Group Counseling with Techniques Self-Management To Reduce Addiction Game Online In Early Adult Individuals

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Abstract : Group counseling is a method of handling participants with addiction backgrounds online. At the stage of group counseling, there is an intervention in self-management which is used as a reinforcement of the ongoing handling process. The purpose of this study is to apply management in group counseling to reduce addiction online. Participants in this study were 8 early adult individuals. Types of research experimental design model one group pre-test and post-test design by using a sample of selected data sources, namely by technique purposive sampling. This study uses a scale game addiction scale (GAS) with a reliability result of 0.924. Data analysis using paired sample t-tests aims to find out whether there is a difference between before and after being given group counseling. Based on the results uji paired simple t-test the results obtained a significant value of 0.000 <0, 05 this shows that the self-management group method has proven effective in reducing the tendency of web-based game addiction in students.

Keywords: Counseling; group; management; games; online.

INTRODUCTION

In the modern era, technology plays a very important role in various aspects of life in society. Almost all activities carried out by individuals are always accompanied by the role of technology. One of the most extraordinary technologies that has many benefits is gadgets. In it, we can do many activities, such as communication, worship, shopping, and entertainment. However, it should also be noted that technology can be a source of disaster if not used properly. One of the things that is currently the center of attention is the usage of gadgets to play games *online* by children to adults (Rizai, 2021). According to the databox carried out by We *Are Social* Indonesia is the country with the third largest number of video game players in the world. The report notes that 94.5% of internet users aged 16-64 in Indonesia play video games as of January 2022 (Dihni, 2022). Play games *online,* in essence, is not harmful if done wisely. However, especially since the Covid-19 pandemic, game online seems to become an addiction for many individuals, especially children. Children are more

vulnerable to games *online* than adults. Dr. Siste the Head of the Mental Health Medical Department at Cipto Mangunkusumo Hospital, Faculty of Medicine, University of Indonesia also said that from the results of his research, the problem of internet addiction is bigger than in South Korea. Around 14% of junior high school students in Jakarta experience internet addiction in the form of playing social media and games *online* while South Korea has a prevalence of around 12% (Nahor, 2022).

Addicted games *online* are a disturbance of control over the desire to play games *online* excessively to satisfy oneself so that it affects normal daily activities (Nahor, 2022). Game online, originally only used as entertainment during school holidays or free time, has now become a daily activity that is difficult to leave behind. Online schools that require children to be at home and stare at gadget screens constantly coupled with a lack of supervision from parents make it easier for children to play games *online* for various reasons, such as boredom, no activities, dizzy with assignments, and others. Then, Masya & Candra (2016) also said that the factors that cause online addiction game *online* are feelings of boredom and weakness in self-control, while Sholihah (2019) has many playing facilities available *online* which is one of the reasons. In addition, based on research conducted by Rohman (2018), the results of the study show that the addiction game *online* Mobile Legend: Bang-Bang has a significant influence on children's aggressiveness, With statistical data analysis it is found that the higher the child's addiction level to game *online*, the higher the level of aggressiveness of the child.

Addiction is an activity or substance that is carried out repeatedly and can hurt its users. According to the World Health Organization (2016) gaming *Disorder* Or someone with a game addiction *online* is repetitive and uncontrolled behavior and increased priority to playing games *online* compared to daily activities regardless of the negative consequences. The more often someone plays games *online* can cause the person becomes addicted. Addicted individual games *online is* often referred to as game addiction (Jo et al., 2021). Handling is done by providing counseling to individuals who have problems with addiction games *online*.

