

The tendency of online game addiction with social adjustment in "X" high school students

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ABSTRACT

Social adjustment is an individual's social relationship with other individuals in an environment that has certain rules and the individual adapts to the environment in which the individual is located. Online game addiction is a person's excessive dependence on online games. This behavior is beyond the control of the individual and is mostly a compulsion where the perpetrator does not feel comfortable if he does not play online games. This study aims to determine whether there is a tendency for online game addiction with social adjustment. The sample of this research is class XI High School "X" as many as 54 students with a purposive sampling method. The data collection method in this study used a social adjustment scale and an online game addiction scale using the item validation test. The data analysis technique in this study uses the Pearson Product Moment Correlation. This study's results indicate a negative relationship ($p < 0.05$, $r = -0.547$) between online game addiction and social adjustment. Then there is a coefficient of determination (R Square) of 0.299. These results indicate that there is an influence of online game addiction with social adjustment of 29.9%.

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Introduction

Technology is one of the most influential things in people's lives today. The rapid development of technology is indirectly able to change people's attitudes and behaviors that are inseparable from their daily activities. This rapid technological development also affects the development of mass media. One type of media that has a significant influence on audiences is audiovisual media, television, movies, and online games. Online games have a greater impact on social adjustment among adolescents than television media (<https://kominfo.go.id>). Schneider (1964) argued that social adjustment is the ability of individuals to respond effectively and healthily to situations, realities and social relations so that the demands of social life are met in an acceptable and satisfying way. Social adjustment is said to be good if individuals are able to create healthy relationships with others, pay attention to the welfare of others, develop friendships, play an active role in social activities and respect the values that apply in society. Conversely, poor adjustment can be seen from the individual's inability to

meet social demands in an unacceptable and unsatisfactory way for the individual himself (Sulfianti et al., 2022).

The results of the Indonesian Demographic Health Survey (SDKI) 2007 indicated that the number of adolescents in Indonesia reached 30% of the population, around 1.2 million people (BKKBN, 2012). Meanwhile, a survey by the Central Bureau of Statistics in 2010 found that 37% of the Indonesian population were individuals under the age of 20 or in the adolescent phase (BPS, 2012). From a demographic perspective, these figures indicate that Indonesia has great potential in terms of productivity and creativity (Schaar, 2017). However, this condition will not be achieved if some teenagers still show negative behavior in social life. Santoso and Purnomo (2017) suggest that the failure of a person's social adjustment is due to not being able to communicate effectively with others. It is further explained that online gaming activities cause problems with socializing activities.

Cheng and Chang (2008) explain that online game addiction is spending time playing online games in excessive use, which has an impact on vision, weight loss, reality confusion, experiencing illusions and poor social relationships. In addition, Suplig (2017) also suggests that online game addiction is playing online games excessively, making online games the main focus and getting good attention from others without thinking about other things that will happen. The Indonesian Internet Service Providers Association (APJII) noted that the number of internet users from 2019 to 2020 reached 196.7 million, or 73.7%. This data has increased by around 8.9% or around 25.5 million internet users from Indonesia's total population of 266 million people (APJII, 2020). This is quite potential for the development of the online game industry. The rapid increase of users in Indonesia has also increased online game players in Indonesia (Affandi, 2013). The number of gamers in the world now reaches 3.5 billion people (Dataroport.com). While there were 52 million people who are gamers in Indonesia in 2019 so that it makes Indonesia the 6th country with the number of gamers.

Griffith and Wood (in Lemmens et al., 2009) point out that adolescents are more likely and more vulnerable to online gaming than adults. A recent study by American video game expert Mark Griffiths of Nottingham Trent University found that almost a third of them play online games every day, and "more worryingly, 7% of them play at least 30 hours a week". Meanwhile, according to Griffiths (in Santoso and Purnomo, 2017) how, the long-term effects of activities that spend 30 hours of free time per week on the development of adolescents' academic, health, and social aspects.

Based on previous research conducted by Santoso and Purnomo (2017) on the relationship of online game addiction to social adjustment in adolescents, the results obtained are $r = -0.435$ ($p < 0.01$), which means that there is a significant negative relationship between DoTA 3 Online

Game addiction to social adjustment in adolescents. Research that has been conducted by Nirwanda and Ediati (2016) states that there is a significant negative relationship between online game addiction and social adjustment skills ($r = -0.153$; $p = 0.033$) This statement means that the higher the addiction of adolescents to online games, the lower their social adjustment skills. This study aims to empirically test whether there is a tendency between online game addiction and social adjustment in "X" high school students.

