

# *Coping Strategies in Adolescents With Online Games Addiction*

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**Abstract**— Adolescence is a phase in which live dynamically that will affect their role in social life. In this phase, adolescents will also tried their best to bring out their potential to get recognition and be accepted by their group. Today's digital developments have resulted in adolescents being more likely to become addicted with online games. This phenomenon has an impact on adolescents both in positive and negative terms as well as the methods used by adolescents in overcoming this problem. The purpose of this study was to determine the main problems experienced by adolescents who are addicted with online games and how the coping strategies are used to deal with these problems. Qualitative research with 8 participants using a phenomenological approach. The results of this study are problems with parents become a problem that often occurs in adolescents who are addicted with online games. Furthermore, the coping carried out by adolescents used problem focused coping.

**Keywords**—coping strategies; adolescents; online games addiction

## I. INTRODUCTION

Adolescence is a time when adolescents live dynamically, which has an impact on their place in society. [1]. This stage is also known as the period of transition from childhood to adulthood because it causes adolescents to interact with and imitate their peers more frequently than their parents. (Bayram Özdemir et al., 2021; Schacter & Margolin, 2019). In this phase, adolescents will also try as much as possible to bring out their potential to get recognition from their group [4]. This is supported by opinion Brassai et al.,(2012) in this phase, adolescents tend to adjust the developing trends for accepted by the group. On the other hand, if at this stage adolescent does not make adjustments, it will result in rejection among his community which will lead to antisocial attitudes towards other friends [6]. Based on the results of the review, to be accepted into his group adolescent will make various efforts including smoking, gambling, and playing online games. [7], [8]. Online games are games that can be played either using a pc computer or cellphone connected to internet connection [9]. The online game will give players the opportunity to interact with other players in various places.

The survey results show that online game users are currently experiencing an increase. For example one of the well-known PC gaming platforms "steam" announced their number of users in 2021 as the highest in history reaching 20.313.451 [10]. On the other hand, Google also reported that the frequency of playing games in 2021 increased by two-thirds in 10 countries [11]. In the United States, users of online games have increased by up to 75%. Meanwhile, based on a report with the theme "Digital 2022 April Global Statshot Report" Indonesia is the number 2 most online game user country from 44 countries included in the report

(Ramadan, 2022). This number should certainly be a concern where online game users in Indonesia are included in the largest category in the world.

Based on the results of literature reviews, the average teenager becomes addicted to online games ranging in age from 12-17 years. This is in line with research which states that most of those who are addicted to online games are in the adolescent phase. This is because adolescents have easy access to gadgets and electronics [14]. Most of them say playing online games aims to fill spare time. In addition, through online games they have the opportunity to interact with one another so that online games have until now become a forum or social networking tool [15], [16].

Online games are not just ordinary games. Nowadays online game users make it even possible to digitally interact with others in a way that they have never done before. Online games themselves can be played by various groups. The research showed that the number of men playing games was more than that of women [17]. The game was originally developed for adolescents and men. Now however, the number of female gamers continues to increase so significantly that online game users could not be determined by gender [18].

Based on the results of the review, there are several factors that can cause adolescents to experience online game addiction, including lack of supervision from parents, lack of good communication between children and parents, adolescents who feel bored with routines, to parenting errors that cause children to be spoiled [19], [20]. Another opinion states that the causes of a teenager becoming addicted to online games are lack of activity, strong environmental influences that cause adolescents to play online games, lack of control from parents, lack of attention from parents, and also wrong parenting patterns from parents [21]–[24]. However, based on research, there are also several categories that can cause a teenager to become addicted to online games. They are; psychological needs and motivations [25].

Based on the results of the review, online games themselves is stated to have a positive impact on adolescent development, including being able to effectively stimulate the brain to be more creative and make reflexes think even faster. This is because when playing games, adolescents are required to recognize several stimuli simultaneously and react quickly and accurately to solve the problems they face [26]. But on the other hand, there are the negative impacts of playing online games, including adolescents stealing and skipping their time of school to play games, disturbed eating patterns to emotional disturbances. In addition, the negative impact gradually leads to physical problems. Adolescents will experience pain in their bodies, depression, anxiety to disturbed sleep patterns [27]–[29]. There are also other impacts of online game addiction for adolescents. This study aims to explore the problem and how the coping strategies are carried out by adolescents in overcoming this online game addiction.

## II. RESEARCH METHODS

This research is a qualitative descriptive study conducted from August 8 to September 30, 2021. The data collection technique used in this research is in-depth interviews with 8 participants. Determination of subjects is conducted using purposive sampling method with inclusion criteria. Participants are still in school and not working, have played online games for at least 1 year and are still playing online games until now, spend more than 8 hours a day playing games, are willing to be participants, and able to establish good communication with researchers. Prior to the interviews, informed consent was provided to the participants.

