

The Role of Parents in Reducing Online Gaming Addiction Among Students of SMP Negeri 11 Medan

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Article Info	Abstract
<i>Received: 09-10-2024</i> <i>Revised: 10-11-2024</i> <i>Accepted: 11-12-2024</i>	The research is entitled The Role of Parents in Reducing <i>Online Game</i> Addiction in Students of SMP Negeri 11 Medan. The formulation of the problem in this study is how the role of parents in reducing <i>online game</i> addiction, how the impact of <i>online game</i> addiction and what are the factors that become obstacles for parents in reducing <i>online game</i> addiction in students of SMP Negeri 11 Medan. The research aims to find out the role of parents in reducing <i>online game</i> addiction, knowing the impact of addiction and knowing the factors that become obstacles for parents in reducing <i>online game</i> addiction in students of SMP Negeri 11 Medan. This research uses a descriptive method with a qualitative approach where this research uses Miles and Huberman data analysis techniques. The results of this study indicate that the role of parents is very important for the growth of children, therefore parents must do several things so that children are not addicted to gadgets and <i>online games</i> including: by mentoring, supervision and open communication. Efforts to avoid the use of gadgets and <i>online games</i> in it are by the way each parent must take several actions or preventive measures to minimize the use of cell phones in children, by limiting time, making commitments from the beginning with children so that in children there will be a sense of responsibility and think they have a promise with their parents that they should not break. It can be concluded that the factors that influence <i>online gaming</i> are the frequency of playing <i>online games</i> , the time of playing <i>online games</i> , and the games or games that are favored.
Keywords: parental role, online game addiction, junior high school students	

I. Introduction

Technological developments in the current era have created many technological products, the internet is one of the most important products that can facilitate human access to the latest information. Many features are provided from the internet, such as Facebook, Instagram, email, news and *online games* (Adiningtiyas, 2017). *Online games* are games using internet media that allow users or *game* players to play together at the same time and the same game, even though they come from different places (Ramadhani & Hudaya, 2015)

Online games certainly have an appeal in the eyes of game lovers, because on the monitor there are three-dimensional images that make the game feel more real. Like the real world they can live, move, transact, do daily activities, get a job, find a partner, in the virtual or virtual world. At this time, for students who do not have *online gaming* facilities at home, there are internet cafes (warnet) that provide *online gaming* facilities. This condition makes it easier for students to play games anywhere and anytime without knowing the time, which ultimately causes students to become addicted (Yanti et al., 2019).

Based on data in Indonesia, the prevalence of *online game* addiction among Indonesian adolescents continues to increase so that Indonesia in the world ranks 6th with a percentage of 112.6% in 2017 so that this condition can have an impact on a person. Indonesian *games* are the 16th largest market in the world (Amalia et al., 2021). The revenue generated from the gaming industry in Indonesia reached USD 879.7 million if converted into IDR 13 Trillion in 2018. The rise of *online games* has a negative influence if we are not wise in using the *online game* application. Today's teenagers, especially junior high school students, are very vulnerable to the negative impact of *online games* (Mulachela, 2020).

The negative impact is because students are addicted to playing online games; this is a serious concern in various parts of the world, including in Indonesia. Many cases have been circulated showing that *online game* addiction can lead to decreased academic performance, sleep disturbances, mental health problems, and even interpersonal problems in the family. Therefore, it is crucial to understand the factors that contribute to addiction in junior high school students (Jannah et al., 2015).

A factor that is currently believed to have a major influence in *online game* addiction is the role of parents. Parents' high expectations for their children to participate in various activities such as courses or lessons, so that children's primary needs, such as togetherness, playing with family are forgotten (Detria, 2012). Parents have a very important role in supervising and controlling their children's *online gaming* activities. However, in reality, not all parents understand the world of *online gaming* and how to manage it effectively (Petrides & Furnham, 2000).

Parents should be aware that *online game* addiction causes adolescents' health to decline. Teenagers who are addicted to *online games* have a weak immune system due to lack of physical activity, lack of sleep, and often eating late (Hulawaliah, 2022). The many scenes of *online games* that show criminal and violent acts, such as fighting, vandalism, and murder have indirectly influenced adolescents' subconscious that real life is the same as in the *online game*. The characteristics of adolescents who experience mental disorders due to the influence of *online games*, namely irritability, emotionality, and easy to say dirty words (Asri et al., 2022).

