

Gangguan Permainan Internet: Program Pencegahan pada Remaja untuk Indonesia

Internet Gaming Disorder: Prevention Adolescent Programs for Indonesia

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ABSTRACT

Background: Emerging Internet technologies are now creeping into the game arena. Increased incidence of gaming addiction is felt in the world, and no doubt in Indonesia could have an impact as well, especially in an adolescent. In Makassar, found the incidence of internet games disorders by 30% in high school children. Therefore, internet games eventually became an important issue in the world of health to the World Health Organization (WHO) and making it the responsibility of the world. The state has a duty and responsibility in preventing health problems caused by the development of internet gaming in Indonesia. Internet Gaming Disorder is a mental problem that should be considered in adolescents, and even no single governing restrictions on the use of internet gaming and prevention programs for adolescents in Indonesia. **Objective:** The purpose of this study is to explore the problem of Internet Gaming disorder by describing programs that have been implemented by countries outside Indonesia in terms of health promotion for adolescents. **Methods:** This study was a literature review of several journals, thesis, as well as patient data reports Internet Gaming disorder in Indonesia and the world. **Result:** The result is a necessary regulation involving adolescents, parents, schools, governments, and public health officials to regulate Internet gaming restrictions to prevent Internet Gaming Disorder as has been done in China, Hong Kong, Iran, and Switzerland which can be adopted in Indonesia. **Conclusion:** The problem of Internet gaming disorder being ordered must be a concern of government and cross-sectoral to prevent the development of this problem in Indonesia as a protective way for adolescents.

Keyword: Adolescent, Internet Gaming Disorder, Prevention, Regulations

ABSTRAK

Latar belakang: Teknologi internet yang sedang berkembang kini semakin meluas pada arena permainan (game). Peningkatan kejadian kecanduan game terjadi di dunia, termasuk juga Indonesia, terutama pada kalangan remaja. Di Makassar, ditemukan kejadian gangguan permainan internet sebesar 30% pada anak SMA. Oleh karena itu, permainan internet akhirnya menjadi isu penting dalam dunia kesehatan bagi World Health Organization (WHO) dan menjadikannya tanggung jawab secara global. Negara memiliki tugas dan tanggung jawab dalam mencegah gangguan kesehatan yang diakibatkan oleh perkembangan permainan internet di Indonesia. Gangguan akibat permainan internet merupakan masalah mental yang harus diperhatikan pada remaja, hingga kini bahkan belum ada aturan pembatasan penggunaan permainan internet dan program pencegahannya bagi remaja di Indonesia. **Tujuan:** Tujuan dari penelitian ini adalah untuk mengeksplorasi permasalahan gangguan akibat permainan internet dengan mendeskripsikan program-program yang telah dilaksanakan oleh sejumlah negara di luar Indonesia dalam hal promosi kesehatan pada remaja. **Metode:** Penelitian ini merupakan studi pustaka dari beberapa jurnal, skripsi, serta laporan data pasien yang mengalami gangguan akibat permainan internet di Indonesia dan dunia. **Hasil:** Hasilnya adalah diperlukan regulasi yang melibatkan remaja, orang tua, sekolah, pemerintah, dan pejabat kesehatan masyarakat untuk mengatur pembatasan game internet untuk mencegah gangguan akibat permainan internet seperti yang telah dilakukan di China, Hong Kong, Iran, dan Swiss yang dapat diterapkan di Indonesia. **Kesimpulan:** Masalah gangguan akibat permainan internet harus menjadi perhatian pemerintah dan

lintas sektoral untuk mencegah berkembangnya masalah ini di Indonesia sebagai cara protektif bagi remaja.

Kata Kunci: Remaja, Gangguan akibat Permainan Internet, Pencegahan, Kebijakan

INTRODUCTION

Health is a healthy condition, both physically, mentally, spiritually and socially to enable more people to live socially and economically productive (MOH RI, 2009). Health is the right of every human being at all ages, one of which is children and adolescents.

Adolescent according to the Republic of Indonesia Minister of Health Regulation No 35 of 2014 is a citizen in the age ranging from 10-18 years and according to BKKBN with an age range between 10-24 years who are not married. Adolescence is a period in which an individual is still in the supervision of parents in charge until otherwise independent (Ministry of Law and Human Rights of the Republic of Indonesia, 2014).

The state is obliged to protect and guarantee the health of adolescents that are in line with the Ottawa charter, which is to develop health-oriented policies as stated in Health Act Number 36 of 2009, in article 137 that the Government is obliged to ensure that the adolescent can get education, information and, services on health to be able to live a healthy life and responsible. This shows that adolescents already can be responsible for their health but it should be the protection of health information on the right of the government (Department of Health Republic of Indonesia, 2009).

Adolescent health issues today are quite an issue in society that physical changes, psychological problems, emotions, and intellect that can lead to conflict within adolescents who have an impact on health. These days we often hear about the incidence of teenage brawl, promiscuity, and even stress to suicide resulting from uncontrolled adolescent psychology and emotion. If we trace the roots of the problem it can be prevented with proper treatment (Kemenkes RI, 2015).

Adolescent problems that the current trend is the psychological problems associated with technological developments with fairly rapid progress.

Adolescent releases their stress by surfing the internet, one of which is online gaming. Technology is very useful when used properly, but often the technology becomes negative if not controlled. Internet technologies into the current requirement greatly facilitate everyday activities. The adolescent can easily use the internet in exploring science and use it to complete the task as well as socializing (Kaptsis *et al.*, 2016; Rho *et al.*, 2018).

