

## The Influence of Self-Control and Loneliness on Online Game Addiction at X Game Center Depok

Andi Afiyah Ariqohsari Yaksan<sup>1</sup>, Andi Nadila Putri Faisah<sup>2</sup>, Azdira Nurul Ainie<sup>3</sup>  
Faculty Of Psychology, Master of Professional Psychology, Persada Indonesia University YAI  
Email: fiariqosari@gmail.com<sup>1</sup>, andinadilaputri@gmail.com<sup>2</sup>, azdiraa@gmail.com<sup>3</sup>

### Abstract

*The rapid development of technology in this era of globalization has had a big impact, both positive and negative, on people's lives. The internet, which can be accessed easily, is often used to access various kinds of entertainment content, one of which is online games. Playing online games continuously will cause individuals to become addicted. This is due to low self-control, making it difficult for players to stop the habit of playing online games. Players who feel lonely also tend to experience addiction due to using online games as a means of coping with the feeling of loneliness they experience. This research is quantitative research using incidental sampling techniques on online game players at X Game Center Depok totaling 127 respondents. The measuring instruments used in this research refer to aspects of online game addiction according to Chen and Chang (2008), aspects of self-control according to Averill (2012), and aspects of loneliness according to Russell in the UCLA Loneliness Scale (1996). The three measuring instruments have been tested and the results are valid and reliable. The results of statistical analysis prove that there is a significant influence in a negative direction on self-control towards online game addiction. Furthermore, the results of statistical analysis also show that there is a significant influence in a positive direction on loneliness on online game addiction. For future researchers, it is recommended to use other variables such as self-esteem, environmental control and social relationships. Future researchers are also advised to conduct research in various different game centers so as to obtain more precise and extensive comparisons and results.*

**Keywords** | online gaming addiction, self control, lonely

### INTRODUCTION

The use of internet technology in everyday life is no longer something strange in society. With the internet easily accessible, quite a few people use it as a means of entertainment. However, excessive use of the internet will make individuals addicted. One form of internet addiction is online game addiction.

Since 2012, the online gaming phenomenon has become a very popular game, with more than 1 billion users (Kuss, 2013). The Indonesian Internet Service Providers Association (APJII) in its survey of internet users in Indonesia in 2018 stated that online games were the second most frequently visited entertainment content after watching films/videos and were in the top six main reasons for someone to use the internet. The technology news portal, namely tek.id, wrote that based on a study conducted by Pokkt, Decision Lab and the Mobile Marketing Association (MMA) regarding online games in Indonesia, the number of game players in Indonesia reached 60 million. Studies also show that a quarter of the total number of gamers are aged 16-24 years and 25-34 years, where the respective percentages are 27 percent (Maulida, 2018).

According to Young (2009), there are several factors that influence a person to become addicted to online games, namely: Escaping from reality (avoiding problems in real life that are not resolved), loneliness, low self-esteem (feeling awkward, isolated and not confident



in oneself). real social life), and inability to control oneself. Online game players can be grouped into 2 categories, namely light viewers (light game players in the sense that game players play online games for around 2 hours/day and heavy viewers (heavy online game players) who play online games for around 4 hours/day or more ( Irma, 2018). Another theory says that someone who is addicted to online games will usually play for 10-20 hours in a row every day (Young, 2009).

One of the factors that influences online game addiction is lack of control or the inability to control oneself, making it difficult to stop the habit of playing online games. Based on research conducted by Mulyana and Puspita (2018) regarding the relationship between self-control and online game addiction in late teens, namely 21.8% of online game addiction can be formed by self-control. The higher the self-control, the more intense the control over behavior. Playing online games will cause a lot of time and material to be wasted and this will increase because players are unable to regulate the length or intensity of playing online games, which of course will have a negative impact on the players' lives.

Based on interviews conducted with the owner of This is considered normal because some players are used to spending hours playing online games. One of the players is player A who played for more than 12 hours, namely from the previous night until noon. One player even spent approximately 4 days in a row playing online games with an active PC for 100 hours. Spending time playing games, eating and sleeping at the game center is often done by game lovers.

As technological developments increase, the time that individuals share with themselves and their environment also decreases, this causes individuals to isolate themselves from their living environment and become lonely (Ekinci, et al, 2019). Cheryl & Parello (2008) state that individuals who experience loneliness have a desire for a form or level of interaction that is different from what they have previously experienced. Loneliness is caused by the unmet need for a relationship, not caused by being alone. This also triggers online game players to prefer playing online games because they can meet other individuals who have the same need for a relationship that cannot be fulfilled. Another factor that makes a person addicted to online games is the existence of problems in social relationships that often occur so that the individual feels lonely and uses online games as a means of coping with the feeling of loneliness they experience (Young, 2009). The phenomenon of using online games as a means of entertainment has become commonplace in society. However, excessive use will have a negative impact on users. This is supported by research by Martanto, et al (2015) that there is a positive and significant relationship between loneliness and online game addiction among teenagers in Surakarta. This means, the higher a person's loneliness, the higher the online game addiction behavior, and vice versa.

The problem formulation in this research is, is there an influence of self-control on online game addiction? Is there an influence of loneliness on online game addiction? Is there an influence of self-control and loneliness on online game addiction at X Game Center Depok?

