


The Influence of Online Games on a Person's Emotions

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Article Info	ABSTRACT
<p>Keywords: Anger issues, emotional impact, online gaming</p>	<p>This study examines the emotional effects of online gaming on teenagers and young adults, emphasizing both the beneficial and improvement of cognitive abilities, and social interaction via multiplayer platforms. Nonetheless, excessive gaming has been linked to emotional instability, such as anger problems, depression, anxiety, and social withdrawal. Employing a qualitative phenomenological method with purposive sampling, the research conducted interviews and observation of gamers aged 13 to 25 who engage in online gaming for over an hour each day. Result indicates that the release of dopamine from accomplishments in games promotes addictive behavior, leading to extended playtime even in the face of emotional turmoil. Anger problems frequently arise from a sense of loss, injustice, dan placing blame outside oneself instead of engaging in self reflection. The study uses behaviorist theory to analyze the stimulus-response connection related to gaming addiction and emotional reaction, highlighting the importance of personalized interventions. In the end, encouraging a balanced gaming strategy can enhance advantages, while reducing psychological threats for at-risk young people.</p>
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INTRODUCTION

Online gaming has become a cornerstone of modern entertainment, offering players immersive experiences that evoke a wide range of emotions. On the positive side, these games provide joy, excitement, and a sense of accomplishment. They encourage social interaction, as multiplayer platforms allow players to collaborate and form friendships, satisfying the human need for connection. Additionally, moderate gaming can enhance cognitive skills like problem-solving and decision-making while serving as a stress-relief outlet. For many teenagers, gaming fosters confidence through achievements and teamwork in competitive environments.

However, excessive gaming can lead to significant emotional and psychological challenges. Overindulgence has been linked to anxiety, depression, irritability, and social isolation. The addictive nature of online game driven by reward systems that trigger dopamine release can exacerbate these issues. Teenagers are particularly vulnerable due to their developmental stage and the prevalence of escapist motivations in their gaming habits. Prolonged gaming sessions may also disrupt sleep patterns and contribute to sedentary lifestyles, further impacting mental health.

Striking a balance between these outcomes is crucial. While gaming can be a constructive pastime when approached in moderation, excessive use poses risks that require

awareness and intervention. Understanding the psychological mechanisms behind gaming behavior can help players and parents foster healthier habits while maximizing its benefits.

As times goes on gaming is now more revolve around online games, back then people can only play with their friend if their playing on one device, but now they can play separately from all around the world from each of their own devices. Mainly most of them are teenagers, but when companies are started making more money out of online games, and it becomes a trend, usually we just have to bought the game that we want once and then we can play for as long as we wanted, but now companies are making more free to play games to struct more player that cannot afford paid games, and how do they get profit out of their free to play games, from selling content that they release frequently at the games like cosmetics, items to maximize your gameplay, or simply character that you wanted to be as in the game, this kind of things makes teenager spend their money uncontrollably.

METHOD

This study focused on adolescents aged 13 to 18 years and early adults ages 19 to 25 years who spend more than one hour engaging in online gaming. The primary objective is to investigate why these individuals often experience rapid emotional changes during their gaming sessions. In this research we're using purposive sampling, a method that involves selecting subjects based on specific criteria relevant to the study. In this case, participants were chosen because they exhibit the problems being studied, such as frequent emotional shifts and potential anger issues related to gaming to better understanding and make interventions for these kind of issues.

This type of research is qualitative with a phenomenological approach aimed at finding out more about the experiences experienced by players related to sudden changes in emotional changes and anger issues. The central aim is to gain an in depth understanding of how these player perceive and navigate their emotional states within the context of online games. The type of data obtained is qualitative using interview while observations provide contextual insight into behaviors and interactions during gameplay, shedding light on the complexities of their emotional responses and potential triggers within the gaming environment.

The main source of information in this study came from teenagers aged 13 to 18 years and early adults 19 to 25 years old who have been selected to be interviewed and observed. This interview aims to collect data related to people who experience emotional changes and anger issues in playing online games.

To ensure the validity of the data involving internet cafe players and parents, this is done in order to obtain a more contextual view of the behavior of these players, internet cafe players provide perspectives from the players, because they are the ones who more often experience emotional problems and parents as a second perspective who get emotional changes in their children which will then be combined with data from the interview

The research process begins by looking for subjects who meet the criteria to be interviewed, namely teenagers aged 13 to 18 and early adults aged 19 to 25 with a minimum playtime of 1 hour or more. The researcher has prepared several questions that encourage the subject to be open, then analyzed to find patterns to be connected to these emotional

problems and anger issues so that the initial trigger can be found. The questions that the researcher make structured to explore the emotional highs and lows experienced during gaming, as well as any instances of anger or frustration

Data analysis in this study uses thematic analysis according to the method developed by Braun & Clarke. The initial step taken in the analysis process is familiarization with the data, by reading and understanding the data obtained from the interview to get a general picture of the patterns or themes that emerge from the participants' answers. Next, the researcher will identify themes that emerge systematically in the data, both directly and implicitly, and group the data into larger themes. Once the themes have been identified, a review of the themes is carried out to ensure that the themes that emerge truly reflect the existing data as a whole and are not just based on the researcher's perception. The definition and naming of themes are carried out carefully so that each theme has a clear meaning and reflects the subjective experiences of the teenagers interviewed. The final process is the preparation of a narrative report based on the themes found, which explains how internet use is related to teenagers' self-confidence and the influence of social media on their views of themselves. This process also involves member checking with several subjects to validate the findings and ensure that the data analysis reflects their real experiences.

