

The impact of online games on changing children's behavior at SMP Muhammadiyah

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ABSTRACT

This research aims the impact of online gaming on changes in children's behavior, focusing on its negative impact on social and emotional development at SMP Muhammadiyah. The method used was descriptive qualitative, this study involved six parents, six students, and one teacher, using observation, interviews, and documentation for data collection. The results showed that online gaming positively improved technological understanding, but negatively impacted social interaction, emotional stability, and eye health. Factors contributing to gaming addiction include lack of self-control and parental attention. This study underscores the important role of parents and teachers in managing students' use of technology to reduce adverse impacts, such as antisocial behavior and decreased academic performance. Additionally, the study highlights the need for balanced digital engagement strategies to help children develop healthier gaming habits. Future research could explore intervention programs that promote responsible gaming while enhancing students' social and emotional well-being.

I. INTROUCTION

Globalization has accelerated the development of technology in the modern era, making it challenging to regulate. Education, the economy, health, and many other facets of human life have all been impacted by technological breakthroughs. Technological advancements have indirectly changed the lifestyle of society. Technology makes life easier. For example, when wanting to contact relatives in another city, one used to have to send a letter via the post office, which took quite a long time. However, with the development of technology, long-distance communication can now be easily done using a mobile phone [1]. Besides facilitating various aspects of daily life, technological advancements also open up many business opportunities for society. Now, people can sell and buy various goods and daily necessities just by using their mobile phones. For entrepreneurs, technology facilitates the product sales process, so they do not need to open a physical store or travel around selling their goods [2]. In the education sector, technology offers ease in conducting the learning process [3].

Through technology, students can access various information related to their lessons. As the younger generation, students quickly master various aspects of technology. Students in middle schools

typically range in age from 12 to 15 years old. At this age, they tend to have a high level of curiosity and are interested in trying and doing new things, especially those related to technology. The development of technology in children's lives must be supervised by adults so that technology does not have a negative impact on children [4]. One of the negative impacts of technological advancement is the development of online games, which are detrimental to children. Observations show that children addicted to online games tend to be less social with their surroundings, communicate less with family and relatives, and care less about friends. Additionally, there are many health impacts, such as eye disorders, unstable emotions, irritability, and reluctance to listen to parental advice.

The increasing number of online games today has become a central form of entertainment for teenagers. Online games are no longer unfamiliar to children. In general, a game is a play activity with specific rules, allowing for winners and losers, usually in a non-serious context or for relaxation purposes [5], [6]. Online games are activities based on electronics and visuals. These games are played using electronic visual media, which typically cause eye radiation, leading to eye fatigue and dryness [7]. Students from elementary, middle, and high schools as well as adults and university students make up the bulk of online gaming players. Regular online game players risk developing addictions. Online gaming addiction has detrimental effects, particularly on social and academic spheres. Even while they promote social interaction among players, online games also have a big impact on a teen's or an individual's development. But users of online games frequently lose sight of their actual social lives [8], [9].

Children that suffer from addiction tend to play more games, which takes time away from productive tasks like studying and socializing with classmates [10]. Due to the possibility of social isolation brought on by these games, kids who are hooked to them will spend less time interacting with their peers [11]. Conversely, kids require social skills in order to form bonds with others, settle disputes, and collaborate effectively. Social development in youngsters is mostly dependent on their relationships with their peers. Peer groups are good places to compare and obtain information about the world outside of the home. Peer groups provide children with feedback regarding their ability.

Numerous earlier research show that children's psychological development—particularly their moral and emotional development—is impacted by their use of gadgets. Due to their frequent online gaming, children who are addicted to devices often become lethargic, disregard their religious duties, and cut down on their study time [12]. Research indicates that children's emotional and social development is negatively impacted by playing online games, as evidenced by behaviors like becoming easily agitated, acting more aggressively, and interacting with others less frequently [13]. According to additional studies, pupils' academic performance is negatively impacted by online gaming addiction.

These research results suggest that playing online games negatively affects kids' social and emotional growth, leading to traits like introversion, quickly becoming angry, and laziness when it comes to studying. Furthermore, students' academic performance is significantly impacted by

excessive internet gaming. However, the effect of online gaming on children's behavioral changes has not been thoroughly covered in prior research. As a result, this study concentrates on that area in an effort to ascertain how playing video games online affects kids' behavioral modifications.

II. METHODS

This study falls into the category of qualitative research with a qualitative descriptive approach. The qualitative descriptive approach is a method used to explain social phenomena occurring in society, supported by findings from previous research [14]–[16]. This research involves six parents of students, six students, and one teacher as subjects.

Documentation, interviews, and observation are the methods used to acquire data. Primary and secondary data are the two types of data used in this study [14]–[16]. Primary data is gathered directly from people like parents, instructors, and students, while secondary data is collected indirectly through existing literature or theories in books and is used as supporting data, obtained from documentation, research notes, and other supporting sources. The collected data is then analyzed by describing various findings and linking them with previous research [17].

