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***The Impact Of Online Games On Teenage Behavior
(Study Case on Teenagers)***

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Abstract

This research aims to determine the impact and factors causing the use of online games among 11th-grade teenagers in Dusun Menuntut, Desa Rensing, Kecamatan Sakra Barat. The type of research used is qualitative research. The data collection techniques used are observation, interviews, and documentation. Data analysis is conducted using triangulation techniques, which include data collection, data reduction, data display, and conclusion drawing/verification. The research results show that the impact of online game usage on 11th-grade teenagers in Menuntut Hamlet, Rensing Village, Sakra Barat District, in terms of positive effects for teenagers, includes fostering a sense of enthusiasm and increasing friendships. However, the negative impacts felt include a sense of dependence, emotional changes, and frequent conflicts with parents. Meanwhile, from the perspective of parents (Significant Other), the positive impacts of online game usage are considered nonexistent, as they are dominated by negative impacts such as decreased study intensity and emotional changes. Next, the main factors for the use of online games among 11th-grade teenagers in Menuntut Hamlet, Rensing Village, Sakra Barat District, are the influence of the social environment, boredom, and high curiosity.

Keywords: *Online Games, Behavior, Adolescents*

Introduction

The development of information and communication technology, especially the internet, has brought significant changes in human life. ¹We can easily obtain various technological advances. Along with the development of the times and the rapid development of technology, information, and communication between humans can be done with various tools or means, one of which is a means of refreshment, such as playing *online games*.

Online games are a combination of two words that come from English. *Game* means game and *online* means in the network. If these two words are combined, then a new meaning will be formed that is not far from the basic understanding of the two words. *Online games* are a form of game that is connected via the internet network.²*Online* gaming has been proliferating lately, the longer it is, the more exciting and fun the game is. Starting from the appearance, playing style, game graphics, image resolution, and so on. No less varied are the types of games such as war games, adventures, fighting, and other *online games* that make the game interesting. The more interesting a game is, the more people play the *online game*. *The rapid development of online games* and easy access attract the interest of various groups, including teenagers. *Online games* offer an interesting, challenging, and interactive gaming experience. However, behind its benefits, *online games* also have the potential

¹Aisyah, S. (2019).The Impact of Online Games on Behavior Teenagers. Journal Psychology. 1 (1), 1-10.

² Chandra ZebehAji. (2012).Hunting Rupiah Through Online Games. Yogyakarta: Bouna Books, 1.

for negative impacts on adolescent behavior.³

The influence of *online games* on adolescent behavior is a serious concern, considering that adolescence is a period of transition and important development in a person's life. Adolescent behavior influenced by *online games* can have an impact on various aspects, ranging from social, and academic, to mental health. This study is important to understand the complexity of the influence of *online games* on adolescent behavior and to formulate appropriate strategies for managing and utilizing *online games* positively.⁴

Based on data released by Sukirno which was taken by Aline.id, the number of *online game players* in 2020 is predicted to increase from 23.7 million people in 2019 to 28.1 million people in 2020. Meanwhile, according to data written by Vika Azkiya Dihnithrough We Are Social, the Philippines is ranked first in the world with a percentage of internet users playing video games 96.4% or 964,000,000 people. Indonesia is ranked third in the world with a percentage of internet users playing video games of 94.5% or 263,420,981 people.⁵In Indonesia, teenagers aged 15-18 years who are addicted to *online games* are 77.5% or 887,003 male teenagers and 22.5%

³Supriyanto , A. (2022). Impact Negative Impact of Online Games on Behavior Teenagers. Journal Technology Information AndCommunication, 1(1), 1-15.

⁴Indriani , D. (2020). The Influence of Online Games on Performance Study Students. Journal Education, 10 (2), 110-120.

⁵We Are Social. (2022). TheLargest Number of Indonesian Gamers Third in the World. <https://databoks.katadata.co.id>, accessed June 12, 2025.

or 241,989 female teenagers. From ⁶These data show that the use of *online games* from year to year is increasing. Besides that, the average player of *online games* is dominated by teenagers aged 15-18 years of course will become a generation successor nation in the future front.

