

## Overview Of Online Game Addiction In Stikes Santa Elisabeth Medan Students In 2021

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### ABSTRACT

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Background :Science and technology today is growing rapidly, one of which is in the form of online games, the more often a person plays it can become addicted and in early adulthood emotional responses often avoid problems by playing online games.Method: The research method used is descriptive.Results: research results obtained shows that the respondents are in the category of severe addiction as many as 63 respondents (73.3 %), moderate addiction 17 respondents (19.8%), and mild addiction 5 respondents (5.9%). If addiction is not handled properly, it can lead to self-control because it is not able to reduce play time so that social relationships and tasks become hampered.Discussion: Respondents feel that playing online games is only to fill spare time, relieve stress, begin to be able to determine activities that must be prioritized and be able to control themselves.

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### 1. INTRODUCTION

In this era of a borderless world, the internet which we have known for just browsing, e-mailing, chatting is now often used by people students to play games which are better known as online games. Where online games themselves are defined as digital game facilities that can connect with dozens of people at once and with a variety of games that are interesting for players who like to compete (Rollings, Andrew; Ernest Adams, 2016). Teenagers are a fairly large share of the online game market. As many as 56% of American students stated that they had played online games (Jones, 2018).

Rini (2017) mentions some of the bad effects of games on children, namely on health, personality, education/achievement, as well as on family and society. A child who has a habit of playing games, is at risk of experiencing stress, eye damage, disturbed sleep patterns and ulcers. In the development of his personality, children can become aggressive to commit acts of violence in relation to family or society. While in education, children who like to play online games have concentration problems when receiving lessons.

In the thing called games, there is a thing called story, a story line that is usually woven from various problems in it that must be solved by the child if he wants to complete an online game. Things like this can cause when they're in class but their minds are on a game that wasn't finished last night. In addition, disturbances in the form of radiation caused by the use of personal computers and various other electronic devices such as

television, Play Station, and others also interfere with their learning process physically such as eye disorders, fatigue and so on (Satrio, 2017).

Computer radiation can cause eye fatigue and eye problems, and other visual problems that arise are headaches and neck or shoulder pain. In addition, it was also mentioned that computer users winked less often. Though blinking is very important to reduce the risk of dry eyes. The longer the eyes are open, the higher the chance that the cornea of the eye will become dehydrated, feel hot and sore, or feel like there is sand on the eyelids so that they feel heavy (Kangarul, 2019).

Eye fatigue due to too long in front of the computer and electromagnetic waves generated by computer monitors cause radiation and can interfere with eye health. According to research conducted in the United States, the emission of electromagnetic wave radiation generated by computer monitors can cause damage to the retina. This radioactive emission will continue to be active until it decays for 20 years. Damage to the eye is not direct, but is gradual (Subitha, 2017).

Lack of sleep can reduce concentration at school or work, lowering the body's resistance so that it is vulnerable to disease. The phenomenon of online game addiction is estimated to affect social, psychological and physical effects on students.

Research from Suveramaniam (2011), said that online game players can be divided into two groups, namely gamers and non-gamers. With a total sample of 163 people, almost all of them have good academic achievements, namely 92.5% in the non-gamer group.

World data shows that more than 10% of internet users use online games. In China, 10% of the total 30 million people playing online games are indicated to be in the ER (Young, 2009). Then over time, internet access in Indonesia is getting better and the increasing number of online game users makes cases of addiction to playing online games (internet gaming disorder) in studying in Indonesia reach 10.15% (Jap et al., 2013).

The number of online game users in Indonesia is also quite large, namely 6.5 million people or an increase of 500 thousand people per person from the number of games in 2013 which was 6.6 million people. The large number of these raises concerns about the impact of these online games. The amount of growth in internet use is much greater than the total population growth in Indonesia, which is no more than 16.1% per year (Rahman, 2018).

From the results of interviews with several students of STIKes Santa Elisabeth Medan that in general, students always play online games every day from computers and gadgets even during lecture hours they still play online games. With adequate facilities, they play online games non-stop, causing them to experience physical fatigue such as eye fatigue and migraines. The research of Siregar & Camellia V (2018), shows that the description of online game addiction in students of the Faculty of Medicine, University of North Sumatra is 14.3%. Most of the motivation to play is as a means of relaxing 25 people (32.5%).