RESULTS AND DISCUSSION

Teenagers and young adult' experiences on playing online games

Based on the interview results, most teenagers experienced the same thing when asked why they wanted to play online games and out of 5 subjects they all answered the same thing "fun and addictive", "MFB" said that he depended on online games to forget the stress of the world.

In terms of duration, the subjects played games with a playtime of approximately 5 to 10 hours every day although there were respondents who admitted that playing online games had become their job as streamers and had a playtime of approximately 17 hours per day with each session approximately 4 to 6 hours.

They all almost answered the same what made them get a bad playing experience with the answer low fps and slow internet made them unable to play properly which made them. Although the subject KHP the streamer did not have slow internet and low fps, he blamed the team he got in the game who tended not to be in the same position or skill as KHP and blamed the game that had united KHP with players who did not have the same skills.

Why do teenagers and young adults still want to play online games even though they make them have anger issues

From a group of five subject, it was quite surprising that all of them gave the same answer: dopamine. This common responses highlights the significant role that dopamine plays in their gaming experience. Dopamine is neurotransmitter in the brain that closely associated with feelings of pleasure and reward.

According to "AAS" when players engage in competitive gaming , they experience a surge of dopamine each time they achieve their goal, such as climbing to a hinger rank. This sense of accomplishment tringger a rewarding feeling thar reinforces their motivation to keep

playing. The dopamine release acts as a positive feedback loop, encouraging players to continue striving for the better performance.

This biochemical reward system is a key factor behind online gaming addiction. The pleasurable sensation of success creates a strong desire to keep playing, as gamers seek to replicate that feeling repeatedly. Consequently, dopamine not only fuels their enjoyment but also contribute to the persistence and intensity of their gaming habits.

Why do they often have anger issues and sudden emotional changes while playing online games.

One of the primary reasons people tend to have anger issues is because they experience a sense of loss related to what they are fighting for. When someone invests time, effort, and emotion into a goal, losing it suddenly and without a clear reason can be deeply frustrating. This feeling of loss triggers anger as a natural emotional response, especially when the stakes feel high and the purpose behind their struggle is significant to them.

A common example of this can be seen in the context of online gaming. Many games have ranking systems where players aim to reach the highest rank possible. When players win several matches in a row, they feel a surge of happiness and accomplishment. However, when they lose repeatedly, it often leads to intense frustration and anger. This reaction is compounded by dopamine addiction, where the brain craves the rewarding feeling of winning, trapping players in a vicious cycle of chasing victories and reacting angrily to defeats. Ultimately, only the player has the power to break this cycle by choosing to stop the game session.

Another notable behaviour is that players often blame others for their losses instead of engaging in self-reflection. This externalization of blame prevents them from learning and improving, which could help reduce their frustration over time. Without introspection, the anger persists and the cycle continues, making it difficult for them to manage their emotions effectively during gameplay or in similar competitive situations.

Online gaming's emotional impact on players is a complicated topic with both advantages and disadvantages. Positively, playing online games gives gamers happiness, excitement, and a feeling of achievement. Through multiplayer platforms, they also promote social engagement by enabling gamers to work together and make friends, satisfying the human desire for connection. Additionally, moderate gaming can help reduce stress and enhance cognitive abilities like decision-making and problem-solving. When correctly handled, gaming can be a positive hobby for teens by fostering teamwork and confidence via accomplishments in competitive settings.

However, the drawbacks of excessive gaming can outweigh the emotional rewards of gaming. Playing too many online games has been connected to social isolation, anger, depression, and anxiety. video emotional difficulties may be made worse by the addictive qualities of video games, which are fuelled by reward systems that increase dopamine release.

Teens are especially at risk because of their developmental stage and escape inclinations. Extended gaming sessions can worsen mental health by promoting sedentary lifestyles and interfering with sleep cycles. Furthermore, the social and competitive elements

of gaming can cause players to become irate and frustrated, particularly when they lose or feel that something is unfair. This can result in emotional outbursts.

Some game developers have included age restrictions and parental controls to help players deal with these emotional issues, but these measures are insufficient on their own without parental participation and player self-regulation. It is essential to comprehend the psychological processes underlying gaming behaviour, including the function of dopamine and behavioural triggers, in order to develop successful interventions. Customized methods to lessen gaming addiction and related anger management problems can be created by utilizing behaviourist theory, which emphasizes observable behaviour and stimulus-response relationships. In the end, encouraging a balanced approach to gaming can optimize its positive effects while reducing emotional harm, particularly for youth and young adults who are particularly susceptible.

CONCLUSION

The effects of online gaming on people are complex, exhibiting both favorable and unfavorable emotional consequences. By encouraging social connections through multiplayer platforms and improving cognitive abilities like problem-solving, games can arouse feelings of happiness, excitement, and accomplishment. Teens frequently gain confidence through cooperation and gaming accomplishments. However, because many online games have dopamine-driven reward systems, there is a risk of addiction and excessive use, which can result in anxiety, depression, irritability, and social isolation. To maximize the advantages while reducing the risks, a balance must be struck. Due in large part to the dopamine release linked to in-game achievements, research shows that teens and young adults continue to play online games even when they are feeling depressed. Even when playing causes resentment and frustration due to setbacks or perceived unfairness, this biochemical loop encourages playing more. Players usually externalize the blame for their losses, which impedes their ability to grow as individuals and prolongs their emotional suffering. Developing successful strategies to control gaming habits and their emotional effects requires an understanding of these psychological mechanisms.

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