Excessive use of *online game* entertainment facilities will certainly have a very bad impact on students. One of them is an addiction to playing *online games*. Addiction to *online games* is a pleasure in playing because it can provide a sense of satisfaction, so there is a feeling to repeat the fun activities when playing *online games*. ⁷Addiction to playing *online games* can make someone become dependent both physically and psychologically and can cause sleep quality to deteriorate.

Based on observations conducted in Menuntut hamlet in the Village Rensing, District Sakra West, the researcher gets information stating that hamlet the is Wrong region with a sufficient population specifically on levels Grade 11 School Intermediate Above. Besides that, based on observation in the field there are a number of findings for student teenagers in class 11 which has Mobile phones (*Cell phones*) which on moment That to choose To play *online games* after returning home to school. By Because that's it important to study How impact from use *online games* in the region, so that can give more carry-on for parents, educators, and parties related

⁶Gurusinga Fitri Mona. (2021). Relationship Online Game Addiction With Pattern Sleep On Teenager Age 16-18 Years At State High School 1 Deli Tua Deli Tua District Regency Derley Serdang. Study Nursing Medic. 1(2), 1-8

⁷Matur, PY, Simon and TA Ndorang. (2021). Connection Online Game Addiction With Quality Sleep On Teenager Senior High School Country in Ruteng City.

to handling the phenomenon.

Based on these problems, researchers are interested in studying the Impact of *Online Games* on Adolescent Behavior which will be conducted as a Case Study on Grade 11 Adolescents in hamlet Menuntut, Rensing Village, Sakra Barat District. This aims To identify And analyze the impact use of *online games* on the behavior of teenagers in the hamlet Menuntut, Village Rensing. With do, studies can expected to obtain more information about behavior influenced teenagers through *online games*.

Research Methods

The type of research that will be used in this study is qualitative research, which this research will provide an overview or describe the results of observations obtained by researchers from the data collected then analyzed and explained in words in order to provide clear conclusions. Moleong : "Qualitative research is an effort to understand social phenomena in depth by exploring the meaning, views, attitudes, and understanding of research subjects from various data sources in the form of words, images, sounds, and actions related to the phenomenon."⁸

Meanwhile, the approach used in this research is a case study approach, where this case study was conducted on 11th-grade teenagers in Peteluan Hamlet, Rensing Village. The purpose of case study research is to conduct an in-depth investigation of a particular situation or phenomenon in a real context. Through this

⁸Moleong, LJ (2007). Methodology Study Qualitative. Bandung: PT. RemajaRosdakarya, 66.

approach, researchers can intensively explore information about the background, current conditions, and interactions that occur around a social unit, such as individuals, groups, institutions, or communities.⁹

Primary data refers to information or data collected directly from the source through data collection techniques such as interviews, observations, or documentation studies. This primary data provides a direct picture of the phenomenon being studied, with a focus on the experiences, perceptions, and views of individuals or groups involved in the situation. So the primary data sources in this study are the informants, namely 11th-grade teenagers and their parents.

Secondary data is information or data that already exists and is collected by another party for a specific purpose, but can be reused for the purposes of the research being conducted. This secondary data comes from official documents, literature, previous research results, or other publicly available records. The use of secondary data in qualitative research allows researchers to complete or deepen their understanding of the phenomenon being studied.

Qualitative researchers seek to understand in depth of the research subjects through observation, interviews, or analysis of relevant data.¹⁰ The subjects in this study were 11th-grade teenagers who actively played *online games*. Supporting data were *significant others* in the form of parents of the research subjects.

⁹SumadiSuryabrata. (2013). *Methodology Research*, PT. Raja GrafindoPersada , Jakarta, 80.

¹⁰Moleong, LJ (2007). *Methodology Study Qualitative*, Bandung: PT. RemajaRosdakarya, 55.