Researchers read one of the previous studies that stated that students addicted to *online games*, namely 2 (two) children in Cimahi, stopped school for 1 (one) year because they

had to undergo mental health treatment and recovery. The impact of *online game* addiction on these students is changing sleep patterns, when distance learning (PJJ) starts, students who are preoccupied with playing *online games* until dawn and the student cannot attend because of sleep (Batubara & Hasugian, 2021).

Parents and teachers both have a role to play in preventing students from becoming addicted to *online games*. Therefore, parents and teachers are expected to strengthen collaboration in overcoming this problem. By understanding the role of parents in depth, it is then expected to develop more effective intervention strategies in reducing the use of smartphones in children to play *online games* and be able to improve student well-being in learning (Lestari et al., 2023).

Therefore, this study aims to explore and analyze the role of parents in reducing the level of *online game* addiction among junior high school students, conducted at SMP Negeri 11 Medan. Thus, this study is expected to make a significant contribution to the development of more effective intervention strategies in overcoming the problem of *online game* addiction among adolescents, especially students of SMP Negeri 11 Medan.

2. Research Method

This research was conducted using descriptive research methods with a qualitative approach. According to Sugiyono (2020), qualitative research methods are research methods used to examine the conditions of natural objects. This research was conducted at SMP Negeri 11 Medan on Jl. Budi Kemenangan No.24, Pulo Brayan Kota, District. Medan Barat, Medan City, North Sumatra. In this study, data were sought and collected using observation, interview, and documentation techniques. The informants of this study were 11 people consisting of 5 students, 5 parents, and 1 counseling guidance teacher. The data analysis technique used in this study consists of 4 stages, namely data collection, data reduction, data presentation and conclusion drawing (Miles & Huberman, 2014).

3. Results and Discussion

This study aims to explore and analyze the role of parents in reducing the level of *online game* addiction in junior high school students, conducted at SMP Negeri 11 Medan. Data collected in this study through interviews with 11 people consisting of students, parents, and counseling guidance teachers. The following are the results of the research and its discussion.

The role of parents in reducing *online game* addiction in students

Parents are the first and main place of education or school for children, in relation to the world of education, parents are one of the informal schools. parents are also able to motivate children to study harder and reduce their addiction to playing *online games*. Motivation is an impulse that arises in a person consciously or unconsciously to take an action in accordance with certain goals (Munita, 2021).

As parents who motivate their children to reduce their addiction to *online games*, parents must add positive activities for children who are addicted to *online games*. This can be in the form of inviting their children to do business that their children like or supporting their children's goals by providing space to achieve what their children aspire to.

Here are some things that parents do to reduce *online game* addiction in students according to the results of the interview, namely:

"I will confiscate and limit the time of playing games and I try to play games in one day but the maximum time is 2 hours." (Informant-7)

"I always remind my children not to continue playing online games, they must be

able to maintain their body health and eye health too." (Informant-8)

"I always remind them not to forget to eat and help clean the house." (Informant-11)

Based on the results of the interviews above, it can be concluded that what parents do so that students can reduce their addiction to *online games* is by giving limits in playing *online games*, giving advice, and giving directions to help parents' work at home.

This is in line with Novrialdy(2019) the 's research role of parents here is as a motivator, which is a very important thing that must be done by parents or families in providing an encouragement to their children to do good and leave what is not good. The task of parents in the family has the biggest role for their children against outside influences, parents are the people who should know their children and parents are the closest people to children, especially after entering adolescence, every parent wants their children to be devoted people because children are the heirs of their parents who will later plunge into society, parents must also prepare their children with qualified provisions to face life later both in terms of education and other things.

The role of parents in mentoring and supervising children playing *online games*

There is a relationship between the role of parents in avoiding the negative impact of gadget use on children and children's behavior in using *online games*. It can be seen that the better the role of parents, the better the child's behavior in using *online games*. The role that parents can provide for children in using *online games* is with full supervision and guidance (Munir & Rizqi, 2022). Parents supervise the use of *online games* from usage time, features and media. the role of parents given to children in overcoming *online game* addiction is by not giving children personal gadgets and not letting children use gadgets without supervision from parents.