## METHOD

### Design

This research uses a quantitative approach method. Data was obtained using a questionnaire distributed via Google Form.

### Participants

The research was conducted at X Game Center Depok involving 127 participants. Participants were selected using incidental sampling techniques.

### Instrument

The instruments used in this research have been tested for validity and reliability. Based on the test results, the online game addiction scale based on the online game addiction aspect of Chen and Chang (2008) of 24 items stated that 19 items were valid and 5 items were invalid ( $\alpha = 0.928$ ), the self-control scale was based on the self-control aspect of Averill (2012) of 16 13 items were declared valid and 3 items were invalidated ( $\alpha = 0.901$ ), and the loneliness scale was based on aspects of loneliness according to Russell in the UCLA Loneliness Scale (1996) of 12 items, 9 items were declared valid and 3 items were invalidated ( $\alpha = 0.733$ ).

### Analysis Techniques

Data analysis techniques used in this research are Simple Regression Analysis Techniques and Multiple Regression.

The Simple Regression Analysis Technique aims to test whether or not there is an influence between one independent variable on one dependent variable, namely the influence of self-control on online game addiction and the influence of loneliness on online game addiction at X Game Center Depok.

Next, a Multiple Regression Analysis was carried out which aimed to test whether or not there was an influence between two independent variables on one dependent variable, namely the influence between self-control and loneliness on online game addiction at X Game Center Depok.

In this research, data processing uses the SPSS 25 program. If the results of the data analysis obtained have a significance level smaller than 0.05 ( $p < 0.05$ ) then  $H_0$  is rejected, and  $H_a$  is accepted. Vice versa, if the results of the data analysis obtained have a significance level greater than 0.05 ( $p > 0.05$ ) then  $H_0$  is accepted, and  $H_a$  is rejected.

## RESULTS AND DISCUSSION

Based on the results of simple regression analysis as shown in table 1, the analysis results obtained on the influence of self-control on online game addiction are  $t = -6.054$  with  $p < 0.05$ . Because the t count result is negative, this shows that there is a significant negative influence between self-control and online game addiction. These results show that the lower the level of self-control, the higher the subject's level of online game addiction.



**Table 1.** The Effect of Self-Control on Online Game Addiction  
**Coefficientsa**

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
1 (Constant)	94.222	5.133		18,357	,000
control	-.903	,149	-.476	-6,054	,000

a. Dependent Variable: addiction

Furthermore, as shown in table 2 using a simple regression analysis method regarding the influence of loneliness on online game addiction,  $t = 5.675$  with  $p < 0.05$ . Because the  $t$  count result is positive, this shows that there is a significant positive influence of loneliness on online game addiction. These results show that the higher the level of loneliness, the higher the subject's level of online game addiction.

**Table 2.** The Effect of Loneliness on Online Game Addiction  
**Coefficientsa**

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
1 (Constant)	43,429	3,703		11,727	,000
lonely	,821	,145	,453	5,675	,000

a. Dependent Variable: addiction

The results of the third analysis carried out using multiple regression analysis, stated that the calculated  $F$  was  $= 32.462$  with  $p < 0.05$ . This means that there is a significant influence between self-control and loneliness on online game addiction. Based on the  $R$  square value  $= 0.344$ , self-control and loneliness contribute 34.4% to online game addiction at X Game Center, meaning that 65.6% is influenced by other factors not examined by researchers.

**Table 3.** The Influence of Self-Control and Loneliness on Online Game Addiction  
**ANOVAa**

Model	Sum of Squares	df	Mean Square	F	Sig.
1 Regression	6557.749	2	3278.874	32,462	,000b
Residual	12524.881	124	101,007		
Total	19082.630	126			

a. Dependent Variable: addiction

b. Predictors: (Constant), control, loneliness

Model Summary				Std. Error of the
Model	R	R Square	Adjusted R Square	Estimate
1	.586a	.344	.333	10,050

Based on the results of data analysis conducted on 127 respondents, it can be concluded that there is a significant influence between self-control and loneliness on online game addiction at X Game Center Depok. The research results can be used as a reference for science, especially in the field of cyberpsychology.

## CLOSING

### Conclusion

Based on the results of data analysis conducted on 127 respondents, it can be concluded that there is a significant influence between self-control and loneliness on online game addiction at X Game Center Depok. The research results can be used as a reference for science, especially in the field of cyberpsychology.

### Theoretical Suggestions

For future researchers who are interested in discussing online game addiction, it is recommended to use other variables such as self-esteem factors and external factors such as environmental control and social relationships. Future researchers are also advised to conduct research in various different game centers so as to obtain more precise and extensive comparisons and results.

### Practical Advice

It is recommended for players to reduce excessive use of online games, to increase self-control by managing their playing time, for example by setting a time limit by making a playing schedule or setting a timer when playing so they don't end up playing for hours. Furthermore, to reduce feelings of loneliness, online game players can try activities outside of playing online games, such as communicating with family, doing outdoor activities, recreation with friends, joining communities to find new hobbies and increasing self-confidence so they can use time more productively and be able to socialize to reduce the intensity of playing online games.

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