

DEPENDENCE OF PLAYING ONLINE GAMES WITH TIME MANAGEMENT AND PRO-SOCIAL BEHAVIOR

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ABSTRACT

The purpose of this research is to know relationship of dependence of playing online games with time management and behavioural prosocial. Time management is an ability of students in use of time, that can set goals, priorities, and do control time in self-regulation. Prosocial behavior is an action that encourages someone to do interpersonal relationships, working, honest and helping others. Online game addiction is a state of person who are tied to very strong habits and cannot off to play games online from time to time regardless of a negative impact to them. Analysis method used is quantitative approach using Product Moment Correlation technique of using 96 samples in class 2 State Junior High School 13 on Surabaya city. The result showed a positive relationship of dependence play online games with time management retrieved value $r_{xy} = 0.291$ with probability of 0.004 ($p < 0.05$) there is a positive relationship of dependence with online gaming behavior prosocial retrieved values $r_{xy2} = 0.339$ with probabilities of 0.001 ($p < 0.05$). Those, hypothesis about negative relationships between dependency play online games with time management and prosocial behavior, denied.

Keywords: Online Gaming Addiction, Time Management, Prosocial Behavior.

1. Introduction.

Addiction to playing online games has a huge impact on adolescent behavior, one of which is prosocial behavior, but unfortunately, in this practical era, not all teenagers are willing to develop prosocial behavior. Prosocial behavior is more common in adolescence than childhood. Increasing age, will make individuals more understand or accept social norms. Increasing age makes individuals become more empathetic, can understand value, or means prosocial actions shown (Megawati, 2016). In general, everyone needs to develop prosocial behavior, especially for students. Students really need encouragement or social connection with other people. In their interactions, students can establish relationships with their friends and others, but in today's rapidly developing f technology, some students feel they don't need to relate to other people, students prefer to play online games so they forget time with other activities, for example, they don't want to help in activities at home, reduced interaction with friends and other people around him, or in other words, reduced prosocial behavior.

An individual is said to be addicted to playing online games if they spend hours and even extremes they can spend days in front of computer or play with cellphones to play games they like when

someone normally spends more than 14 hours per week. If a person has become an addict, it will have an impact on his psychological and physical state (Smart, in Santoso, 2013). Student who are addicted to playing online games, usually has an urge to play games continuously (compulsion), and tends to make efforts to distance himself from doanything else except play online games (Chen, 2008). someone who is dependent on playing online games also has problems interacting with other people and surrounding environment, namely reduced interpersonal relationships or tends to ignore how interpersonal relationships they have because they only focus on playing online games; also pay less attention to their health problems such as lack of sleep, not maintaining body hygiene and regular eating patterns.

This dependence on playing online games by teenagers often does not have a well-controlled time management. Online game addicts spend more time and neglect other activities. This is in accordance with Macan (2014) which says that one of influential aspects in time management is over time control. This over time control relates to being able in manage time and control things that can affect use of time.

In adolescents, it is clear that there is a crisis in use of time. It was once taught that best behavior was to use that time as creatively as possible. What can be noted is that adolescents experience more difficulty in utilizing that time than children, and that they often do things to waste time (Brightbill, in Monks, 2014). One example of activities that are carried out to take advantage of time is by playing online games, but for teenagers who are addicted to playing online games, they often use their time excessively and even spend hours without paying attention to time for other activities. Time is scarcest resource and if it cannot be managed, then nothing else can be managed. That is, teenagers must be able to well manage their time, because time is something valuable. This is supported by Ojo & Olaniyan (in Puspitasari, 2012) who say that time management is not about doing many things in one day, it is about the things that are important, and is ability to decide what is most important in life both at work, at home and even in everyday life.

A case was found in Surabaya, a junior high school teenager who has been addicted to online games since elementary school who like to lie to his parents by saying he studied and done school assignments even though he has not been done, often sleeps late at night so he forgot time to study and is reluctant to play with his friends, often locked himself in his room, didn't want to work together to help with activities in house, also stolen father's credit card to play online games (Etna, 2017). This is in accordance with opinion of Mussen (Yuliasih, 2010) which states that there are aspects in prosocial behavior, namely sharing, cooperating, helping, honest, generous, and considering rights and obligations of others. Nicholas Yee (Santoso, 2013) mentions indicators of individuals who are dependent on games, having some or all characteristics, namely: anxious, frustrated and angry when not playing games; problems in social life, problems in financial and interpersonal relationships as well as social interactions with other people. Playing too many online games so that dependence occurs makes individuals isolated from society.