Method

The type of research used is quantitative. The research location in this study is one of the public high schools in Yogyakarta. The population in this study were grade XI students totalling 96 students. The sample in this study was taken using purposive sampling technique with a total sample of 54 students. The instruments used in this study used a summate rating scale used to measure behavior, namely the online game addiction scale and the social adjustment scale. The data analysis technique used in this study is to use Pearson's product-moment correlation. This study uses assumption tests and hypothesis tests in its statistical techniques. Assumption tests include normality tests and linearity tests. This analysis technique uses the statistical product and service solution (SPSS) program version 18.0 for windows.

Result and Discussion

Table 1. Statistical Description of Social Adjustment and Online Game Addiction

	Social Adjustment		Online Game Addiction	
	Empiric	Hoptetic	Empiric	Hoptetic
N	54	54	54	54
Minimum	100	26	54	32
Maksimum	147	104	130	128
Mean	124,81	65	81,69	80
Std.Deviation	11,090	13	17,683	16

Based on the data above, grouping is carried out by referring to the categorization criteria. The categorization criteria for this study used five category levels, namely very high, high, medium, low, and very low. The results of the categorization of this study can be seen in Table 2.

Table 2. Categorization of Social Adjustment and Online Game Addiction

	Social adjustment	F	%	Online Game Addiction	F	%
Very high	$X > 88$	14	25,9	$X > 109$	2	3,7
High	$73 < X \leq 88$	34	63	$90 < X \leq 109$	1	1,9
Medium	$57 < X \leq 73$	5	9,3	$70 < X \leq 90$	21	38,9
Low	$42 \leq X \leq 57$	1	1,9	$51 \leq X \leq 70$	16	29,6
Very low	$X < 42$			$X < 51$	14	25,9
Total		54	100		54	100

Based on the table above, the categorization results of the social adjustment variable and the online game addiction variable in students say the social adjustment variable is in a high position with a figure of 63%, and the online game addiction variable is in a moderate position with a figure of 38.9%. So it can be said that class XI students have a high level of social adjustment because their level of online game addiction is moderate.

Based on the results of Pearson's product-moment correlation analysis between social adjustment variables and online game addiction ($r = -0.547$ and a significance level of $p = 0.000$ ($p < 0.05$)). The results of the correlation analysis can show that there is a negative relationship between online game addiction and social adjustment. In addition, these results also have significant results between online game addiction and social adjustment, which means that the higher the online game addiction, the lower the social adjustment. Conversely, the lower the online game addiction, the higher the social adjustment.

The study aims to determine the tendency between online game addiction and social adjustment in "X" high school students. The number of subjects in this study were 54 subjects. This research started from pre-research or field observation on November 30, 2022, the implementation of the scale distribution was carried out on February 2, 2023. Based on research conducted on "X" high school students, it can be concluded that there is a relationship between online game addiction and social adjustment. The correlation coefficient obtained from this study is $r = -0.547$ with $p = 0.000$ ($p < 0.05$). The hypothesis, which reads that there is a negative relationship between online game addiction and social adjustment of "X" high school students, the hypothesis can be accepted. In line with the results of Santoso and Purnomo's research (2017), there is a significant negative relationship between relationship between online game addiction and social adjustment in adolescents.

In the linearity test results, the data has a relationship between online game addiction and social adjustment that is linear, or it can be interpreted that the two variables have a relationship with each other and form a straight line. The data analysis and hypothesis testing results in this study show that the online game addiction variable has a negative relationship to social adjustment.

Based on the results of calculating the coefficient of determination or effective contribution, it is 0.299 or 29.9%. This means that online game addiction affects the social adjustment of "X" high school students by 29.9%, and the remaining 70.1% of social adjustment is influenced by other factors not examined in this study. These other factors are physical factors and environmental factors (Schneiders in Putri, 2022).

Ki Hajar Dewantara suggested that the family environment is the place where a child interacts for the first time. In the family, children get stimulation in their growth and

development, both biological and psychological. In this process, a child will model what each family member teaches and does (Taib et al., 2020). Lack of parental attention can make children look outside their family. Luckily, if the escape the child gets is good, but if the escape is obtained in a bad way, it will bring out a negative attitude from the escape. Ki Hadjar Dewantara therefore states that in creating children's intelligence, an appropriate and good educational atmosphere must be created, namely education in a family atmosphere and with the principles of asih (love), asah (sharpening), asuh (guidance).

Conclusion

Based on the results of research that has been conducted regarding the tendency of online game addiction with social adjustment in "X" high school students, it can be concluded that there is a negative relationship between online game addiction and social adjustment of "X" high school students. The higher the online game addiction, the lower the social adjustment. Conversely, if the lower the online game addiction, the higher the social adjustment. Based on the categorization results, social adjustment is at a high categorization while online game addiction is at a moderate level. Social adjustment can be influenced by other factors not examined in this study. These other factors are physical factors and environmental factors.

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