"I will confiscate and limit the time of playing games and I try to play games in one day but the maximum time is 2 hours." (Informant-7)

"Every day I always supervise my child when using a cellphone, but I limit the time of playing cellphones to a maximum of 4 hours." (Informant-11)

Based on the results of the interviews above, it can be concluded that parents always supervise their children when playing *online games*. In addition, another action is to limit the hours of playing *online games* that are allowed between 2-4 hours only. Supervision of the use of *online games* has an important influence on the learning process and children's interaction with their environment. Parents can give some rules to children in using *online games*, as a form of supervision of the use of these gadgets. This supervision can have a positive impact on the child, where a child will feel safer, and feel more cared for by his parents, so that in his growth, this child will become a good child, because they see from how his family's supervision and care for him.

The role of parents in directing children not to be addicted to *online games*

As parents, it is necessary to advise children on the excessive use of cellphones and when using cellphones ask permission first if you want to use it, take it back if you are finished and always give advice and reprimands to children to get out of the situation.

"I always remind them not to forget to eat and help clean the house, and I limit the time to play cellphones to 4 hours at most." (Informant-11)

Based on the informant's statement in awas, it can be concluded that parents always provide direction to children so that they are not addicted to playing *online games* by limiting playing time and also directing children to help clean up work at home. It can be seen that the role of parents is very important in providing direction, assistance and supervision to children in playing *online games*. This is done in order to avoid the negative impact that comes from *online games*.

Obstacle factors for parents in reducing *online game* addiction in students

There are obstacle factors for parents in reducing *online game* addiction, namely parents may not fully understand how serious *online game* addiction is. parents' busyness with work makes it difficult for them to pay enough attention to monitor and control their children's *online gaming* activities. In some cases, parents may not have the skills to restrict their children from *online gaming*. Not all parents have the support to effectively address *online gaming* addiction. Parents may feel confused about the steps to take to reduce *online gaming* addiction, especially if the child does not have adequate guidance.

In addition, the obstacle faced by parents to reduce *online game* addiction in children is the mandatory use of gadgets or electronic devices from schools, so that children are accustomed to and close to these gadgets. This is in accordance with the following statement from the informant:

"Initially because of Covid-19, at that time learning had to use a cellphone so that I could follow school lessons online." (Informant-9)

Based on the results of the interview above, it can be concluded that the use of the gadget itself was initially required because of the need to study from home. Over time, children become accustomed to using gadgets and fill their empty time by playing *online games*. This makes children addicted to playing *online games* to fill the time. This habit also changes the child's behavior into a person who argues and is stubborn when given advice from parents. This is in accordance with the informant's statement as follows:

"Sometimes my child becomes angry, like not accepting when I take his cellphone, but what else can I do, I have to remain firm to deal with my child so that he does not become addicted every time." (Informant-7)

"My child's response when advised is to listen while arguing." (Informant-10)

Based on the informant's statement above, that children's behavior changes to opposition when parents limit and give advice and direction in playing *online games*. This is certainly an obstacle for parents in reducing addiction to playing *online games* in children, because children become angry and oppose parental advice.

This is in line with Hermawan & Kudus (2021)'s research, the role of parents is very important for children's growth, so parents must do several things so that children are not addicted to gadgets and *online games*, including: by mentoring, supervision and open communication. Efforts to avoid the use of gadgets and *online games* in it, namely by the way each parent must take several actions or preventive measures to minimize the use of cellphones in children, by limiting time, making commitments from the start with children so that in children there will be a sense of responsibility and think they have a promise with their parents that they should not break.

4. Conclusion

From the research that the author has conducted on the Role of Parents in reducing Online Game Addiction in students of SMP Negeri 11 Medan, the following conclusions can be drawn:

1. Motivator. Parents are always the driving force of educators for their children who teach good and bad about how to provide an understanding of the dangers of playing *online games*.
2. Facilitator. Behind the upbringing and nurturing of parents also makes them a facilitator, which is meant by giving their children the opportunity to live a good life for the child.
3. Mediator. Parents in adolescents, usually in their spare time communicate with their children by deliberating together between children and parents so that it can help efforts to reduce addiction to playing *online games* and can improve the relationship between parents and children.
4. The obstacle factors faced by parents in reducing online game addiction in children are parents' busyness with their work, technological sophistication and defiant and angry behavior in children when given direction and advice by parents in order to reduce *online game* addiction.

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