The number of each subject and *significant other* is 3 people as a representative of the population of parents and teenagers who play online games. So the total number of informants to be interviewed is 6 people. To obtain data in this study, several techniques were used such as interviews, observations, and documentation. Miles and Huberman stated that activities in qualitative data analysis take place continuously until complete so that the data needed is saturated and carried out interactively. Activities in data analysis are carried out with triangulation techniques which include *data collection, data reduction, data display, and conclusion drawing/verification*.¹¹

Results and Discussion

In chapter IV, the researcher will present the data and research findings obtained from the results of interviews, observations, and documentation studies related to the Impact of Online Games on the Behavior of 11th Grade Adolescents in Dusun Menutut, Rensing Village, Sakra Barat District. In collecting the data and information needed in this study, the researcher conducted interviews with three informants from among teenagers and three informants from each informant's parents who according to the researcher were valid sources of information to be used as data.

¹¹Sugiyono.(2017). Method Study Quantitative, Qualitative, and R&D, 133-141.

In this study, the researcher will present two perspectives, namely the perspective of adolescents and their parents as research subjects:

a. Teenage Perspective

1) Subject 1

a) Positive and Negative Impacts of *Online Games*

The first subject interviewed was a teenager named DS. He revealed his reasons for playing games as follows:

"I started playing online games because all my friends at school were playing. At first, it was just to join in, but over time I felt more comfortable in the gaming world than in real life. In games, I could be whoever I wanted to be and I felt more confident. Even though my parents often scolded me, I found it hard to stop because games made me feel so relieved when there was pressure at school and at home."¹²

Next, the researcher asked the respondents about the positive and negative impacts of playing *online games*. The respondents answered as follows:

"The positive impact that I feel is that I feel more enthusiastic to go through the day, because of that I also get friends and as a way to fill my free time, meanwhile for the negative impact, it causes me to often buy quota and become lazy to leave the house, which is what makes my parents often scold me."

DS' statement shows that the positive impact felt is a sense of self-confidence that is not obtained in everyday life. However, the negative impact of playing *online games* is a feeling of laziness to leave the house

¹²DS, Interview (Sue , September 1, 2025. 16.00 WITA)

because there are already friends to play with in the game world, besides DS feels more emotional if disturbed while playing *online games*.

b) Factors That Influence the Use of *Online Games*

In addition to the positive and negative impacts of online game use, researchers also tried to explore what factors cause *online game use* for teenagers. Here are the results of the interview with subject 1:

"The factor that makes me play online games is that sometimes I get bored of studying and want to find fun outside of lessons. " Because I choose to play online games because matter the make I Spirit ."

Based on the results of the follow-up interview regarding the factors causing DS' use of online games, it was because he often felt bored with studying and wanted to find his own pleasure, and by playing online games, DS became more enthusiastic because he was able to work together to complete challenges with his friends.

2) Subject 2

a) Positive and Negative Impacts *of Online Games*

The second subject interviewed was a teenager named Ari. In line with DS, a teenager named AR also revealed his reasons for playing games as follows:

"Playing online games makes me feel like I have a lot of friends, even though they are just friends in the virtual world. In this village, I feel lonely because there are not many activities to do. Online games give me the opportunity to interact with people from all over the world and learn many new things. In

addition, I feel satisfied when I succeed in reaching a level or completing a certain challenge in the game."¹³

Furthermore, the researcher also asked the respondents about the positive and negative impacts of playing *online games*. The respondents answered as follows:

"The positive impact for me is that playing online games makes me not feel lonely because I have lots of online friends, while the negative impact is that I just become too lazy to leave the house."

