



Negative Impact of Playing Habits Game Online Concerning Adolescent Morals and Solutions: A Phenomenological Study

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Abstract

As the popularity of online gaming increases, stories of young people falling into obsessive cyberspace, experiencing moral decay, or even engaging in aggressive behavior are becoming more common. This research aims to find out the impact of online gaming habits on changes in the morals of teenagers according to parents, and what the solution is to this problem. This research uses a qualitative method with a phenomenological approach, data sources were taken using a set of interview protocols with ten informants consisting of five parents and five children, and the informants were selected using the purposive sampling technique. All interview results were then analyzed using the Milles and Huberman analysis technique. Overall, the research findings found five negative impacts of the habit of playing online games on adolescent morals, namely i) lying, ii) tending to be lazy, iii) being disobedient to parents, iv) selfish and v) being temperamental. The solutions that parents can take regarding this problem are i) controlling time for playing online games, ii) being firm in limiting time, iii) supervising teenagers, iv) spending time together. The results of this research can be used as initial data for future researchers in studying this problem in different contexts and issues.

INTRODUCTION

The technological revolution has become an integral element in global life, which can be proven through the emergence of various technological innovations with supporting features such as music applications, social media and games (Kumar et al., 2019). Both computers and smartphones are the result of technological innovation which is equipped with game features. In the beginning, games on computers and smartphones were just additional entertainment for users when they were tired of working and not connected to the internet. However, along with technological advances, online games have experienced a significant increase (Bowers et al., 2016).

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According to a survey from the Central Statistics Agency (BPS), internet users in 2014 were more than 19.8 million users, every month internet use will increase following the development of increasingly sophisticated technology, where the largest number of internet users are teenagers aged 12 to 24 years (Shinde & Patel, 2014). Many children, teenagers and even adults play online games. This of course cannot be separated from the influence of the growth and development of technology and communication science (Heyman et al., 2009).

Teenagers are more quickly influenced by playing online games because online games have a kind of addictive nature, namely the nature of addiction to playing online games which is characterized by the long duration of playing online games (Adiningtiyas, 2017). This of course can affect the daily lives of children and teenagers. Games that use electronic media influence the development of children and adolescents and also influence their morals (Anwar, 2018). Even though technological developments have great benefits, technology also has limitations and dangers, including for game users. Playing online games has a positive impact, namely getting pleasure and being an entertainer when you are tired of activities and can be used as a business for gamers (the term for game players), namely by selling their coins to other gamers (Huang et al., 2017).

Playing online games can cause addiction and influence the morals of teenagers. According to Engkizar et al., (2018); Aini et al., (2019) akhlak linguistically comes from the word *Khuluqun* meaning behavior, temperament, habit, and character. According to the term, Ethics is the science that explains the good and bad of a behavior both in the form of words and external and internal actions. According to Al-Ghazali quoted from Yunahar Ilyas, morality is a trait that is embedded in the soul so that it gives rise to simple behavior, without the need for thought and consideration. According to Rahman et al., (2018), morality is a desire that wins from several desires in a row. If the behavior gives rise to actions that follow reason and Sharia, then it is called *akhlakul mahmudah* or commendable character and when it is born from bad behavior it is called *akhlakul mazmumah*.

Children and teenagers who are addicted to online games can act according to what is displayed in the game. it is not uncommon for them to commit violence between fellow players. Excessive addiction makes children and teenagers capable of doing things beyond normal limits, such as stealing money to buy game coins, fighting their parents and even committing violence against their parents and other people around them. The case of addiction to online games itself is that gamers are willing to not shower, eat, or work and are even willing to not carry out their obligations.

As the author explained previously, children and teenagers should have good morals towards both parents and other people. Respect and respect older people, interact with the environment and maintain ethics in society. However, in reality, children and teenagers do not show commendable morals, especially those who are addicted to online games. The fact that many children and teenagers display disreputable morals comes from the results of Festl et al., (2012); Hellström et al., (2012); Paulus et al., (2018) found that adolescent morals are influenced by the intensity of playing online games and are also influenced by other factors. This shows that there is an influence between online game addiction on children's morals, where the influence tends to lead to negative things such as spending time continuously playing games, spending money just to play online games, neglecting worship, lack of concentration in studies, easily emotional, lazy, even imitates violent scenes in the game.