The presence of counseling guidance services that are considered capable of providing assistance and understanding to someone who is experiencing addiction *online*. Addiction problems *online* occur because of weak self-control, so adolescents need good self-control and management. One of the assistance that can be done to improve self-management is counseling techniques *management* (Muliarahmat & Prasetiawan, 2021). Then Cahayani (2021) stated that self-management is a process in which clients direct changes in their behavior, using a strategy or a combination of strategies based on a dictionary compiled, *self-management* refers to a technique in cognitive-behavioral therapy based on learning theory designed to help clients control and change their behavior toward more effective behavior, often in combination with self-reward. Another opinion according to Komalasari & Wahyuni (2011) Self-management (*self-management*) is a procedure by which individuals regulate their behavior. In this technique the individual is involved in some or all of the basic components, namely: determining the target behavior, monitoring the behavior, choosing the procedure to be expected, carrying out the procedure, and evaluating the effectiveness of the procedure.

In this group, counseling used a self-management counseling strategy (*self-management*). In practice, the facilitator instructs and models three self-management strategies (*self-management*), among others self-monitoring, *stimulus-control, dan self-reward*. These three procedures are interrelated because the counselee gets self-direction about monitoring

himself, identifying conditions that become a stimulus, and determining something to strengthen the consequences to produce the behavior to be changed. From the phenomena that have been described, the researchers hope that the problem is addiction *online* technique can be overcome through *management*. From the group counseling that will be carried out, it is expected that addictive behavior will occur game *online* can be controlled based on the application of self-management usage of games *online* at the right time, and can direct himself to the goals to be achieved in the group counseling process. The purpose of implementing group counseling with techniques *management* namely to reduce addiction *online* in early adult individuals.

RESEARCH METHODS

The method used in this study was an experiment with a pre-experimental design model of one group pre-test and post-test design, where in this design there was only one group of subjects, namely the experimental group as the group subject to treatment. Then subjected to treatment in the form of direct group counseling with a self-management technique behavior approach within 3 meetings, a second measurement was carried out which aims to find out differences in the results of the pre-test before being given treatment with the post-test after being given treatment.

The subjects in this study were taken from a population of 20-25-year-old early adult males who were pursuing undergraduate education in the same residential area in Dusun Dabag RW 27, Sleman Regency, totaling 60 people. Researchers took 8 people with the highest level of tendency to play games based on initial data to carry out the pre-test as research subjects in group counseling with a self-management technique approach. This study used a sample of selected data sources, namely the purposive sampling technique. Researchers will carry out counseling with a self-management approach for 3 meetings ranging from 90-120 minutes each session. Then the pretest and posttest were measured and followed up quantitatively and qualitatively. Quantitative data was obtained using the game addiction scale (GAS) by Lemmers et al., (2009) which has been adapted by Reza & Mulawarman (2021) with a reliability result of 0.924. Data analysis using paired sample t-tests aims to determine whether there is a difference between before and after being given group counseling.

RESEARCH RESULT AND DISCUSSION

Quantitative analysis

Group counseling was carried out with a total of 8 participants who played an active role from the initial meeting to the end. Here are the results of *the post-test* carried out to see changes before and after the intervention as follows:
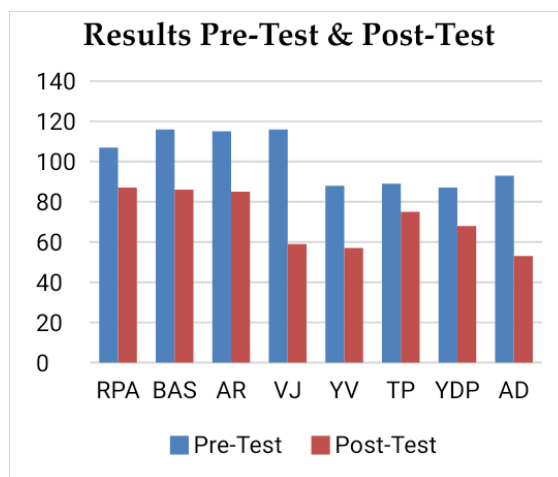
Diagram 1. Pre-test and post-test results

based on the results of the pre-test above, a high categorization was obtained with a total of 6 participants, while 2 participants were in the moderate categorization. Then after being given group counseling for three meetings and getting the results of the participant's post-test the number of 5 participants were in the medium category and 3 in the low category.

