



THE PROBLEM OF ONLINE GAME ADDICTION IN ELEMENTARY SCHOOL STUDENTS WHICH HINDERS CHILDREN'S PSYCHOLOGICAL DEVELOPMENT AND HANDLING STRATEGIES

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Abstract

Along with the times, technological developments are also increasingly developing and have changed many patterns of human life. With the development of technology influencing the world of gaming, in the past many people played traditional games but nowadays it is very rare to find people who play traditional games. As we know, playing games has now become commonplace among society. We can encounter this in everyday life where people play games, especially online games. We can easily find children, teenagers and even adults playing online games using smartphones, this is increasingly supported by current digital developments where it is very easy for someone to access the internet network. In reality, games are able to provide addiction to people who play them, things like this can have different impacts on each person. This article aims to reveal the impact of online games from the perspective of mental health and behavior (psychology). The method used is the literature review method, which is an analysis activity which can take the form of criticism of research being conducted on a specific topic which is part of a scientific field. Based on this research, it can be concluded that students who are addicted to playing online games tend to show changes in behavior in a negative direction, especially in changes in social and emotional attitudes.

Keywords : Online games, mental health and behavior

Introduction

In the current era of globalization, technology is developing very rapidly without being able to be controlled. Technological developments have influenced various aspects of human life, be it education, economics, health or other aspects (Cholik, 2021; D. Setiawan, 2018). In this era of globalization, humans and science and technology (Science, Technology and Communication) are very closely related. Advances in science and technology (Science, Technology and Communication) have had a major impact on human life. The internet is a real form of progress in science and technology (Science, Technology and Communication) in human life. Humans can search for information easily via the internet. Various applications are available that can be accessed via the internet. A phenomenon that is currently widespread in human life with the development of science and technology (Science Technology and Communication), one of which is online games. It is no longer foreign to our ears when we hear about online games. Online games are games that are played online using the internet network and smartphones. Various types of online games are used by humans. Online games have their own charm for gamers. The appearance and challenges of the game make game fans increasingly interested in using it. Especially with online games that can be easily used anywhere without using heavy and difficult devices. Just by having a smartphone and internet quota, online games can be used easily and quickly by users. Online games are games that are played with the help of an internet network via smartphone or other technology. Online games are usually played simultaneously with players who are even in different locations from us. According to Januar and Turmudzi

(2018:2) online games are computer games that can be played by multiple players via the internet. Meanwhile, according to Samuel (2017:27), online games are networked games, where players interact virtually with other players to carry out the same missions and goals in the game. Teenagers playing online games is something that is funny, interesting and can give them satisfaction so that it can make them neglect their schoolwork (Woszc, et al. in Syahran, 2015: 4). Online games are games that are played online or connected to an internet network (Adiningtiyas, 2017). Apart from that, online games are also games that are played in real time or at the same time, even though they are played in separate places but must be connected to the internet network (Putra et al., 2019). There are several genres or types of online games according to Daeli in (Arosyid, 2019), including: 1). Massively multiplayer online (MMO), examples of MMO games are simulations of car racing, motorbike racing, airplanes and other light games. 2). Massively multiplayer online role playing games (MMORPG), examples of these games are World of Warcraft, Age of Conan, Entropia Universe, City of Heroes and others. 3). Multiplayer online battle arena(MOBA), examples of this type of online game are Mobile legend, mobile arena, and dota.