III. RESULTS AND DISCUSSION

This study explores the behavioral changes of middle school students due to the influence of online games. Based on interviews, observations, and documentation, three main findings were identified in this research:

The first finding reveals that online games have diverse effects. Besides offering positive benefits, online games also bring negative impacts. The positive impact of playing online games includes enhancing children's understanding of modern technology and their ability to use applications effectively. Conversely, the negative impacts include a tendency for children to stay at home more, lack of social interaction, poor emotional behavior, difficulties in following household rules, and issues such as swearing at friends, bullying, and deteriorating eye health.

The second finding identifies that children experience difficulties in controlling their own behavior. This is evident from 4 out of 6 children who show low social behavior due to the influence of online games. In this situation, it is crucial for parents to monitor their children's activities more closely and strictly limit their online gaming time. Parental neglect can exacerbate children's addiction and their difficulties in self-control.

The third finding indicates that parents' busyness at work causes children to feel lonely, leading them to seek entertainment through online games. The lack of parental attention makes children prefer spending time alone at home rather than interacting with peers [18]. Some parents may prefer their children to play gadgets at home for health reasons, considering the risks outside the home due to the pandemic. As a result, children exhibit poor social behavior such as dominance over friends, lack of appreciation, exclusion of friends who do not have games or who are weaker, and frequent involvement in conflicts. This reflects problems in children's social attitudes towards their peers.

Online games are one of the technological innovations that serve as entertainment media. Nowadays, online games have become a very popular activity among various age groups, from children to adults. Technology advancements in online gaming have a variety of effects on students. A noticeable effect is the shift in the conduct of the students.

Data analysis shows that students who experience online game addiction often undergo significant behavioral changes. These changes can be both positive and negative. Positive changes include a better understanding of technology and the ability to use applications effectively. In this era of globalization, technological skills are essential to support daily activities. In education, mastering technology is necessary to understand the material better. Especially after the COVID-19 pandemic, students had to learn from home, and this habit has been maintained even after the pandemic. Learning technologies such as Zoom, Google Meet, Google Classroom, and Quizizz are used in the teaching and learning process [19]. Therefore, mastering technology becomes key to facilitating the learning process and daily life [20].

However, the practice of playing online games has drawbacks as well. Addicts to video games typically prefer to stay at home and engage with people less. The social behavior of students towards peers and family declines, they become emotional, find it difficult to follow rules at home, easily criticize friends, even engage in bullying, and experience eye health problems. One of the most noticeable behavioral changes is the tendency of students to prefer staying at home rather than playing with their peers [19]. This has an effect on the downturn in pupils' social attitudes, which are defined as an individual's social conduct and activities, such as interacting, lending a hand, and showing respect for others [21]. A good social attitude is important for a harmonious and comfortable life [22]. Teachers and families should pay attention to children who have poor social attitudes as a result of playing video games too much. In order to prevent pupils from struggling to engage and socialize, parents and instructors are crucial in helping them become accustomed to their social surroundings.

Increased laziness and poorer learning results are two other behavioral changes that children with game addictions exhibit [23]. Students' preference for gaming over studying and other activities is the root cause of this laziness. Parents must place restrictions on their children's gaming time in order to manage this problem [24]. In addition, teachers must remind students about the dangers of game addiction and apply interesting teaching methods, such as learning while playing, and encourage group learning to enhance student interaction. Both internal and environmental factors, including a lack of parental attention, can have an impact on game addiction [25]. The socioemotional development of a child may suffer if their parents would rather have them play outside or stay inside and use electronics. By giving direction and guidance, parents play a crucial part in their child's growth and development [26]. A positive family environment supports better child development and the ability to appreciate others.

This study supports other research that demonstrates how children's usage of electronics impacts their psychological development, especially their moral and emotional growth. Youngsters

that are addicted to technology often exhibit laziness, disregard for their religious duties, and have less study time as a result of their excessive gaming [27]. According to additional research, children's emotional and social development is also negatively impacted by online game addiction [28], as evidenced by behaviors like becoming easily agitated, more aggressive, and less socially engaged with their environment [29]. In conclusion, if gaming is done excessively, it can have both beneficial and bad effects.

IV. CONCLUSION

The main findings indicate that online games have both positive and negative effects. The positive effects include increased technological understanding and the ability to use applications. However, the negative impacts are more prominent, such as a lack of social interaction, poor emotional behavior, difficulty following rules, and eye health problems. Notably, children addicted to online games exhibit low social behavior and difficulty in self-control, which is exacerbated by a lack of parental attention.

The research discussion highlights that although online games can enhance important technological skills in the digital era, game addiction has detrimental effects on students' social and academic behavior. Children who play games excessively tend to be lazy, avoid social interaction, and experience a decline in academic performance. Parents and teachers play a crucial role in monitoring and limiting game time, as well as introducing children to healthier social environments. Therefore, proper family support and education are essential to mitigate the negative impacts of online game addiction.

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