Based on the results of interviews with respondents, it was explained that the positive impact of playing *online games* helped overcome the loneliness he felt in a village that lacked social activities. Through games, he got the opportunity to interact with people from various parts of the world. However, the negative impact felt by AR after playing *online games* was a feeling of laziness to go out of the house and a feeling that his personality tended to be impatient.

b) Factors That Influence the Use of *Online Games*

In addition to the positive and negative impacts of online game use, researchers also tried to explore what factors cause online game use for teenagers. Here are the results of interviews with subject 2:

"The main reason I play online games is that I like being lonely and want to do something new. In the village Also majority all play online games so I am forced follow current . Besides That I want to have more friends."

¹³Ari Rahman, Interview (Sue, September 1, 2025. 17.00 WITA)

Based on the results of the follow-up interview regarding the factors causing AR's use of online games is because he often feels lonely after school because almost all of his peers play online games. Therefore, AR is forced to follow his friends playing games to be able to hang out with his friends. In addition, AR also wants to get more friends who are not only from his village, he also wants to have friends who come from outside the area or from abroad.

3) Subject 3

a) Positive and Negative Impacts of *Online Games*

The third subject interviewed was a teenager named BN. He also revealed his reasons for playing games as follows:

"I like playing online games because I can play with my friends online. We often play games after school and it's our way of having fun. Besides, the games are very interesting and challenging. I feel very happy when I can win a game or reach the highest level, and it makes me want to play again and again."¹⁴

Furthermore, the researcher also asked the respondents about the positive and negative impacts of playing *online games*. The respondents answered as follows:

"The positive impact of online games for me is that I become happier because I can play with my friends by completing challenges together. But the negative impact for me is that I become too lazy to study and go out of the house, that's what causes my parents to often scold me."

¹⁴BN, Interview (Sue, September 1, 2025. 18.00 WITA)

According to BN, *online games* are a way to have fun with friends after school and provide satisfaction through achievements and challenges in the game. Games become an important part of his social routine and provide ongoing pleasure. However, the negative impacts felt by BN are feelings of laziness to study, impatience, and a feeling of laziness to go out of the house to socialize.

b) Factors That Influence the Use of *Online Games*

In addition to the positive and negative impacts of online game use, researchers also tried to explore what factors cause online game use by teenagers. Here are the results of interviews with subject 3:

"The factors that motivate me to play games are the joy and excitement I feel when I am able to complete various challenges in playing games. In addition, I also feel that playing this game can increase my energy to do daily activities."

Based on the results of further interviews regarding the factors causing BN to use *online games*, it is because he gets his own pleasure when he is able to *complete* the challenges in the game itself and this makes him more enthusiastic about going through the day. In addition, there is also the influence of his friends who often invite him to play *games* together.

b. Parent's Perspective

1) Parents of Subject 1 (*Significant Other 1*)

a) Positive and Negative Impacts *of Online Games*

The first informant interviewed was named ZK, who is the mother of DM, Subject 1. She revealed the positive and negative impacts on her child after being introduced to online games: as follows:

"My child often plays online games until late at night, which makes him always sleepy and makes it difficult for him to wake up in the morning for school. I feel very worried about his health, especially because he often gets sick and can't focus on studying. To prevent this, I have set a curfew by turning off WiFi at 10 pm, but he often finds other ways such as using mobile data or going to his friend's house. So far, I have also seen no impact at all on online games for my child."¹⁵

Mrs. ZK observed that her child often played *online games* until late at night, which had a negative impact on the child's physical health and concentration at school. Even though the rule had been implemented by turning off WiFi, the child often found a way to keep playing, showing difficulty in managing time and obeying existing rules. This problem indicates the negative impact of game addiction on the child's sleep patterns and physical health. In addition, Mrs. ZK did not see any positive impact from playing *online games* because Mrs. ZK felt that there were negative changes in her child.

¹⁵Zakiah, Interview (Sue, September 1, 2025. 16.00 WITA)

b) Factors That Influence the Use of *Online Games*

In addition to the positive and negative impacts of *online game use*, researchers also tried to explore what factors cause online game use by teenagers. The following are the results of interviews with the parents of subject 1:

"After I saw my child's behavior, which can now be said to be almost addicted to online games, the causal factor was because of his association with his friends. Previously, he was not too interested in online games, but over time because his friends played games, he started to follow suit."