Playing online games excessively can make children develop undesirable traits such as committing violence (Ferguson et al., 2011; Waldi et al., 2018). This behavior is of course very contrary to Islamic teachings, where children are supposed to

behave politely, be humble and respect each other. This is now starting to fade. There are many cases of violence among teenagers who injure their friends just because of trivial problems such as the loss of items they have collected and teasing each other (Peviyatmi et al., 2017). Online games that contain a lot of violent elements affect the emergence of aggressive attitudes. This aggressive attitude can certainly influence online game users. Teenagers are more interested in violent online games than non-violent ones, the tendency of teenagers to choose violent themed games can trigger violent acts, and violence resulting from playing online games certainly causes problems and harms other people (Fauziawati, 2015; Bowers et al., 2016; Fitri et al., 2018).

The lack of good morals in children and teenagers as the results of the research above are caused by a lack of parental attention and assessment, stress, lack of control from parents, and wrong parenting patterns towards children and teenagers so that they feel it's no problem if they always play online games (Holtz & Appel, 2011; Halawa & Christopher, 2017). The routine of parents who are busy working means that their children do not receive proper supervision. It is these parents' busy lives that make their children and teenagers turn to using online games as a medium of entertainment when they are bored. However, the lack of use and supervision from parents makes them unable to control playing this online game, which has an impact on their morals, both towards parents, friends, neighbors and other people in their daily lives.

Parenting patterns and communication interactions between parents and children influence the behavior displayed by children (Grebelsky-Lichtman, 2014; Ku et al., 2019). The parenting styles that usually exist in the family environment are permissive parenting, authoritarian parenting, authoritative parenting accompanied by parental sensitivity, and a parenting style that doesn't care one bit about the child's needs. This type of parenting cannot be applied to children because the child will be stressed by this parenting pattern (Adawiah, 2017).

Research related to the issue of parental assessment of the morals of teenagers who play online games and the solutions have been studied previously by many researchers. Some of these articles are Nurlaela, (2017); Surbakti, (2017) Novrialdy, (2019), however, the researchers above only focus on the negative impacts of online games or only discuss the intensity of playing online games, and then the influence of online games on children's learning achievement. The fundamental difference between this research and previous research is that previous studies have yet to discuss parents' assessments of adolescent morals, where the focus of the discussion is on parents' assessments of the morals of adolescents who play online games.

In writing this research, the author will only focus on discussing parents' assessments of the morals of teenagers who play online games as well as the impact and solutions to this problem. Referring to this problem, parents' attention and assessment to develop the morals of children and teenagers is very important so that they can behave in accordance with the Quran and Hadith. In the context of this research, the author wants to examine the results of parents' assessments of the morals of teenagers who play online games as well as the impact and solutions regarding this problem.

METHODS

This research uses a qualitative research method with a phenomenological approach (Cypress, 2018; Prihatsanti et al., 2018; Cantika et al., 2018). The data source was taken through in-depth interviews with ten informants who were selected using purposive sampling techniques. The informants selected had met four criteria, namely understanding the problem under study well, still being active in the field

being researched, having time to provide information to researchers, and providing information according to facts in the field (Engkizar et al., 2018; Apriliani et al., 2019; Rahman et al., 2019). To meet these criteria, all informants were parents and teenagers who played online games. After the interviews have been completed with all informants, a transcription process is carried out, then the author analyzes the data from the results of interviews, field notes, etc. Informs other people, reduces the data and then makes conclusions that can be conveyed to other people (White et al., 2010; Roulston, 2014). Data analysis was carried out using the pattern discovered by Milles and Huberman, namely through the stages of data reduction activities, presenting data and concluding.

RESULT AND DISCUSSION

Based on the results of interviews the author conducted with ten informants, the results of the analysis actually found that there were five negative impacts of online games on adolescent morals and solutions taken by parents to overcome these problems. These five impacts can be seen in Figure 1, below:



Fig 1. Description of Negative Impact Online Games

To make the results and discussion of this research more interesting to read, the author will describe quotes from interviews with informants based on negative impacts of game online. The description of the interview that the author will present is a quote from a short statement from the informant during the interview. Even though the interview quotations were conveyed by informants in different languages, they had more or less the same aims and purposes.