In this study, the researcher prepared interview script guidelines, arranged the interviews and the interview venue. The interview guide in this study was compiled based on coping problems and online game addiction. Interviews were conducted 3-4 times for each participant with a duration of between 40-60 minutes until data saturation was reached. All interviews were recorded with mobile phones and made verbatim. Researchers prepared written notes to record verbal and non-verbal responses from participants.

The data were analyzed using the Miles and Huberman interactive model analysis. Researchers read the transcription repeatedly. There are four steps to analyze the data: condensing the data by selecting, focusing the data so that it is meaningful in accordance with the research objectives, displaying the data by arranging the data into a pattern of relationship so that it is easy to understand and then drawing conclusions to a topic. To maintain the validity of the data in this study, the researcher re-validated the participants regarding the emerging topic whether they were appropriate and also paid attention to and checked the findings with external sources.

### III. RESULT

Based on the results of interviews that have been conducted with 8 respondents, information was obtained from 8 respondents who have played online games since junior high school, which is more than 3 years. The main reason for playing games is to follow friends, pass the time and continue their habit to this day. As for the effects of addiction to online games, the main problem is in the form of problems with parents. In the problem of adolescents with parents based on the results of the study, participants were often scolded by their parents because participants only played games and did not help their parents at home for some housework, some parents also ended by giving punishment to participants.

Based on the problems that occur, adolescents take several actions as a form of coping in solving their problems. In problems with parents, adolescents often play secretly or borrow a friend's cellphone. Some also discuss and resolve politely to their parents.

### IV. DISCUSSION

Based on the results of the research above, the coping strategies carried out by adolescents are in the form of major problems with parents. Most of the participants in this study performed a coping strategy in the form of problem focused coping. This problem occurs because many parents want their children to have a good role and function in their lives. However in fact that children often play online games without doing other activities causes parents angry and often they end in debates (Lieberoth & Fiskaali, 2021). This result is in line with the results of previous studies that when adolescents spend more time on one activity, it automatically causes lower interaction time with parents [20].

Adolescents often experience conflicts with parents regarding online games. This conflict is because adolescents often have different views and opinions about online games. These different views can be in the form of how appropriate online game content is, time to play games and how adolescents adapt to other real lives [30]. This result is in line with the research by Lieberoth & Fiskaali (2021) which stated that most of them reported that online games caused conflict and about 30% reported that they did not experience conflict due to playing online games. And supported by the results of research Shin et al., (2021) reported that conflicts often occur in families with children who are addicted to online games.

Conflicts that occur between parents and children caused by online games will become increasingly difficult because in these conflicts adolescents often avoid discussing their problems (Shin et al., 2021). This is in line with Mathibela & Mmamoagi Skhosana (2021) which states that conflicts that occur between parents and adolescents often feel controlled and adolescents tend to fight and avoid their parents [32]. The results of other studies states that parents can also be a trigger for adolescents to become addicted to online games. Conflicts that occur between adolescents and their parents will cause a rift in the relationship between the two, causing adolescents to experience loneliness. This will result in adolescents filling the time by playing online games [33]. This is in line with the results of previous studies which found poor relationship quality between parents and children to be one of the factors that caused children to experience online game addiction [34]

Despite the conflicts that occur between children and their parents and the role of parents that can cause a teenager to experience internet addiction, we should know that it is vital to build a good relationship between parents and children. These results are in line with the results of research which states that parents play an important role in building good communication with children. Good communication will form a cooperative attitude of children with parents. Of course, this will make it easier for parents to discuss with their children the problems they face (Chen et al., 2020). Some interventions given to adolescents with online game addiction will be more effective when they get support from both parents than if the child is given individual-based training or temporarily isolating adolescent from the family system (Schneider et al., 2017).

The results also found that most adolescents use problem focus coping. Problem Focus Coping itself is a strategy used by someone in managing problems by being oriented to the problem. Some of the ways that are usually done are denial or avoidance in dealing with sources of stress. Based on the results of research conducted by Cong et al., (2021) stated that most adolescents use Problem Focused Coping in solving the stressors they face. Problem Focused Coping is also used to get social support so that the teenager can get out of the problems he faces. This is in line with Raheel (2014) which states that adolescents do Problem focused Coping will exert all their abilities to achieve a stable condition. In the process towards a stable condition, adolescents will exercise self-control and self-introspection.

## V. CONCLUSION

Based on the research that has been done, it can be concluded that adolescents who are addicted to online games experience major problems with their parents. In addition, in dealing with these problems, adolescents use Problem Focused Coping, including through denial or avoidance of stressor sources.

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