Online games themselves actually have a positive impact when used for entertainment because they can relieve fatigue and reduce stress, this is stated by research (Novrialdy, 2019). But what is happening nowadays is that many people play online games excessively and use them as an escape from real life, so they experience addiction to playing online games. The impact of online game addiction according to research (Nisrinafatin, 2020) can reduce students' learning motivation as a result. Students are lazy about studying so they neglect the tasks given by the teacher, and this can cause physical damage such as the eyes and nerves. Another impact caused by playing online games is that it can disrupt students' learning concentration. Concentration is disrupted when studying because students are not enthusiastic about studying and are sleepy due to staying up all night until morning playing online games. Apart from that, students' focus when studying is no longer on the lesson material but on online games (Febriani, 2021). Online game players are usually dominated by students, from elementary school, middle school, high school, college students, and even adults. Students who often play online games cause them to become addicted or addicted. Being addicted to playing online games will have a bad impact, especially in terms of academic and social aspects. Even online games also have a big impact on the development of elementary school children or a person's soul (Amran et al., 2020). Even though we can socialize in online games with other players. However, online games often make players forget about social life in real life (Rahmi et al., 2020; Setiawan, 2018). Changes resulting from addiction are believed to be that children often do gaming activities which can reduce positive activities, such as studying and interacting with peers (Arianto & Bahfiarti, 2020). Children who are addicted to online games will reduce their time socializing with peers because games have great potential. Isolating children from the social environment (Ulya et al., 2021). On the other hand, children need to have social skills to build friendships, resolve conflicts, and to work well together in groups. Children's social relationships with peers have an important meaning for children's social lives. One of the most important functions of peer groups is to provide a source of information and comparison about the world outside the family. Children receive feedback about their abilities from peer groups. Several previous studies have revealed that the use of gadgets has an influence on children's psychological development, especially aspects of emotional growth and moral development. In terms of moral development, children who are addicted to playing gadgets will become lazy about doing anything, abandon their obligation to worship, and have reduced study time due to playing games too often (Syifa et al., 2019). Other research also reveals that addiction to playing online games will have a bad effect on student learning outcomes (Kurnada & Iskandar, 2021). Subsequent research also revealed that playing online games has a bad influence on children's emotional and social development, including children being irritable, more aggressive, and lacking interaction with the people around them (Paremeswara & Lestari, 2021). Based on the results of this research, it can be said that playing online games will have a negative impact on social and emotional development (child psychology) such as children becoming more irritable, closed off, lazy about studying, etc. Apart from that, online game playing activities that are carried out regularly have an impact on reducing student learning outcomes. It's just that in the previous article there was no article discussing the problem of online game addiction in elementary school students which hinders the psychological development of children and their handlers. For this reason, this article focuses on this study with the aim of knowing the psychological development of elementary school children who are hampered by online game addiction.

Research Methodology

This article uses studies Literature review is an analytical activity that can take the form of criticism of research that is being conducted on a special topic that is part of a scientific field. Literature research process by reviewing literature and analyzing relevant topics. Library Search can utilize sources in the form of journals, books, dictionaries, documents, magazines and others. Presenting new theories with appropriate data collection techniques is a form of literature review. The data collection technique used in this research uses secondary data, namely using

data indirectly by examining the object in question. By analyzing several studies related to the topic of discussion, namely the social impact of online games among elementary school children which can hinder children's psychological development and handling strategies. The reference that is the subject of discussion comes from a journal article which aims to examine the social impact of online games in elementary schools and their handling.

Result & Discussion

Online game addiction can have a significant impact on a child's psychological development, including cognitive, emotional and behavioral impacts. Some possible impacts include:

Cognitive Impact

Decreased academic performance due to lack of time spent studying. Impaired attention and increased impulsivity. Reduced problem-solving abilities and creativity. Online game addiction can have significant cognitive impacts, including: (a) Decreased Academic Performance: Addiction to online games can disrupt focus and concentration, leading to decreased academic performance (b) Cognitive Disorders: Excessive gaming can affect critical thinking, problem-solving, and decision-making abilities (c) Decreased Social Skills: Online gaming addiction can lead to social isolation, which can negatively impact the ability to interact and communicate with others (d) Sleep Disorders: Playing games late at night can disrupt sleep patterns, which in turn can reduce sleep quality and wakefulness (e) Anxiety and Depression: Some people who are addicted to online gaming may experience increased levels of anxiety and depression (f) Decreased Multitasking Ability: Playing online games too often can hinder multitasking ability, as a person may be more fixated on the game (g) It is important to maintain balance in online game use and take steps to avoid addiction so that this cognitive impact can be minimized. If you or someone you know is experiencing gaming addiction problems, it is best to seek professional help.

Emotional Impact

Stress, anxiety, and depression due to pressure to succeed in online games. Social isolation due to more time spent in front of a screen rather than interacting with friends and family. Feelings of anger or frustration when distracted from gaming. Online gaming addiction can have serious emotional impacts, including: (a) Anxiety: Gaming addiction can cause high levels of anxiety, especially if a person feels distracted or unable to access the game (b) Depression: People who are addicted to online gaming may experience feelings of sadness, loss of interest in other activities, and a serious decline in mood (c) Anger: Failure in a game or conflict in an online gaming environment can trigger anger and frustration (d) Social Isolation: Gaming addiction can cause social isolation leading to feelings of loneliness and hopelessness (e) Sleep Disorders: Playing online games late at night can disrupt sleep patterns, which in turn can affect emotional well-being (f) Stress: The pressure to achieve in games, especially in competitive games, can lead to high levels of stress. It is important to understand that this emotional impact can vary from individual to individual. If you or someone you know is experiencing negative emotional impacts due to online gaming addiction, seeking help from a mental health professional or discussing the issue with a trusted person is a wise step.