Based on the explanation Mrs. ZK, revealed that the factor causing her child to play online games was the influence of his association with his friends. Mrs. ZK had tried to reprimand her child to be selective in his friends but, her child kept repeating it. This caused a change in Dimas' behavior from previously normal to becoming more emotional.

2) Parents of Subject 2 (*Significant Other 2*)

1) Positive and Negative Impacts of Using *Online Games*

In line with what was expressed by Mrs. RN, who is the mother of informant 2, namely AR, also said:

"Since being addicted to online games, my child prefers to lock himself in his room and rarely interacts with his family, which makes me feel very sad and lose closeness to him. I try to overcome this by inviting him to participate in family activities such as cooking together or exercising, but he often refuses on the grounds that he wants to play games with his friends. That's what made me see that there is no positive impact from playing online games because almost all of them have a negative impact on my child."¹⁶

¹⁶RN , Interview (Sue , September 1, 2025. 17.00 WITA)

From the interview results, Mrs. RN felt that she had lost closeness with her child because the child spent a lot of time playing games in the room and refused family activities. Parents' efforts to involve the child in family activities were unsuccessful because the child preferred to interact with his friends in the game. Dependence on online games causes children to isolate themselves from family interactions, which has an impact on the emotional relationship between the child and the family. From all of these statements, Mrs. RN did not find any positive impacts from playing online games because almost all of them have negative impacts on her child.

2) Factors That Influence the Use of *Online Games*

In addition to the positive and negative impacts of *online game use* for teenagers, researchers also tried to explore what factors cause online game use for teenagers. The following are the results of an interview with Mrs. RN, who is the parent of subject 2, who said that:

"I don't know for sure what the main factor is that causes my child to play online games, but what I do know is that my child is invited out every day by his friends. Well, I think that's because of the influence of his friends who almost all play online games, and since then lately, my child has often locked himself in his room."

Based on the results of the interview with Mrs. RN, who is the mother of the 2nd subject AR, she stated that the factor causing her child to play online games was also the influence of his friends, most of whom played *online games*. This also made AR a tough person and did not want to be

controlled, because he was afraid of being disturbed while playing *games*. Mrs. RH had tried to forbid him from playing games, but this kept happening over and over again.

3) Parents of Subject 3 (*Significant Other 3*)

1) Positive and Negative Impacts of Using *Online Games*

On another occasion, the researcher also interviewed Mrs. ZN who is the mother of the 3rd subject, namely BS. She revealed:

"My child's behavior has changed drastically, becoming more aggressive and easily angered if he is not allowed to play games, even though he used to be a fairly calm child. I feel very anxious and afraid that this will continue into adulthood. To prevent this, I have tried to limit his playing time by setting a rule of 2 hours after school and 2 hours after Maghrib. I give consequences if he breaks it. But in the beginning, he was still angry and difficult to control. However, over time, I tried to be more firm and disciplined in limiting him, until finally, it didn't take long to make him more controllable."¹⁷

Mrs. ZN stated that the negative impact on her child was the impact on changes in his behavior to become more aggressive and easily angered when not allowed to play *games*. Changes in behavior to become aggressive can indicate the psychological impact of game addiction, such as frustration and inability to deal with anger in a constructive way. Meanwhile, Mrs. ZN has not found any positive impacts from the existence of online games.

¹⁷Zainab, Interview (Sue , September 1, 2025. 18.00 WITA)

2) Factors That Influence the Use of *Online Games*

Next, the researcher asked about the factors that caused the use of *online games* to Mrs. ZN, who is the mother of Subject 3, namely BS, She stated that:

"The factor that causes my child to play online games is when he comes home from school he always tells me that he is sometimes bored at home playing alone and wants to find fun. He is also often invited to play together with his friends. However, what he plays with his friends is online games."