First lying, according to the informant has a negative impact online is often lying, even lying to parents. This theme was conveyed by informants as excerpts from the below:

... lying when asked to learn by parents even teachers (I-5), ... My son sometimes takes money without my knowledge and is dishonest when asked (I-7)

Second namely being lazy, according to the informant, laziness is the impact of online games on the morals of teenagers. Informants admitted that this lazy attitude emerged when they were having fun playing games and were told to do activities by their parents. This theme was conveyed by informants as excerpts from the below:

... They will spend hours every day just playing games. As a result, their work is neglected, and they are often late or even miss deadlines...(I-3)

Third namely disobeying their parents, today's teenagers often ignore their parents' orders and words which shows their disobedience rather than their obedient attitude. According to the author, the morals of a teenager, especially as a child, should show good manners and be obedient to their parents because God's blessing lies in their parents' blessing. This theme was conveyed by informants as excerpts from the below:

... Always refutes what parents say and does not carry out their parents' orders (I-5)

Fourth namely selfishness, the informant admitted that the consequences of playing this online game were selfishness, the level of their selfishness could be seen from their behavior of not feeling guilty when they did not carry out their obligations as children at home. This theme was conveyed by informants as excerpts from the below:

... I sometimes ask my sister for help too much, usually doing homework while she is playing. (I-2), ... Doesn't want to share and give in to siblings (I-5)

Fifth temperament, is the temperamental attitude that exists in addicted teenagers' *games* online this is very dangerous for the people around him, when he is angry he will take it out by shouting and committing violence. This theme was conveyed by informants as excerpts from the below :

... I like to yell when my friends joke too much (I-4), ... Unstable emotions when talking to parents and siblings (I-6)

Apart from the negative impacts described above, there are several solutions given by parents in dealing with their children, especially teenagers who play game online at home. There are many solutions given by parents, but the author summarizes them into several important points, these important points are i) controlling play time for game online teenagers at home, ii) strictly limiting play time, iii) supervising teenagers by monitoring their activities, and iv) spending time together. This solution is quite effective when applied to teenagers who play games online this can be seen from the reduction in their bad behavior even though they are.

Regarding parental assessments regarding games online and their negative impact on adolescent morals as well as solutions related to these problems, the results of this research clearly obtained five important themes related to the negative impacts arising from games online. To make it more interesting, the author will discuss the five research findings based on theory, expert opinion and the results of previous research which has discussed this problem in more or less the same context and issues.

First is lying, one of the characteristics of a good relationship with parents is showing behavior that does not lie. According to several informants, they previously lied because they were afraid of being discovered by their parents while playing games that's where they got used to lying. Lies are a way of deliberately manipulating information, behavior and self-image to lead people to wrong conclusions. Lies can cause dangerous things and are bad things that can continue (Puspitosari & Ananta, 2011). Gamers will lie to themselves and deny that they do not have problems (Kasmar et al., 2019; Susanti et al., 2018).

Second are inclined to be lazy, according to previous informants they tend to be lazy in studying and prefer to play games. This is in accordance with research results from Seok et al., (2018); Khan et al., (2019), which stated that online games are addictive and create feelings of laziness in learning so that the grades obtained in the subjects are low. This is also in accordance with research from Novrialdy, (2019), that games online bring bad influences such as being lazy about studying, children's minds focused on games, being emotional and not caring about the environment. Laziness itself is a habit that is learned and formed by the environment and the people around them. This laziness arises from not being able to manage time well

and not being able to discipline oneself (Marhánková, 2011). This behavior makes teenagers lose their character in society, society does not know what teenagers are like in the environment where they live.

Third is disobedience to parents. According to several informants, this disobedient behavior was triggered by a lack of concern for the real world and he subconsciously rebelled against his parents. This behavior is in the form of aggression, where according to research from Baxendale et al., (2012), states that aggressive actions can take the form of hitting friends, fighting parents, playing truant and criminal acts. If teenagers are not given permission to play games online then they will fight back, argue and even not hesitate to be rude to their parents (Young, 2009).