Behavioral Impact

Sleep disturbances due to staying up late to play games. Imbalance in daily activities such as eating and exercising. Increased risk of aggressive or antisocial behavior. Online gaming addiction can have a negative impact on a person's behavior, including: (a) Social Withdrawal: People addicted to gaming tend to withdraw from social interactions in real life as more time is spent in online gaming. (b) Delay or Absenteeism in Daily Life: Gaming addiction can cause delays in carrying out daily obligations, such as work, school, or other responsibilities (c) Lack of Planning and Discipline: A person addicted to online gaming may lose discipline in planning time and carrying out important tasks (d) Changes in Sleep Patterns and Nutrition: Gaming addiction can lead to irregular sleep patterns and poor eating patterns, which can affect overall health (e) Increased Risk of Other Addictions: Online gaming addiction can lead to other types of addiction, such as online gambling (f) Conflict in Relationships: Gaming addiction can create conflict in personal relationships, such as with family or partners, due to too much attention and time being given to games. It is important to recognize this behavior and seek help if you or someone you know is experiencing negative behavioral impacts due to online gaming addiction. Therapy or psychological support can help overcome these problems and restore balance in daily life. It is important to supervise and limit children's time playing online games, as well as providing alternative activities that are healthier and support their psychological development. If your child shows signs of addiction, consider consulting a mental health professional for further help. There are several factors that can influence elementary school students to fall into online game addiction, including: (1) Accessibility: Ease of access to devices and the internet can spark children's interest in playing online games (2) Lack of Supervision: Lack of parental or guardian supervision can allow children to play

games without healthy time limits (3) Sense of Interest: Online games are often designed to be interesting and addictive, enticing players to keep playing (4) Social Interaction: Some children may seek social interaction in online games if they feel lonely or lack interaction in the real world (5) Peer Influence: Peers playing online games can also influence students to participate (6) Lack of Time Management Skills: Children may not have good time management skills, so they spend too much time playing games (7) Lack of Physical Activity: Spending too much time in front of a computer screen or device can reduce healthy physical activity (8) Isolation: Online gaming addiction can lead to social isolation and lack of interaction outside the gaming world.

Handling online game addiction in elementary school students requires a wise approach and involves various parties, including parents, teachers and experts. Here are some treatment strategies that can be used: (1) Awareness and Education: Engage students in conversations about the negative impacts of online gaming addiction. Provide students with an understanding of the influence of online games on physical and mental health (2) Time Limits: Set daily or weekly time limits for gaming. Create a balanced schedule between playtime, schoolwork, physical activity, and social interaction (3) Parental Supervision: Parents need to actively supervise and control the time their children spend playing games. Use access restriction devices (parental control) if necessary (4) Alternative Activities: Encourage children to pursue other worthwhile activities such as sports, art, or school clubs. Help children find interesting hobbies outside of online games (5) Open Communication: Encourage children to talk about their feelings and experiences regarding online games. Listen attentively and provide emotional support (6) Self-Regulation Skills: Teach children about time management, task management, and wise decision making (7) Counseling: If online gaming addiction becomes serious, consider counseling or therapy to help your child overcome the problem (8) Teacher Support: Collaborate with teachers to monitor students' attendance levels and academic performance. Teachers can help identify signs of online gaming addiction (9) School Rules: Some schools have policies governing the use of mobile devices or games on school grounds.

