Behavioural Counseling to Resolve Online Games Addicted

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Abstract. This research aims to find the factors that cause online game addiction in adolescents at SMK Mummadiyah Karanganyar, the application of Cognitive Behavioral Therapy (CBT) Counseling in overcoming addiction to online games in students at SMK Muhammdiyah Karanganyar, the result of the application of Cognitive Behavioral Theorapy (CBT) Counseling in overcoming online game addiction in students at SMK Muhammadiyah Karanganyar. This type of research is field action research. Sources of informants consist of 25 people. divided into 2 sources, primary data is 5 students who are addicted to online games and secondary is 20 students who are not addicted to games, parents, school principals. Data collection techniques carried out by researchers by means of participant observation, and unstructured interviews. Based on the results of research conducted, it can be concluded that students who are addicted to online games due to lack of parental attention initially (100%) and have changed (60%), the initial friendship factor (100%) and has changed (80%), and stress relief. initially (100%) and has changed (80%). the application of CBT counseling is carried out in 2 cycles containing material about bad things that will arise from playing online games such as being able to make students accustomed to saying dirty words, lying to parents, lazing about doing school assignments.

Keywords: Cognitive Behavioral Therapy Conseuling, Students Addiction Online Games

1. Introduction

Counseling is the process of helping individuals and learning about themselves, their environment, and methods for dealing with roles and relationships. Although the individual experiences counseling problems he or she does not have to be remedial. Counselors can assist an individual with educational and vocational decision-making processes and resolve interpersonal problems[1,2].

It can be concluded that counseling is assistance given by individuals in solving life problems by interviewing, or in a way according to the circumstances of the individual being faced to achieve a prosperous life. In solving this problem, the individual solves it with his own abilities. Thus, the client remains in his life. The cognitive behavior therapy approach is one of the psychotherapeutic approaches founded by an American psychologist named Aaron T. Beck. Cognitive behavior therapy is a technique that has been widely used in various psychological problems and has proven to be effective for tackling disorders such as anxiety, depression, phobias, psychiatric disorders, psychological problems, and medical conditions with a psychological component [3].

Online games are no stranger to children's ears. Electronic games or what we often call online games have mushroomed everywhere. This is supported by the many game centers in the surrounding area, which offer affordable prices to teenagers[2,4]. The game center or the

game center itself is not like an internet cafe which has more regular customers than an internet cafe. This is what makes game centers almost always crowded, not just popular game centers. However, gadgets/smartphones are also increasingly sophisticated and offer so many games, both offline and online games.

Online game players are dominated by students, ranging from elementary, middle, high school, college students, and even adults[5,6]. Students who often play an online game, will cause them to become addicted or addicted. Addiction to playing online games will have a negative impact, especially in terms of academic and social. Even online games also have a big impact, especially on the development of children and one's soul. Even though students can socialize in online games with other players. However, online games often make players forget social life in real life. Paying attention to the phenomenon of online games and their impacts which are currently very widespread in Indonesian audiences.

Addiction to online games will have a negative impact on a person's psychology, such as difficulty concentrating in studying, work, often playing truant, being indifferent, not caring about the things that happen around them, and for online game addicts or gamers will do anything to get it[5–7]. playing online games, such as lying, stealing money, and so on. The habit of interacting directly (face to face) is replaced by interactions through internet networks that occur only in cyberspace. This is due to playing online games too often so that someone forgets the real world.

Addiction to online games in students, should be able to be overcome by the school through the resources owned by the school. Counselor should know and apply counseling techniques properly according to the problems faced by students. This will certainly be more effective and efficient if applied to overcome the problems that occur in students without having to invite other parties. This game can have an influence on student learning achievement. This is due to the fact that online games are addictive or addictive for online game users. School children are one of the groups who are easily affected by the impact of online games, the time that should be used to rest, play, even when the teaching and learning process is in progress students easily take advantage of their time to play these online games. This dependence can lead to negative behaviors such as skipping school, not doing homework (homework), and stealing money to buy new games or feeling restless when you can't access the game.

Based on interviews with BK teachers stated that the problem of addiction in students in playing online games occurs from year to year experienced by students. This fact is supported by a statement from the school which stated that students' addiction to online games occurs almost every year, especially during the COVID-19 pandemic, students who are addicted to online games are increasing and the right solution has not been found.

According to the school, there are several forms of students' addiction to online games, ranging from students who withdraw from their social environment because they are busy with the online games that they are playing with the most extreme forms, namely students ignore pain, fatigue, hunger and thirst, and do not want to continue school because they prefer to play online games than continue school. This will certainly become a serious problem for the school if a solution is not immediately found.