At this time, there are many teenagers, both boys and girls, who can play online games via phones, which provide online gaming facilities according to existing quota. Online gamers can now spend most of their time just playing games and neglecting other important activities such as eating, drinking, or studying. This is clearly very influential on other activities of these teenagers. This condition makes it easier for teenagers to play online games anywhere, anytime without knowing limit time, which ultimately leads to dependence, indifferent to other activities, giving rise to strange symptoms, moods such as feeling uneasy when desire to play is not fulfilled, and does not empathize with family activities, and affects other social activities, such as refuse to play with friends, so presence of other people

(friends, family) is considered to be able to inhibit online game playing activities. This is in accordance with opinion of Sears (1994) which says that there are factors that influence prosocial behavior, namely presence of other people, environmental conditions, time pressure, personality, mood, guilt, empathy, and self-distress. Based on Tsani (2018), prosocial is a condition when someone flt emphathetic and easity give help for others.

This dependence on playing online games results in reduced prosocial behavior in adolescents, where prosocial behavior can affect how individuals interact socially, individuals do not need the presence of other people, where presence of other people is one of social factors that influence prosocial behavior. This is in accordance with Wrightman (Meihati, 2014) which says that prosocial behavior is a behavior that has positive consequences, in form of providing assistance to others both physically and psychologically, such as happy to help, involvement with others, cooperation, friendship, helping, caring for others and generosity.

This study formulates following hypothesis:

1. There is a negative relationship between addiction to playing online games with time management.
2. There is a negative relationship between addiction to playing online games with prosocial behavior.

2. Literature Review

Prosocial Behavior

Behavior is a person's response or reaction to external stimuli, which occurs through interaction process between individuals and their environment as a state of mind to think, and behave which is a reflection of various aspects, both physical and non-physical. Human behavior is mostly in form of behavior that is formed, behavior that is learned (Santrock, 2011). Baron (2005) argues that prosocial behavior is an act of helping that benefits others without having to provide a direct benefit to person doing action and may involve a risk for person helping. According to Chaplin (2011) states that social behavior is a beneficial social behavior in which there are elements of togetherness and cooperation. Prosocial behavior can influence how individuals perform social interactions.

Prosocial behavior is behavior that benefits others that is carried out voluntarily and without real benefits for people who provide assistance in social interaction. According to Mussen (1989) aspects of prosocial behavior include sharing, cooperating, helping, honesty, being generous, considering rights and obligations of others. Humans basically cannot be separated from aspects of prosocial behavior, and how to organize and manage time, in other words, time management is needed.

Time Management

Time management can be interpreted as a way individuals organize their lives with principle of prioritizing what must be done on a priority scale (Covey, 1994). This is in line with what was stated by Macan (1994) describing time management as condition where individuals first determine their needs and desires and then arrange them according to order of importance, meaning that there is a special activity, namely setting goals to achieve needs and desires by prioritizing tasks that need to be done. According to Macan (1994) found three aspects of time management used in the development of task measurement on time management include setting goals and priorities, time management techniques, and controlling time. Each individual's time management is different from other individuals, this is due to factors that can affect time management, including age, gender.

According to Rusyadi (2012) characteristics of individuals who have high time management include: prioritizing completing difficult activities or jobs first, then completing easy jobs; give priority to completing activities or work that takes a long time, then work that is quickly completed; prioritize important activities or work; carry out activities that can bring individuals closer to their goals; set a time limit to complete activities for which they are responsible; develop a priority scale based on order, and be able to sort out urgent and compelling demands.