It is important to create an environment that supports positive change and provides the necessary support to children in overcoming online gaming addiction. Collaborative efforts between parents, schools, and students are key to success in addressing this issue. Parents, teachers and schools have an important role in preventing and overcoming online game addiction in children. Following are their respective roles:

1. The role of parents: (a) Education and Awareness: Parents need to educate themselves about the potential risks and negative impacts of online gaming addiction so they can understand the problems their children face (b) Supervision: Parents should supervise children's online activities and ensure that healthy time limits and judicious device use are implemented (c) Open Communication: Establish open communication with children to listen to their feelings and concerns regarding online games and provide support (d) Positive Example: Be a positive example by managing screen time and participating in meaningful activities with your child (e) Device Settings: Use device settings tools (parental control) to limit children's access to online games.
2. Teacher Role: (a) Education: Teachers can provide education to students about wise use and ethics in playing online games (b) Monitoring in Schools: Teachers need to monitor the use of mobile devices or computers in the school environment and implement policies that support healthy use (c) Collaboration with Parents: Teachers should communicate with parents to monitor student performance and behavior related to online gaming (d) Identify Signs of Addiction: Teachers need to understand the signs of online gaming addiction and pay attention to students who may be experiencing problems.
3. School Role: (a) School Policies: Schools may have policies governing the use of mobile devices or games on school grounds (b) Educational Programs: Develop educational programs that teach students about digital ethics and wise use (c) Psychological Support: Provides access to counselors or school psychologists to help students experiencing online gaming addiction (d) Extracurricular Activities: Offers interesting and useful extracurricular activities as an alternative to playing online games (e) Collaboration with Parents: Schools must collaborate with parents to solve the problem of online gaming addiction and create solutions together.

Collaborative efforts between parents, teachers and schools are very important to prevent and overcome online game addiction in children. By working together, we can help children develop healthy habits in using technology. Developing education and awareness programs about the healthy use of online games in elementary schools can help students understand the impact of online game use and develop wise habits. Here are the steps to develop this kind of program: (1) Identify Goals: Determine the goals of the program, such as increasing understanding of the impact of online games, teaching digital ethics, or helping students manage their time (2) Collaboration with Experts: Collaborate with experts in child psychology, digital education, or professionals who can provide guidance in designing programs (3) Determining Material: Choose material that is appropriate to the age of elementary school students. This material must be relevant and digestible for students (4) Curriculum

Creation: Create a curriculum that covers topics such as wise use, time management, online safety, as well as understanding physical and mental health effects (5) Interactive Learning Methods: Use interactive learning methods such as group discussions, games, presentations and simulations (6) Practice Activities: Insert practice activities that allow students to apply the concepts they have learned in real-world situations (7) Positive Use Examples: Include positive examples and real cases that illustrate the wise use and negative impacts of online gaming addiction (8) Collaboration with Parents: Involve parents in the program, by holding information sessions and discussions about their role in supporting children (9) Evaluation and Assessment: During and after the program, conduct evaluations to measure students' understanding and changes in behavior regarding the use of online games (10) Awareness Raising Activities: Apart from in-class programs, hold activities in schools such as seminars for students and parents, or competitions related to digital education (11) Resource Development: Develop resources, such as brochures, posters, and guides, that can be used by students and parents (12) Continued Monitoring and Development: Continue to monitor program effectiveness and make changes or improvements as necessary. These programs should focus on teaching students to use online games wisely, maintain a balance between screen time and physical activity, and understand the importance of social interactions in the real world. With a holistic approach, this program can help students in elementary schools develop a healthy relationship with technology.

Understanding psychology

Psychology comes from the Greek word "Psychology" which is a combination of "psyche" which means a soul, and "logos" which means science. So etymologically, psychology is a science that discusses everything about the soul, both the symptoms, the process of occurrence, and the background of the incident. There are many experts who express their opinions regarding the meaning of psychology itself, 20 of which are; (1) According to the Indonesian National Encyclopedia (volume 13, 1990) psychology is a science that studies human behavior, both that which can be seen directly and that which cannot be seen directly (2) According to Dakir, psychology discusses human behavior in relation to its environment (3) According to Muhibbin Syah, it is a science that studies the open and closed behavior of humans, both as individuals and groups, in relation to the environment. Open behavior is psychomotor behavior which includes speaking, sitting, walking, and so on, while closed behavior includes thinking, beliefs, feelings, and so on. From these several definitions, it can be concluded that the definition of psychology is a science that studies human behavior, both individuals and groups in relation to the environment, which takes the form of 2 types, namely open behavior and closed behavior.