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2. Method

This research was conducted with action research or Participation Action Research. Action research can be done either in groups or individually with the hope that their treatment can be imitated to improve the quality of others. The research that will be carried out by researchers here is individual action research or face to face. Researchers will conduct individual counseling face to face in providing assistance or advice to students who are addicted to online games. Sources of data are individuals who become research respondents in obtaining useful data for research. The data source is seen in terms of the source of data acquisition. The total number of students is 28 people. Based on the observations, the researchers found 10 teenagers who are classified as addicted to online games with the following equation: 1) Games are further prioritized than other daily interests and activities, 2) Playing games online games for a long time, 3) Feeling that the game is a way to escape from problems, 4) Lying to parents. The sources of data needed in this study consist of two:

1. Primary data sources, namely the main data sources needed in the research. In this case, the main source of obtaining information in this study were teenagers who were addicted to online games, totaling 5 people (3 boys and 2 girls) at SMK Muhammadiyah Karanganyar as the sample in this study.
2. Secondary data sources, namely supporting or complementary data sources. Sources of secondary data in this study were obtained from parents who have problem students, friends, principals, and neighbors. The steps of this action research follow the model of Kemmis and Teggart, namely planning, action, observation and reflection. The research method used is field action. The field action method is a method by doing (Learning By Doing), through something to solve, observing how successful their efforts are, if they don't succeed, they will try again

Data is needed qualitatively by using the following steps:

1. Reviewing all data collected from data sources. The first step required is the various types of data and forms of data that exist in the field and then carrying out field notes.
2. Reduction of data (data reduction) If the first step of data search has been collected, then the next step is to reduce the data. Reducing data means summarizing, choosing the main things, focusing on the important things, looking for themes and patterns and removing unnecessary ones. Data reduction is an attempt by researchers to select, focus and transform scattered data from field notes. Data Presentation (data display). After the data is reduced, it will be continued with data presentation. Presentation of data is an attempt by researchers to present data as information that allows for conclusions to be drawn.
3. Conclusion The conclusion is summarizing the descriptions of the data in several sentences that contain a brief and concise understanding. The processing of the above data using analysis is then defined systematically which is formulated so that the problems discussed can be understood into a complete concept.

4. Result & Discussion

The research carried out by the researcher is to use behavioral counseling with self-control techniques to overcome the impact of online game addiction on students. In this study, researchers applied behavioral counseling with self-control techniques to research subjects during the treatment process. The research subjects were obtained by the researchers

by conducting interviews with various sources, both from students at SMK Muhammadiyah Karanganyar in the vicinity of the researcher's residence and conducting interviews with the families of the research subjects concerned to obtain supporting information that would be used as supporting data for the research.

Table 1. Conseuling Materials

No	Meeting	Counseling Materials	Times
1	1st	Conduct an assessment of the level of online game addiction	30 minutes
2	2nd	Formulate goals with the counselee about the dangers of online game addiction	30minutes
3	3rd	Implementing self-control techniques related to the dangers of online games	30 minutes
4	4th	Implementing self control techniques related to behavioral changes towards parents (lying to parents and ignoring parental advice)	30 minutes
5	5th	Implementing self-control techniques related to with changes in behavior (lazy and fighting with family members or relatives)	30 minutes
6	6th	Doing follow-up	30 minutes

Based on the interviews conducted, the researchers found five children who met the requirements as research subjects. In determining the research subject, the researcher was guided by the theory presented by [8] which mentions seven criteria for a child experiencing online game addiction, namely (1) salience (thinking about playing online games all day long). , (2) tolerance (increasing time playing online games), (3) mood modification (playing online games to escape from problems), (4) relapse (the tendency to play online games again after a long period of not playing), (5) withdrawal (feel bad if you don't play online games), (6) conflict (fighting with other people because of playing online games too much), (7) problem (ignoring other activities, causing problems). Where from the seven criteria, a person can be categorized as addicted to online games if they meet the four criteria.

After getting data about online game playing activities from research subjects, the researchers also conducted data mining on how the impact of online game addiction experienced by the subjects on their daily behavior. This data was obtained by researchers through interviews with the subject's family, in this case the grandmother of the research subject. The data obtained by the researcher from the interview showed that there was an impact of online game addiction on behavioral changes experienced by the research subjects.

Then, the researcher carried out the treatment process by providing behavioral counseling on self-control techniques from November to January 2022. The process of giving the treatment was carried out six times in which meetings were held at the researcher's house with a duration of 30 minutes for each meeting.

Table 1. Durations to play a game

Baseline sesion	Playing Online games duration (hours)
1	6
2	4,

	5
3	5
4	4, 5
5	5

5. Conclusion

Based on the results of research that has been carried out, as well as research discussions regarding the application of behavioral counseling to overcome online game addiction, it can be concluded that the level of online game addiction that children experience is in a high condition before being given an intervention. In addition, online game addiction also has an impact on maladaptive behaviors that appear in children, namely lazing, lying to parents, and fighting with family/relatives because of online games. However, after the researcher gave an intervention in the form of behavioral counseling on self-control techniques for six meetings, it showed that there was a change in the level of online game addiction which decreased and maladaptive behaviors turned into adaptive behavior slowly and gradually.

The provision of behavioral counseling with self-control techniques with a stimulus in the form of a video is deemed appropriate to overcome online game addiction and the impact of maladaptive behavior that arises as a result of online game addiction. is also a modeling stimulus to change maladaptive behavior into more adaptive behavior.

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