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The Influence of Online Game Addiction on Student Personality Attitudes

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ABSTRACT

In light of the widespread use of online games for entertainment and the potential negative impact of addiction on personality attitudes, this study investigates the causal relationship between online game addiction and personality attitudes among students. Specifically, the research aims to explore the nature of changes in personality attitudes resulting from online game addiction. The study, conducted with 226 students from the Faculty of Communication and Multimedia Sciences, Mercu Buana University Yogyakarta, Class of 2021, employs a descriptive and causal research design through a quantitative approach. Data is collected using online game addiction questionnaires and attitude personality surveys distributed directly to students. The findings reveal a substantial 63.7% influence of online game addiction on the personality attitudes of these students, underscoring the need for a nuanced understanding of the impact of online gaming on individuals. While the remaining 36.3% is influenced by variables not studied, future research might delve into these aspects for a more comprehensive understanding. This study contributes valuable insights into the intricate relationship between online game addiction and personality attitudes, with potential implications for educational and psychological contexts.

Keywords: Addiction; Online Games; Personality Attitude

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INTRODUCTION

Since the presence of the internet, especially the existence of new media 5.0, all activities must depend on the internet. Both internal and external activities, personal or categorical. The existence of online games is one of the rapid developments in the new media era, where in online games someone not only plays games directly but also through virtual (Tayibnapi, 2021). A game is an entertainment system played by one or more players, who always make decisions through a control that then focuses on the intended object to achieve a certain goal. With this increasingly sophisticated technology

when someone wants to do a game, they no longer meet in person, but there are several features that come from the online game (Johan, 2019; Oktavianti, 2020). In addition, players can also communicate with each other without the hassle of having to meet. There are so many online games that can be played ranging from RPG, MORPG, Fps Game and so on.

Online games were first born in the mid-90s. It was only in 1972 that an Esports culture emerged with the beginning of online games becoming existing until now. The Esports culture is a game competency event that has grown. One of them in 2018 there was a prestigious Olahraga event in Asia, namely the Asian Games also held an Esports event tournament at this prestigious event. And besides that, many Content Creators become Gamers. These are the things that made online games as popular as they are now (Ismi, & Akmal, 2020).

Online games are basically used to reduce the feeling of saturation and relieve the stress caused by the stigma that is in its scope. However, there are some effects if you have a sense of addiction, the impact that is received if you always use or play Online Games for a long time, it becomes not good for health, such as easy emotions, not focusing when studying, and so on (Izza, 2019; Ulya & Fathurohman, 2021; Fadila, Robbiyanto, & Handayani, 2022). In addition, there are several negative stimuli that if continuously used without any restrictions at all both in terms of behavior and attitude, it will cause *Addictions* (Dependence) which eventually makes the user addicted (Ulfa, & Risdayati, 2017; Parwati, 2019).

Online Game Addiction, as defined by Lemmens et al. (2009), denotes an individual's struggle to regulate the habit of playing online games, potentially resulting in social and emotional challenges when the behavior becomes excessive. Griffiths (2008) supplements this by delineating six key aspects contributing to teenagers' susceptibility to online game addiction. First and foremost, salience, or heightened attention, manifests when gaming takes precedence in a person's life, overshadowing other activities in thoughts, feelings, and actions. Second, mood modification becomes a coping mechanism, where individuals turn to video games to attain a sense of calm and relaxation, often associated with escapism. Third, tolerance develops, necessitating an increased investment of time in online gaming to achieve the same mood-modifying effects. Fourth, withdrawal symptoms emerge when online gaming is abruptly halted, encompassing sensations like trembling, moodiness, and irritability. The fifth aspect, conflict, arises in various forms, pitting gamers against those around them or conflicting with other significant life activities. Lastly, relapse tendencies denote a swift return to previous patterns of excessive gaming, resuming intensive play shortly after a period of attempted control.

Excessive engagement in online gaming can yield enduring effects, notably impacting personality traits as outlined in Big Five Personality theory, encompassing five dimensions (McCrae & Costa, 1999). Extraversion (E) reflects an individual's comfort level in relationships; extroverts are described as gregarious, firm, and friendly, while introverts tend to be quietly shy and calm. Extraversion is marked by confidence, dominance, and positive emotions, generally associated with optimism. Agreeableness (A) pertains to the tendency to be cooperative and obedient to others; individuals scoring high are warm and trusting, whereas low scorers may be perceived as cold, less obedient, and antagonistic. Conscientiousness (C) signifies responsibility, persistence, and reliability, with high scorers demonstrating a strong sense of duty, while low scorers

may appear indecisive and unreliable. Neuroticism (N) is linked to heightened anxiety, emotional temperaments, and fragility, often associated with stress and negativity. A high score in Neuroticism suggests susceptibility to negative perceptions of experiences. Openness to Experience (O) reflects a person's inclination toward seeking diverse experiences related to science and art. Against this backdrop, the study endeavors to investigate the influence of online game addiction on the attitudes and personality traits of students.

METHODS

The variable measured in this study is online game addiction as a dependent variable, while personality attitude as an independent variable. The indicators used to measure variable variables of online game addiction are Salience (attention), Mood modification (mood modification), Tolerance (tolerance), Withdrawl symptoms (withdrawal symptoms), Conflict (conflict), and Relapses (relapses). While the indicators used to measure personality attitude variables are Extraversion (E), Agreeableness (A), Conscientiousness (C), Neuroticism (N) and Openness to Experience (O).