Regardless of age and gender, online games become addicts to online games, this is because the advancement of internet technology towards online games makes fans always follow increasingly fast online games so that it allows online game players to linger in front of cellphones / monitors regardless of the health impacts caused by online games. occur in their health (Satrio, 2017).

Based on the description above, the writer is interested in conducting research with the titlean overview of online game addiction in STIKes Santa Elisabeth Medan students in 2021.

## 2. METHOD

This research method is a technique used by researchers to organize studies and to collect and analyze information relevant to the researcher's questions (Polit & Beck, 2012). This research is a descriptive study that aims to observe, describe and document aspects of the situation as it happened to be used as a starting point for hypotheses or research development theories for students (Polit & Beck, 2012).

## 3. RESULTS AND DISCUSSION

Research result, which was obtained to find out the Description of Online Game Addiction in STIKes Santa Elisabeth Medan Students in 2021 is as follows.

Table 1.  
 Distribution of Frequency and Percentage of Respondents Based on Demographic Data of STIKes Santa Elisabeth Medan Students

Characteristics	Frequency (f)	Percentage (%)
Age (years)		
17-25	84	97.7
26-35	2	2.3
Gender		
Man	28	32.6
Woman	58	67.4
Study Program		
D3 Midwifery	6	7
D3 Nursing	2	2.3
MIC	15	17.4
S1 Nursing	42	48.8
TLM	21	24.4
<b>Total</b>	<b>86</b>	<b>100.0</b>

Based on table 1. above, the data obtained that the majority age is 17-25 years old as many as 84 people (97.7%), and the minority is at the age of 26-35 as many as 2 respondents (2.3%). The most gender is female as many as 58 people (67.4), the minority in the male sex is 28 respondents (32.6%), and the most major study program is Bachelor of Nursing as many as 42 people (48.8%).

Table 2.  
 Distribution of Frequency and Percentage of Online Game Users for STIKes Santa Elisabeth Medan Students

Characteristics	Frequency (f)	Percentage (%)
Light	5	5.9
Currently	17	19.8
Heavy	63	73.3

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<b>Total</b>	<b>86</b>	<b>100.0</b>
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Based on table 2. above, it was found that the majority of respondents were in the severe addiction category as many as 63 people (73.3%) and at least 5 people in the mild category (5.9%).

#### Discussion

#### **Overview of Online Game Addiction in STIKes Santa Elisabeth Medan Students in 2021**

Online game addiction can be described as a disorder in controlling the desire to play online games without involving the use of drugs or addictive substances (Young, 2019). Online game addiction has 3 levels of addiction, namely mild addiction, moderate addiction, and severe addiction. The results showed that most of the students experienced addiction to online games, but if left unchecked, students would experience severe addiction.

Meanwhile, it is said to be mild addiction if someone feels enthusiastic when asked about online games so it is difficult to concentrate, often sleepy, and easily emotional in various ways. Meanwhile, someone with a severe addiction will have the desire to imitate the characters in the game, causing social disconnection in society, at this level someone has spent money just to play games (Sianturi, 2016). Indicators of online game addiction include feeling attached to online games so that they lose self-control of playing time causing problems in one's life, feeling the need to play online games with an increased amount of time and emotionally unstable if there is a reduction in the time to play online games, avoiding problems with playing online games, feeling restless when unable to play online games, always trying to control or stop playing online games but to no avail (Wong & Hodgins, 2017). Researchers assume that respondents/students who experience online game addiction with mild addiction levels according to Setadji (2016) are caused by respondents feeling playing online games only to fill spare time, relieve stress, begin to be able to determine activities that must be prioritized and be able to control themselves.

In the early stage of the addiction process where the desire for the object appears, at this stage a person has not experienced addiction but if left it will be the next stage, namely starting to like the object and then losing control over oneself in carrying out activities related to the object and the behavior continues to become an addiction. a habit that is difficult to break (Rahman A, 2019).

For mild-moderate addictions and severe addictions, it will be difficult to stop the addiction, because the addiction has a controlled flow. In this condition, dopamine not only responds to pleasure, but causes excessive liking that can lead to addiction. If the levels of dopamine produced by the brain are normal, then it will not cause addiction. But when experiencing addiction, the addictive object stimulates the brain to produce excessive dopamine (Rahman A, 2019).