Furthermore, based on the results of the paired sample t-test to find out whether there is a difference between before and after being given group counseling with a significant difference or not. If $p < 0.05$ then the two independent samples used in the study can be said to be linear. The following is a paired test table for both pre-test and post-test:

Scale	Sig. Deviation from linearity	Significant Level	Information
Pretest-Postest	21,424	0,000<0.05	There are Differences

Table 2. Uji Paired

Based on the test results table *paired* above, we can see that there is a significant difference before being given group counseling and after being given group counseling, by obtaining a significant value of 0.000 <0.05. This shows that there are significant differences when before and after being given group counseling.

Qualitative Analysis

Providing group counseling to individuals who experience addiction games *online* can be said to be quite effective, there is no specific direction from the facilitator to the participants because the participants discuss the problems they are experiencing without any direction from the facilitator. Through group counseling, individuals who experience addiction *online* can share experiences and problems experienced during addiction *online.* In addition to sharing stories related to experiences and problems when addicted to games *online,* this sharing of experiences and feelings can make individuals feel not alone that other people are experiencing the same thing as them. All participants revealed that with this activity they could

change their mindset and manage a better lifestyle by getting solutions to the problems they experienced and which they considered normal so far.

Then apart from giving rise to the feeling that they are not alone and other people feel the way they feel, this activity is a place to release pent-up emotions without knowing how to convey the problems they are experiencing. So that This group counseling becomes a medium for them to convey the problems they are experiencing with full comfort and feel heard because of the same problems. During the implementation several times there were 4 people who nodded their heads when someone conveyed their experiences while playing *online* because there are negative impacts and the positive impact they being addicted to playing games *online*. Besides that, there was 1 participant who talked about playing time games *online* but other participants disagreed because the duration of games *online* he told by the existing reality.

Then this group counseling also made the participants discuss what efforts had been made to solve the problems they were experiencing so that from the opinion of each participant they added new knowledge about how to solve problems related to addiction. *game online* such as reducing the duration of playing games *online*, prioritizing things that should be done, adjusting sleep patterns, busying themselves with more positive things, being able to manage themselves, es and knowing any negative impacts when they are addicted to playing games *online.* In addition, changes occurred to the participants, when the day was held at 10.00 WIB, some participants arrived late because they had stayed up late playing *games* until dawn and 1 participant only went to bed at 09.00 WIB, so on the second day it was held at 19.00 WIB and the participants arrived on time. Then on the third day, the participants asked themselves to ask for a schedule at 10.00 WIB, When asked if they were sure they would come on time, they agreed to come on time and sure enough, the next, day they arrived on time no one was late. The changes that occurred in the participants made the participants have quite good changes, including reducing the time playing games, managing emotions that emerged, and sleeping patterns that became faster than before, so that the new knowledge they got emerged every time the group counseling session took place. This understanding arose from the existence of group counseling held, Although were addicted to playing gameplaying they could think rationally about their future. The following are changes between before and after the intervention:

Before Intervention	After Intervention
Cannot set and reduce the duration of playing games *online*	Already started to be able to manage and reduce the duration of playing *online*
Irregular sleep patterns due to staying up late	Can regulate sleep patterns better
Confused let go of their addictive games *online* because they are attached to themselves	Already have the insight to manage myself so as not to get caught in games *online*

Unable to refuse a friend's invitation to play a game *online*	Can refuse friends' invitations to play games *online*
Studying online while playing *online*	Start playing fewer games *online* during college
spend money on *top up* the *game online*	It's more realistic to use money for more important things
Self-management is not good	Can start with better self-management