This type of research is quantitative research with a mixed methods approach. The research technique used is a survey by distributing questionnaires directly and google forms. The population in this study was 266 students of the Faculty of Communication Sciences, Mercu Buana University Yogyakarta, Class of 2021. While the sample is a non-probability sampling technique, namely judgmental sampling with the criteria of being an online game player. The number of samples used was 144 students using Slovin theory. Data was collected from 144 respondents using the Statistical Package for Social Science (SPSS) software. First of all, researchers distributed questionnaires to a sample of 30 students. This sample is used to determine the degree of reliabilitis and the validity of the instrument. After the instrument is valid and reliable, the researcher continues the survey stage to 144 students as a research sample. The second data analysis was used to determine the influence of independent variables on dependent variables analyzed using linear regression analysis.

RESULTS

The respondents in this study were 144 students. The questionnaire that was distributed consisted of 14 questions regarding addiction to online games (variable X) and 13 questions regarding personality attitudes (variable Y). The validity and reliability test of the questionnaire was carried out using 30 test samples. The results of the validity and reliability test of the research instrument are described below.

Table 1. Validity Test

| Variable X | Nilai <i>Pearson Product Moment</i> | Variable Y | Nilai <i>Pearson Product Moment</i> |
|------------|-------------------------------------|------------|-------------------------------------|
| Item 1 | 0,760 | Item 1 | 0,447 |
| Item 2 | 0,703 | Item 2 | 0,463 |
| Item 3 | 0,544 | Item 3 | 0,552 |
| Item 4 | 0,711 | Item 4 | 0,397 |
| Item 5 | 0,581 | Item 5 | 0,398 |
| Item 6 | 0,710 | Item 6 | 0,484 |
| Item 7 | 0,781 | Item 7 | 0,562 |

| | | | |
|---------|-------|---------|-------|
| Item 8 | 0,647 | Item 8 | 0,538 |
| Item 9 | 0,434 | Item 9 | 0,633 |
| Item 10 | 0,785 | Item 10 | 0,435 |
| Item 11 | 0,618 | Item 11 | 0,699 |
| Item 12 | 0,802 | Item 12 | 0,562 |
| Item 13 | 0,559 | Item 13 | 0,720 |
| Item 14 | 0,421 | | |

Table 1 shows that the Pearson product moment value of each element of the X and Y variables is greater than that of the table r ($df = 20-2 = 18$ and Sig. 0.05), so it is 0.361 so it says valid. Since all items are considered valid, reliability measurements are made. The test results showed that Cronbach's alpha value for the variable X was 0.896 higher than the table's R value of 0.361, so the variable X was declared reliable. In addition, Cronbach's alpha value for the variable Y by 0.797 is greater than the table's R by 0.361, so the variable Y is declared reliable.

Test Analysis Prerequisites

After the previous analysis is fulfilled, it is further to perform a linear regression analysis. To test the conditions of this analysis, a normality test and a linearity test are carried out. The results of the Kolmogorov-Smirnov normality test assisted by SPSS showed a value of Sig. $0.138 > 0.05$ on variable X, so that variable X follows the normal distribution. Then the value of Sig. The variable Y is $0.053 > 0.05$, so the variable Y is normally distributed. In addition, a linear test was also carried out, and according to the results of the linearity test, the value of Sig. the deviation from linearity is 0.635, which indicates that the variables X and Y have a linear relationship. After the initial analysis is successfully fulfilled, a correlation analysis and regression analysis are then carried out.

DISCUSSION

Product moment correlation testing

Based on the product moment correlation test supported by SPSS, a significance level of $0.000 < 0.05$ was obtained, which means that online game addiction has a relationship to student personality attitudes. Furthermore, a pearson correlation value of 0.798 was obtained, which means that addiction to online games has a strong relationship to the personality attitudes of college students. This means that the more often students play online games, the more negative their personality attitudes will be.

Linear Regression Analysis

Then a linear regression analysis was carried out to determine the level of influence of online game addiction on the personality attitudes of students of the faculty of communication and multimedia sciences Class of 2021 in 2022. The test results using SPSS show that the average value of the squared R coefficient for the linear regression test results is 0.637 which means that 63.7% of variable Y can be influenced by variable X while the remaining 36.3% is influenced by other variables that have not been studied.

The results of the product moment correlation test showed that online game addiction has a relationship to student personality attitudes marked by a significance level value of $0.000 < 0.05$. The relationship that exists between online game addiction to student personality attitudes is a negative relationship, which means that the higher the level of student addiction in playing online games, the personality attitude will decrease or in other words lead to a negative attitude. Then the linear regression test conducted to measure the magnitude of the influence of variable X on variable Y showed that addiction to Online Games has a strong influence on the personality attitudes of students of the faculty of communication and multimedia sciences of Mercu Buana University Yogyakarta Class of 2021, where the influence caused by online game addiction was 63.7%.

Based on previous research on the relationship of addiction to playing Online Games to social interaction in adolescents by Eka Arista Anjasari et al. (2020), it was concluded that adolescents who are increasingly addicted to playing Online Games will experience a decrease in their social interaction. This is directly proportional to our research that the more addicted a person is to playing Online Games, the more his personality attitude tends to lead to negative behavior.

CONCLUSION

The findings from this study reveal a significant impact of online game addiction, accounting for 63.7%, on the personality attitudes of students enrolled in the Faculty of Communication and Multimedia Sciences, Class of 2021. This underscores the substantial role that excessive engagement in online gaming plays in shaping the behavioral tendencies and outlook of these students. However, it's crucial to acknowledge that 36.3% of the variance in personality attitudes remains influenced by factors beyond the scope of this investigation. This signifies the existence of other variables that contribute to the complexity of personality development among students. Consequently, this study suggests avenues for further research, encouraging scholars to explore additional variables that may shape and influence the personality attitudes of students alongside the observed impact of online game addiction. By delving into these unexplored factors, researchers can gain a more comprehensive understanding of the multifaceted dynamics influencing the personality traits of students in the realm of communication and multimedia sciences.

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