Dependence on Online Game

Dependence or addiction in psychological dictionary is defined as a state of physical dependence on an anesthetic. In general, these addictions increase tolerance to a drug, physical and psychological dependence, and increase symptoms of isolation from society when drug is discontinued. The word addiction is usually used in a clinical context and is refined with a broad range of behaviors including information communication technology addiction (Chaplin, 2011). According to Young (2000), online game addiction is a form of addiction caused by internet technology or better known as internet addictive disorder, as stated that internet can cause addiction, one of which is computer game addiction. Dependence is a dependent behavior or condition that is very strong physically and psychologically in doing something, and there is an unpleasant feeling if it is not fulfilled. Online game addiction is a condition of a person who is bound to a very strong habit and cannot be separated from playing online games from time to time there will be an increase in frequency, duration or amount of doing so, regardless of negative impact on him. According to Chen (2008) aspect of a person's dependence on online games is actually almost same as other types of addiction, but online game dependence is included in psychological dependence category and not physical dependence, including compulsion (urge to do it continuously), social withdrawal, intolerance, interpersonal and Health Related Problems.

According to Santoso (2013) several criteria that lead to dependence on online games, including often forgetting time or ignoring basic things when accessing online games for too long, withdrawal symptoms such as anger, tension, or depression when online games cannot be accessed because internet quota runs out, there is a constant need to increase time spent, need for more computer equipment / gadgets to be owned has same degree of satisfaction, and frequent comments, lies, low achievement, social isolation and fatigue. This is a negative impact of prolonged use of online games. Those above symptoms are supported by opinion of Young (in Santoso, 2013) who expressed several indicators to identify someone who is addicted to playing online games, including preoccupation of playing online games, lying or hiding their activities playing online games, loss of interest in activities outside of playing online games, withdrawal from people in real life, defensive and angry, psychological disorders, such as mood swings and anxiety, using online games as an escape from problems.

3. Method

The population used is by students at SMP Negeri 13 in Surabaya, and characteristics, namely: 1. Junior high school youth in grade 2. Ages 11-13 years 3. Has an android phone. From parallel classes taken by 200 students, population that represents only 96 students. The research design uses a quantitative approach to product moment correlation technique, which is a technique to find correlations between two variables that are often used, where correlation coefficient is obtained by looking for multiplication results of correlated moments (Sutrisno Hadi, 2000).

The variables in this study are independent variable (X) namely online game dependence, while dependent variable (Y) namely time management (Y1) and prosocial behavior (Y2). Prosocial behavior

in this study is defined as an action that encourages someone to interact, cooperate, act honestly, and help others without expecting anything for themselves.

This research on prosocial behavior is measured by a scale based on 4 (four) aspects of prosocial behavior proposed by Mussen (1989), namely: 1. interaction with other people, meaning reduced interaction or relationships between individuals (interpersonal relationships); 2. cooperate, which means a behavior that is intentionally carried out by a group of people or organizations for realization of a shared desired goal; 3. act honestly, a behavior that is shown by words that are in accordance the circumstances and do not add or subtract from existing reality; 4. Helping others, meaning a voluntary action without regard to gains or losses from act of helping and without expecting anything in return from person being helped.

The scale discrimination (validity) test was carried out using the SPSS for Windows series 20 program statistics, with criteria for determining an item being categorized as an item that the discriminatory power index, if item correlation coefficient with corrected total scale score was equal to or greater than 0.300 (Azwar, 2008). The validity test on prosocial behavior scale, from the 40 items tested, 12 items fell out, so that there were 28 items with a discrimination index > 0.30 valid with the corrected item Yotal correlation index moving from 0.303 to 0.807. All items that are valid on prosocial behavior scale are tested for reliability using Cronbach Alpha technique, which shows a reliability coefficient of 0.931. It can be concluded that alpha reliability test is closer to 1.00, which means it is very steady.

Time Management in research is defined as ability of students to use time, which can set goals, prioritize, and control time in self-regulation. This Time Management Research is measured through a scale that is based on 3 aspects of the Tiger (2014), namely 1. setting goals, namely being able to determine goals to be achieved; 2. Prioritizing, namely being able to sort out activities that are considered important and need to be given priority, 3. Controlling time, namely being able to set time limit needed to carry out an activity so that it doesn't drag on.

Validity test on time management scale, of 30 items tested, there were 10 items that failed, and there were 20 items with a discrimination index > 0.30 which were valid with corrected item total correlation index moving from 0.328 to 0.808. All items that are valid in time management scale are tested for reliability using Cronbach Alpha technique, showing a reliability coefficient of 0.918. It can be concluded that alpha reliability test is closer to 1.00, which means it is very steady.