Table 3. Differences Before and After Given Intervention

Internet game addiction can be defined as the unnecessary use of web-based games which is characterized by mental, close-to-home, and behavioral problems including loss of control over the game, capacity to endure time, and withdrawal from climate (Kraft & Keeley, 2014). Online games are played excessively and are used as a place to escape from the reality of life so what happens is the habit of online games (Hussain & Griffiths, 2021). People who have a basic existing web-based gaming habit exhibit regular signs that should be immediately visible. The sign is one of the characteristics of the person experiencing online gaming problems. The fixation qualities of online games according to Lin et al., (2019) include conspicuousness, resistance, profound changes (temperament adjustments), withdrawal side effects, setbacks, struggles, and problems. This is both research led by Mawardah (2019) that people who become dependent on the web are excessively technologically coercive and have an impact on web slavery including web-based games. Subjects were seen as dependent when they answered in support of at least five questions over half a year. Areas related to excessive web use, neglect of routine duties or life obligations, social confinement, internet-based et practices, or sudden requests for protection while on the web.

Considering the results of the examination of the eight members who were individuals from the group directing with a self-administration approach, all of them were men. This is by the results of research directed by Jiang (2014)that men show higher levels of web fixation and use of online games than women. This is also supported by research directed by Andriani et al., (2019) which states that men will experience slavery more often because they have lower composure than women so it is not difficult to depend. Low sob Affects the duration of one's use of online games so that it can become an added.

Administrative group guidance is used as a treatment to further develop student discipline because group guidance can meet individual mental needs. According to research led by Diansyah et al., (2020) gathering directing can reduce students' dependence on online games by addressing issues globally. So that by providing association guidelines to members, it is hoped that they can provide skilled assistance to help overcome these problems directly but with comfort in terms of adjusting to the go-to general environment and focusing on the general atmosphere (Reza & Mulawarman, 2021).

The behavioral approach is given to students during guidance because carrying out treatment aims to obtain new ways of behaving and killing maladaptive ways of

behaving (Corey, 2012). One of the strategies in social methodology that can be used to overcome student's online games is the self-administration strategy (Erdiyati, 2018). The implementation of self-administration procedures is used so that many people can design, focus, and evaluate the exercises carried out to reduce the tendency to be addicted to online games. In self-administration procedures, there is a mental power that guides people to decide and decide and decide successful ways to achieve their goals (Suwanto, 2016). Members are directed to create other better behavior plans as a diversion from playing online games, so they can practice them in everyday life. Towards the end of the briefing meeting, they lead an examination and assessment of their new way of behaving so that the presumption of success is likely to be maintained.

After carrying out group directing with a self-administration approach, the level of tendency to play online games in early adults was previously at moderate and high levels, now the members are at medium and low levels, so the eight members experience enormous changes. This is in by which states that self-administrator is a cycle in which clients direct changes in their way of behaving, using a system with a mix of methodologies and remembering reference words collected, Self-administration refers to strategies in mental conduct treatment considering learning hypotheses intended to help clients control and change their way of behaving towards more intern ways of behaving, often coupled with self-rewards to reduce maladaptive ways of behavior come flexible.

CONCLUSION

Based on the results of the intervention, it can be concluded that there is a decrease in the addiction score *online* between before and after being given group counseling. This decrease in score occurs because individuals who experience addiction games can share experiences and problems experienced during addiction games online. Apart from that, in this counseling the participants received the results of discussions and information related to how to solve problems related to addiction game *online* such as reducing the duration of playing games *online*, prioritizing things that should be done, managing sleep patterns, keeping oneself busy with more positive things, being able to self-manage and apply techniques self-management and know what negative impacts can occur when they are addicted playing game came *online.*

Participants should be able to share stories and experiences without having to be influenced and follow the opinions of other participants. Participants should also focus and not use cell phones outside of the activities required during storytelling sessions and sessions when other members are sharing experiences. Parents of participants should continue to pay attention and be able to play an active role in controlling and providing limits for their children in allocating their time and reducing the level of addiction to games only about what happened to their son. For

future researchers, it is better to be able to reconfirm the rules and commitment of group counseling participants so that they can participate cooperatively and create a conducive atmosphere according to the directions given.

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