Based on research results, those who have mild-moderate addiction and severe addiction, if these addictions are not handled properly can lead to self-control because they are unable to reduce playing time, resulting in hampered social relationships. This causes one's duties to be neglected (Soebastian, 2010).

Students will be hampered because they cannot control the time to play online games and students must adapt to their surrounding environment. This has an impact on nursing faculty students, causing the graduation rate for nursing faculty students to decrease and will result in nursing faculty accreditation.

There are several efforts to reduce or reduce the level of online game addiction experienced by a person, namely through cognitive reconstruction which can be done through seminars or education about the dangers of online game addiction. For those who are addicted to online games, the counseling is carried out in the presence of an expert counselor or it can be by someone who is closely related to people who are addicted to online games (Jannah, Mudjiran & Nirwana, 2016).

In this study, it is suggested that lecturers conduct discussions with students to reduce the level of student addiction, one of the efforts is to conduct guidance to pay attention to students so that they can use time effectively. Another effort can be done by improving one's social skills so that the level of online game addiction can be reduced, because there is a relationship between one's skills and the level of online game addiction, one way to improve social skills can be done by giving someone free space to focus more on communicating. (Majorsy, Kinasih, Andriani & Lisa, 2018).

In this study, the efforts made by the students of the Faculty of Nursing are suggested to reduce the presence of large classes because it is one of the efforts to increase social skills in students, because students can receive learning to be more effective.

The results of this study can have implications for nursing, that health workers in nurses should be able to maintain a good degree of health, because a person's health status will affect the quality of that person's performance (Sunarcahya, 2018).

The results of this study are different from the research conducted by Setiadji (2016) with the title of research on the relationship between online game addiction and social skills in early adult gamers in West Jakarta with research results in the category of mild online game addiction with a percentage of 60% of 324 respondents. The other research conducted by Satria, Nurdin and Bachtiar (2015) conducted on 86 students resulted in 65 students (75.6%) most of the respondents had a mild level of addiction, 21 students (24.4%) a small part of respondents have a moderate level of addiction and (0%) none of the respondents have a severe level of addiction. While the research conducted by Pramanik, Sherpa, and Shrestha (2012) conducted on 130 respondents there were 20 people (15,

There are differences in research results (Sari, Ilyas, and Ifdil (2018) with the title game addiction level in early adolescence. With the results of research from 240 respondents 104 respondents in the moderate addiction category with a percentage of 43%. The research that is not in accordance with this study is 60 the sample yielded 17 people (28.3%) a small part of the respondents were at a mild addiction level, 17 people (28.3%) a small part of the respondents were at a moderate addiction level, and in 26 people (43.3%) almost some of the respondents have a severe addiction level. In addition, other studies say that the majority of respondents have a mild addiction level of 35 respondents (45.5%), and a severe addiction level of 42 people (54.5%).

Meanwhile, according to Soebastian's research (2019), the results of his research showed that students who were addicted to online games would experience different pleasant feelings such as joy, satisfaction, relief, pride when playing online games, based on the results of the researchers, this occurred in 2015 students who had high workload pressure by playing online games.

Researchers also assume that students who are faced with emotional levels will experience severe anxiety in nursing faculty students and one of the things to overcome it is by playing online games, because online games are a means for students to cause online game

addiction. Respondents indicated that the highest number was found in the Nursing Study Program, it was related to the level of stress experienced, the higher the level of force, the stress experienced also increased because stress levels can affect a person's level of addiction in playing online games.

This was also explained in a study conducted by Karuniawan & Cahyanti (2013) which resulted that there was a relationship between academic students who were stressed and addicted to online games which included playing online games. Males are mostly due to the influence of peers and the environment. These results are in accordance with the results of research (Puspitosari WA, & Ananta, L. (2016). that this study shows that 90.6% of online game addicts are male. The impact of online game addiction is a decrease in the level of academic achievement the emergence of aggressiveness and decreased physical health, and will change one's behavior to become deviant such as pornography, crime, and gambling, thus causing social changes in oneself (Deviandri, 2010).

#### 4. CONCLUSION

Based on the results of a study with a sample of 86 respondents regarding the description of online game addiction in STIKes Santa Elisabeth Medan students in 2021, it was found that the respondents were in the severe addiction category, namely 63 respondents (73.3%). This research will be one of the research data that can be developed as input for further research and to determine online game addiction.

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