Understanding online gaming

Online games are a form of technological development that can be used as a means of entertainment (Paremeswara & Lestari, 2021). In the current modern era, playing online games has become an activity that is very popular with people from young to old. Technological advances in playing online games have various impacts on students. One of the impacts felt by the development of online games is changes in the behavior of elementary school students (Ismi & Akmal, 2020; Ulya et al., 2021). The results of data analysis show that elementary school students who are addicted to playing online games tend to show very significant changes in behavior. There are two patterns of behavior shown by elementary school students, namely positive behavior changes and negative behavior. Positive behavioral changes mean that students are able to understand the use of technology well and are able to use applications well. In the current era of globalization, the ability to use technology is really needed to support daily activities (Alia & Irwansyah, 2018; Fajriyah & Prastowo, 2022). In the implementation of education, mastery of technology is needed to increase understanding of material. Moreover, after the emergence of the Covid-19 pandemic, it was mandatory for every student to study from home. Learning activities from home are carried out by utilizing learning technology such as Zoom, Google Meet, Google Classroom, Quiziz and various other digital platforms (Handayani & Irawan, 2020). In this way, mastering technology becomes one of the important things that students must master to facilitate the teaching and learning process and make it easier to live their daily lives. The negative impacts that arise from students' habits of playing online games are that students tend to prefer to stay at home and don't interact well, children's social behavior towards peers and family is also not good, children become emotional, have difficulty obeying rules at home, have difficulty insulting friends, bullying friends, the worst thing is that the child's eye health is affected. Of these problems, the change in behavior that is most felt is that children tend to prefer to stay at home alone rather than playing with their peers (Sundara et al., 2020). This then has an impact on reducing students' social attitudes. Social attitudes are patterns of behavior and actions that a person shows in the community environment, for example interacting with each other, helping each other, respecting each other, and so on (Nurfirdaus & Risnawati, 2019; Septiani & Djuhan, 2021). Social attitudes need to be possessed and developed within individuals. With good social attitudes, a person will be able to live in

peace, harmony, comfort and tranquility (Anisah et al., 2021). Children who have low social attitudes as a result of playing too many games should immediately receive attention from their family or teachers. Parents and teachers have a role to introduce students to the surrounding environment, peers and society. This aims to ensure that students as social creatures will not have difficulty interacting and socializing with society.

Another change in attitude shown by students who are addicted to playing games is that students tend to be lazier and experience decreased learning outcomes (Nizar & Hajaroh, 2019). A lazy attitude arises because students are more interested in playing games than studying or doing other activities (Syifa et al., 2019). To overcome this problem, parents are required to be able to set limits for students in playing games (Safitri et al., 2020). Apart from that, teachers as educators also play a role in reminding students of the dangers of playing too many games. Efforts that teachers can make to reduce students' addiction to playing games, namely carrying out the learning process by applying the learning while playing method, so that students are interested in learning (Tohet & Mauliza, 2021; Ulya et al., 2021). Apart from that, teachers can also implement group learning processes to increase student interaction with their friends. The existence of students' addiction to playing games can be caused by internal and external factors. for example, lack of parental attention (Amran et al., 2020). Modern parents tend to be happier when their children just stay at home and play with gadgets than when their children play outside the house. This parental attitude certainly has a negative impact on the child's social and emotional development. Parents, as the main pillars in determining the process of children's growth and development, have a role in teaching and directing children in a better direction (Darwis et al., 2020). Children who are in a good family environment will develop into good children and can respect each other, as well as the opposite applies. The results obtained in this study are in line with the results of previous research which also revealed that the use of online games can hinder children's psychological development, especially aspects of emotional growth and moral development. Children who are addicted to playing online games become lazy about doing anything, abandon their obligation to worship, and reduced study time due to playing games too often (Syifa et al., 201). Other research also reveals that addiction to playing online games will have a negative effect on student learning outcomes (Kurnada & Iskandar, 2021). Subsequent research also revealed that playing online games has a bad influence on children's emotional and social development, including children being irritable, more aggressive, and lacking interaction with the people around them (Paremeswara & Lestari, 2021). Based on these results, it can be seen that playing games can have positive and negative influences if done excessively

Conclusion

Students' addiction to playing online games tends to be caused by a lack of parental attention towards their children. Parents prefer their children to play with gadgets rather than their children having to play outside the house. This results in students becoming addicted to playing games and showing various behavioral changes. Children will become more emotional, unable to obey the rules given by their parents, and children will become less polite in speaking because they are too used to speaking harshly like in online games.

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