Based on the results of the interview with Mrs. ZN, she also revealed that the most influential factor in why her child plays online games is the influence of her friends.

1. Positive and Negative Impacts of *Online Games* on 11th-Grade Teenagers in Dusun Menuntut, Rensing Village, Sakra Barat District

The results of the study, starting from the observation process, interviews and documentation, show that for most teenagers, online games function as a mechanism to reduce dissatisfaction in real life. Games offer an alternative world full of opportunities for achievement, social interaction, and self-development that may not be available in their daily lives. However, this dependence on games often causes conflict with parents and challenges in time balance. While some teenagers find purpose and happiness through games, others struggle with the long-term impacts of this habit, including difficulty stopping the habit of playing and the impact on other aspects of their lives.

Based on the results of interviews with these teenagers, the positive and negative impacts of this *online game can be seen* as follows:

a. Positive impact

The positive impact of online games felt by these teenagers is that they are considered as problem-solving, namely, games often present challenges that require players to think critically to find solutions. In addition, for them playing games is considered a stress reliever, playing games can be an effective way to relax and forget about everyday problems. And finally, the positive impact felt by them is that they can add friendships with many people and even make friends with people from outside the region and abroad.

b. Negative impact:

In contrast to the positive impacts, the negative impacts according to teenagers are only in the form of Dependence, emotionality, and family conflict. Dependence on *online games* can cause conflict with family, especially if playing time is excessive and interferes with other responsibilities. This often causes communication problems and misunderstandings between teenagers and families.

Meanwhile, from the perspective of parents or *Significant Other*, on average all respondents stated that they did not find any positive impacts from playing online games. This is because some of the positive impacts that may occur due to playing online games are very difficult to see clearly. According to parents, the negative impacts for teenagers are seen in their daily behavior which becomes less good,

such as often staying up late, becoming impatient or angry, and decreasing the intensity of their learning. This is what causes changes in behavior in teenagers.

2. Factors Influencing the Use of *Online Games* in Grade 11 Adolescents in Dusun Menuntut, Rensing Village, West Sakra District

The results of the research starting from the observation process, interviews, and documentation regarding the factors that influence the use of *online games* for teenagers are as follows:

a. Teenage Perspective

Based on the results of observations and interviews with all respondents, the main factors that influence their use of online games are:

1) Boredom

When there are no other interesting activities, *online games* can be an option to fill free time. Therefore, after school, the average respondent looks for something that can relieve boredom itself.

2) Social environment

All informants stated that the main factor for them playing online games was the factor of their school friends who almost all played online games, and that was what caused the informants to be influenced so that they had no choice but to join in playing.

3) Curious and want to know

Most teenagers indeed on average have feelings want to know the high and want to do a challenging thing because as an escape they play *online*

games because online games offer various types of features the challenges that make it the more interesting.

b. Parent's Perspective

Based on the results of observations and interviews from all parents who are also (*Significant Others*), stated that the main factor for their children playing *online games* is because of the influence of their social environment. They explained in detail that before their children knew about online games, they had good personalities, but after they played online games they became a little angry and had an impact on decreasing the intensity of their learning both at home and at school.

Conclusion

Based on the results, the study can conclude that First, the impact of using online games felt by teenagers in Class 11 Hamlet Demand Village Rensing Subdistrict West Sakra is divided into positive And negative. Impact The positive among them considered breakdown problems, stress reduction, and friendship with many people. Meanwhile, according to the perspective of the Significant Other or parents' informant, the impact negative experienced by teenagers is subtraction intensity study, often staying up late, and impact on change behavior teenagers become often emotional. However, for impact positive from online games the considered No there is, because the majority of parents feel mental and emotional development of their son become more decreased. Second, the factors reasons use online games for teenager based on the results study from informants is among them boredom factor, environment social, And high curiosity factor. Statement the Also

supported by delivery from the significant other namely parents from the informant who also states that factor the main thing is environment social And socializing free.

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