Fourth, selfish, Selfishness is an attitude of prioritizing personal interests according to their methods above all else, this attitude rarely considers other people's feelings (Sukarman & Gusnadi, 2015; Putri et al., 2018). That selfish attitudes arise when people gamers do not want to listen to other people's opinions, he is less sensitive to other people's feelings, and this is what triggers self-centeredness. The characteristic of selfish people is that they tend not to talk much and are less friendly.

Fifth, temperamental, temperament is a personality that determines the responses that occur in life. The temperamental form of this problem is the emergence of dangerous attitudes, words and actions. Lack of self-control can lead to self-aggression games. This behavior arises because it imitates the performance inside the game online. According to Bowers et al., (2016), someone can model behavior by observing the behavior role model in essence, imitation itself is the result of the learning process of imitating others.

Based on several studies that the author has presented, games online can make players have a temperamental attitude that leads to more aggressive forms of action. The temperament behavior of the players online is shown through the use of hurtful remarks when speaking to parents, society and peers, this is due to poor self-control which can lead to violent actions that can endanger other people and therefore this temperamental behavior must be avoided. The negative impacts resulting from games online regarding adolescent morals, then the solutions provided by parents regarding this problem so that they can suppress the emergence of disgraceful morals in their children. Some of the solutions offered by parents are:

First, control children's playtime. Controlling children's playing time can be done by providing supervision when children are playing games, occasionally paying attention to their condition. Controlling children's playtime can be done at school, home and in the play environment (Syahrán, 2015). Parents must be able to regulate the duration of use of gadgets For example, children are only allowed to play for three hours a day, so the child's time will not be wasted (Nikken & Schols, 2015; Chusna, 2017; Muswara & Zalnur, 2019).

Second, strict limiting time, based on research from Slutsky & DeShetler, (2017), children can play online games all day long for more than three hours and usually spend around 30 hours a week. This is where parents must strictly limit their children's playing time because of the impact they have when playing games for hours, not only their health but also their psychological and social relationships will be disturbed. Play games online Unrestricted behavior can lead to indifferent behavior and ignoring the real world, giving rise to aggressive behavior in children (Hakulinen et al., 2015). Therefore, parents must firmly set time limits for their children when they play games online, this aims to ensure that children can avoid the bad influences resulting from games online such as committing acts of violence against other people.

Third, supervising teenagers. supervision provided by parents in the form of attention, carefully observing the child's activities in shaping the child's personality.

The important things that parents must pay attention to are supervising children in choosing social friends, supervising children studying, and supervising children in choosing shows and entertainment. Parents must supervise children in choosing entertainment because the role of parents here is very necessary considering the negative impacts caused by entertainment such as games online (Shin, 2015). Supervision of children needs to be carried out at all times by paying attention to their playing activities, if you see children playing frequently online it is better to prohibit children from playing and invite them to other activities (Syahrani, 2015; Murniyetti et al., 2016; Zafrah et al., 2018).

Fourth, spend time together. Based on information from informants, spending time together with the family every dinner at home makes the closeness between parents and children, especially teenagers, better. When parents are close to their children, a sense of comfort will arise, thus encouraging deeper communication between children and other people. According to Sumara et al., (2017) interactions that occur within the family influence the behavior of teenagers at home, this is because the family is a basic component of the social interaction process and the family is also the first place where children learn about their role as social beings.

CONCLUSION

This research succeeded in uncovering five negative impacts of gaming online on adolescent morals, and the efforts made by parents to address this problem. Five negative impacts of teenage habits game online Based on the results of this research, it is moral decadence that parents must pay attention to so that it does not become permanent behavior in a child. In fact, of course, parents as the main educators for children have the responsibility to find solutions to these habits. Regarding this research, parents can do three things, namely strictly limiting their children's time playing, supervising teenagers consistently and continuously, and spending time with their children on various occasions. At least this research can be used as a reference and basis for future researchers to research this problem in different issues and contexts.

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