Online Game Addiction is defined as a condition of a person who is bound to a very strong habit and cannot be separated from playing online games time to time, regardless of negative impact on him. This online game addiction research is measured through a scale based on 4 (four) aspects of online game addiction from Chen (2008), namely 1. The urge to do it continuously (compulsion), which means a strong urge or pressure that comes from within oneself to do something continuously to play online games. 2. Withdrawal or distancing, which means an attempt to distance themselves from social, they cannot withdraw to do anything else, except online gaming. 3. Interpersonal relations, meaning issues related to interactions with other people. 4. Health problems means they pay less attention to health problems, such as lack of sleep.

4. Result and Discussion

The results of hypothesis test show that there is a relationship between dependence on playing online games and time management. Value of $r_{xy1} = 0.291$ with a probability of 0.004 ($p < 0.05$) means that there is a significant positive relationship. It can be said that proposed **hypothesis 1 is rejected**.

Coefficient value of determination shows that dependence on playing online games is able to provide an effective contribution of 85% to time management abilities.

Relationship between dependence on playing online games with prosocial behavior is obtained by the value of $r_{xy}^2 = 0.339$ with a probability of 0.001 ($p < 0.05$). It means that there is a significant positive relationship. It can be said that **hypothesis 2 is rejected**. Coefficient determination indicates that dependence on playing online games can provide an effective contribution of 11.5% to prosocial behavior.

Table Hypothesis Test Result

Variable	Rxy value	P value	R ²
Game Online Addiction and Time Management	0,291	0,004	0,085
Game Online Addiction and Prosocial Behavior	0,339	0,001	0,115

Source: research result

Based on hypothesis test results above, it can be said that hypothesis 1, namely negative relationship between addiction on playing online games and time management, is rejected. Results showed that there was a significant positive relationship, this indicates that time management is not related to addiction on playing online games. This shows that subjects who has high dependent on playing online games also having high management abilities. This can be explained that subject who has a dependence on playing online games is probably because they are still playing at an early level, so they are still able to manage time, to do other activities such as learning activities, bathing, eating and resting, but if above is still done then it is likely to have bad results because subject will encounter increasingly heavy school assignments, so subject must manage time if they still want to play online games excessively so that other activities that are more important are not disturbed. This is supported by the opinion of As'ad Djalali (2013) that time management is more likely to use time. Individuals who are able to manage time will determine priorities of various tasks at hand, focus their time and energy on important tasks first.

Based on hypothesis test result above shows that prosocial behavior is not related to addiction to playing online games. Hypothesis 2, namely there is a negative relationship between dependence on playing online games and prosocial behavior, is rejected. This shows that subject of playing online games is required to have a community of online game fans as well. The higher dependence on playing online games, subject must increase number of online game fans even more. As for fans of online games, inevitably they have to meet with other fans, to do activities together, work together and help others. This is also consistent with Karau & William (in Saputra, 2016) that prosocial behavior has an important role throughout adolescents lives, especially in terms of increasing acceptance of togetherness and support and maintaining positive relationships with groups or with other people. As for desire to interact with others, a need for social communication and need for affection can only be met in a collective state, in a group or community.

5. Conclusion

Based on data analysis calculations that have been carried out, it is concluded that research result show that there is a positive relationship between dependence on playing online games with time management and prosocial behavior. Thus, hypothesis proposed in this study, namely that there is a

negative relationship between addiction to playing online games with management and prosocial behavior, is rejected.

Here are some suggestion for related parties as an implication of this study

For research subjects, who have a high dependence on playing online games if this condition continues it will cause subject to have problems with other activities, where their activities are increasing day by day, for that subjects are expected to be able to gradually reduce their dependence on online games by following other activities certain group. The trick is to make a stricter daily schedule so that it can reduce dependence on playing online games, for example making a schedule to play online games only on Saturdays and Sundays.

For parents, it is expected to always remind their children to gradually reduce playing online games by managing time as well as possible and prioritizing more important activities. For future researchers, it is hoped that research with the same title, using a sample that is really problematic with time management and prosocial behavior, can make a real contribution in overcoming problems that quite a lot occur in educational environment and wider communities.

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