more modern residents. These changes also affect many aspects of life, such as

\textsuperscript{21}Ibid.
\textsuperscript{22}Ibid.
norms, values, and lifestyles. They often show great curiosity about various things. The world of today's youth is full of unimaginable things fifty years ago, such as the internet, computers, and smartphones. Everything can be accessed easily through computers, the internet, television channels, and other means of technological devices.

Freedom of access to information for adolescents is like two blades with positive and negative impacts. Adolescents trying to determine their identity tend to be easily swayed and follow the people around them. Therefore, adolescence is also considered a period of instability. Problems also often arise due to the nature of adolescents who are looking for their identity. If one step is taken, the teenager will be on the wrong path and eventually plunge himself. Therefore, to prevent the occurrence of deviations in adolescents, parents and educators must pay special attention to this stage of adolescent development.

**The psychological effects of violent online games on adolescents**

Nowadays, everyone of any age may quickly and freely enjoy online games, especially adolescents. Online games do, however, occasionally have violent elements in their content. Adolescents who are engaged in taking part in online games frequently experience medical issues, such as sore eyes, and their psychological state makes it easy for them to become insulted when they lose. Adolescents regularly consider playing online games even when studying, which is problematic from a learning standpoint. Regarding social adjustment, adolescents frequently disregard other people.

Online games, which were initially entertainment, will become a dangerous problem if these online games contain elements of violence. Teenage aggression is on the rise and often makes society uneasy. For example, fights between adolescents can happen anywhere, but the perpetrators of these actions are still students. At first, the arguments were just naughty, but because the environment carried them away, they turned into criminal acts, resulting in fatalities.

An act of aggression is an act done intentionally to cause loss or property damage to another person. Another definition of aggression is physical or verbal behaviour that aims to hurt or injure another person. When a person engages in

---


28. Ibid.


continuous and frequent play, their aggression level increases\textsuperscript{34}. Adolescents who are addicted to online games often behave aggressively. Physical aggression is shown by hitting; if someone hits them, they often respond by hitting back harder. Verbal violence is usually demonstrated by delivering threats with harsh language\textsuperscript{35}. It happens because of the emergence of verbal aggression, which refers to hostility involving words that hurt others, such as insults, dirty words. Examples of physical attacks include punching, stabbing, tripping, shooting, and other acts of physical violence\textsuperscript{36}. Damage to social relationships or interactions and exclusion or rejection from specific communities, friendships, or groups are examples of what is known as relational aggression\textsuperscript{37}. Some factors that influence the emergence of aggressive behaviour in adolescents are gender, age, temperament, stress, food, social connections, and social factors that contribute to hopelessness and anger\textsuperscript{38}.

The Effect of Online Games on Adolescent Learning Performance

Procrastination in the academic field is associated with games\textsuperscript{39}. Procrastination comes from English, namely, \textit{procrastination}, quoted from the American College Dictionary, which means buying time to do obligations or tasks at other times\textsuperscript{40}. Academic procrastination is when a person prefers to delay starting work or studying, doing assignments when the due date is near, which causes pressure, worry, and anxiety, causing the results to be often below standard\textsuperscript{41}. Procrastination can be divided into two parts, namely academic and non-academic. Intellectual procrastination delays completing academic assignments, including homework, group projects, and schoolwork. Meanwhile, non-academic procrastination delays daily tasks, such as working at home or outside the scope of education\textsuperscript{42}.

\textsuperscript{34}Ibid.
\textsuperscript{36}Vanri and Hasbiyalloh, “Games Online dan Katarsis Virtual.”
Playing games excessively can interfere with the adequate sleep patterns needed by adolescents. This problem can cause learning performance to decrease. In addition, research reveals that adolescents who lack self-confidence and show high levels of delinquency or lack of attention are at increased risk of having low school achievement. Adolescents who play games too often have poor school performance. Then, exposure of adolescents to screen monitors or smartphones when playing online games can harm decreasing visual acuity.

The role of Counsellors

Guidance and counseling services assist clients with the help of a professional, especially a counselor, to help clients develop their potential to overcome the challenges they face. Counseling is support provided to clients by professionals, especially counselors, to resolve the problems experienced by clients so that clients can successfully navigate everyday life. The following are some of the services that counselors can provide to adolescents to reduce the influence of playing violent content:

a. Information Services
Information services work to meet each person’s specific information needs. To increase personal and environmental knowledge and awareness, information services are provided. Information services exist to provide adolescents with information about things they can do in their daily lives as adolescents, family members, and community members. Providing information services regarding the impact of playing games on adolescents is what counsellors can do.

b. Individual Counselling Services
The most important aspect of individual counselling is the interaction and relationship between counsellor and client in a professional setting to change client behaviour. Personal counselling services are professional relationships counsellors create where clients learn to make decisions, solve problems, form attitudes, and behave. Counsellors can help clients change irrational thinking patterns to become

---

49 Ibid.
rational in order to reduce the influence of online games that contain violent content on adolescents.

c. Group Guidance Services
Group tutoring services are a way of offering assistance (guidance) to clients through group activities. Group activities and dynamics must be understood to address various topics beneficial to the development of problem-solving of the person attending the service. In group guidance, the counsellor as a group leader can suggest topic assignments with the theme of the impact of playing online games, the impact of procrastination on learning, and others.

d. Group Counselling Services
The organization of group counselling services is explained to help individuals who are not ready to open themselves to an individual counsellor, facilitating a group of individuals to be more courageous and open. When together in a group, this allows individuals to find alternative solutions to problems jointly. This service is also based on the mutual trust of group members.

III. Closing
Technology has improved significantly since then, particularly in the area of internet gaming. Everyone, from kids to adults, enjoys playing games. The issue arises, though, if there are violent components in the game. The formation of aggressive behavior—verbally, physically, or violently—as well as relationships are just a few effects that playing violent online games can have on adolescents. In addition to causing hostility, playing violent video games online has been linked to decreased academic performance in adolescents, such as persistently delayed completion. There are several strategies to prevent the negative impacts of playing violent video games, like participating in extracurricular activities at school, increasing physical activity levels, and growing plants. To lessen the impact of playing violent video games online, guidance and counseling services play a critical role. Informational services, individual counseling services, group guiding services, and group counseling services are all offered.

BIBLIOGRAPHY


190.


Saporiti, Mei Oci, Wiryo Nuryono, S Pd, and M Pd. STUDI KEPUSTAKAAN KONSELING RATIONAL EMOTIVE BEHAVIOR THERAPY UNTUK MENGURANGI KECANDUAN GAME ONLINE, n.d.


109–114.