Restriction policy on mobile phone use in school has existed in 2018 the Ministry of Women Empowerment and Child Protection initiated a Joint Decree (SKB) Minister of Communications and Information Technology, Ministry of Education and Culture, and the Minister of Religious Affairs on the restriction of the use of devices, Communications and Informatics, 2018. Regulations that have been going on is the ban on the use of devices in schools for elementary school children, but the middle and high school children are still allowed to contact parents. Use of the device in adolescents is still difficult to control due to the junior high school and senior high school assignments are often looking for material to use device. The need for continuous monitoring with the cooperation of parents and teachers who are not only restrict the use of devices but keep an eye on the use of applications on the device (Kominfo, 2018).

The development of the internet is becoming extremely attractive to adolescents when the game application using the internet as a means to facilitate users to play. No need to meet physically, a group of people on the internet can play the game together from different places. Activities which are ongoing is a threat to young people in various facets of life. Starting with social matters, it will become not only a disruption to the friendship but it can also impair vision, nerves, and even the brain. When it is about the addiction in the brain, it refers to the World Health Organization (WHO) Internet Gaming Disorder. WHO (World Health Organization) declared the Internet

Gaming Disorder (IGD) as a health emergency be one mental health problem that must be prevented by an increase in incidence (WHO, 2018; Alshehri and Mohamed, 2019).

Based on the phenomenon that is growing rapidly at this time, Internet Gaming Disorder is a threat that is not realized by the community, especially in children and adolescents. Like smokers and alcoholics who do not directly feel the impact of the Internet Gaming Disorder can threaten health, especially mental health, people tend to underestimate or assume harmlessly. Internet Gaming Disorder is a condition of someone who plays games excessively both in time and behavior that interferes with routine and adversely affects health and life (Lee, Choo and Lee, 2017).

Internet Gaming Disorder is often experienced at the age of children, adolescents to young adults. In Asia, as in Thailand in the daily Thailand post recorded an increasing number of Internet Gaming disorder of the numbers were 26 cases in 2016 to 129 cases in 2017 and a further increase in 2018 in 146 cases. Some countries also noted the occurrence of Internet Gaming disorder among others in Germany Internet Gaming Disorders in adolescents in 2015 with an age range of 13-18 years by 1.16%, while in some countries in Europe namely France by 2% experienced an Internet Gaming Disorder. Even in Japan, Internet Gaming Disorder was related to ADHD (Attention-deficit Hyperactivity Disorder) with 3.7% had severe Addiction. Based on a survey conducted by AJPII in Indonesia, it was found that the biggest internet users were between the ages of 19-34 years which was 42.52%. From the survey result, the number of internet users is quite large in Indonesia with the most reasons is for social media and online games. Even though data on the number of Internet Gaming disorder events in Indonesia have not yet been recorded, the phenomenon that occurs can already be seen from the impact on children to adolescents in Indonesia (Association of Indonesian Internet Service Providers and Kominfo, 2017; Feng *et al.*, 2017; Przybylski, Weinstein and Murayama, 2017; Wipatayotin and Reksaseri, 2018) (Rehbein *et al.*, 2015; Fam, 2018; Costa *et al.*, 2019) (Tateno *et al.*, 2017).

Internet gaming disorder can cause physical and mental health problems. Physical disorders can become problems in visual acuity (Asthenopia) sleep disorders, headaches. Mental disorders which occur can include anxiety, irritability, or the mental condition that requires special handling. Even grades in school go down because of a lack of focus. As an example, there are Internet Gaming Disorder cases that happened in Semarang. Three children with an average age of 9 years have been treated I by Gondohutomo Regional Mental hospital (RSJD) because they are addicted to playing games due to suffering from a mental disorder. Characteristics of this case are addicted to games include not wanting to go to school, playing games for more than 8 hours a day and continuing to repeat the habit every day as a routine. It prove that IGD is a serious problem for adolescent (Ulfa and Risdaryati, 2017; Sundari and Ratna, 2018; Farasonalia and Assifa, 2019)

Internet Gaming is a disorder of this millennium era health problems resulting from deviations of human behavior who overuse technology gadgets without realizing the impact excessive experienced by users (Heryana and Unggul, 2018). By playing games online make a person can lose track of time and leave the daily activities so it is interfering with his life as a whole (Männikkö, 2017; Snodgrass *et al.*, 2019).

Someone with Internet Gaming Disorder cannot be detected at the beginning of the use of games, but the signs that can be known from an early age are the changing priorities of activities carried out such as forgetting to eat, forgetting to sleep. Most are in front of gadgets that are owned from day to day, social life also turns out to Have less frequency of meeting with friends or close people and when it is advanced. They can have extreme emotional changes, for example, when asked to eat and kept away from their gadgets, then he will take action to refuse, therefore Internet Gaming Disorder is considered a psychological problem that is categorized as addicting behavior (Bax, 2015; Rehbein *et al.*, 2015; Kaptis *et al.*, 2016; Chen, Oliffe and Kelly, 2018).

The purpose of this study is to find out about the policies and regulations that can adopt to prevent Internet Gaming Disorder with describing programs that

have been implemented by countries outside Indonesia, in terms of health promotion in adolescents.

METHODS

This study used research methods literature review. Journals were taken from various sources such as Google Scholar, Scopus, Elsevier, theses, data reports, etc. It was done by using the internet keyword disorder gaming and internet gaming related prevention policy disorder. Criteria journal was the journals from the year 2015 to 2019 which discussed internet gaming disorder and internet gaming disorder prevention policies in some countries.

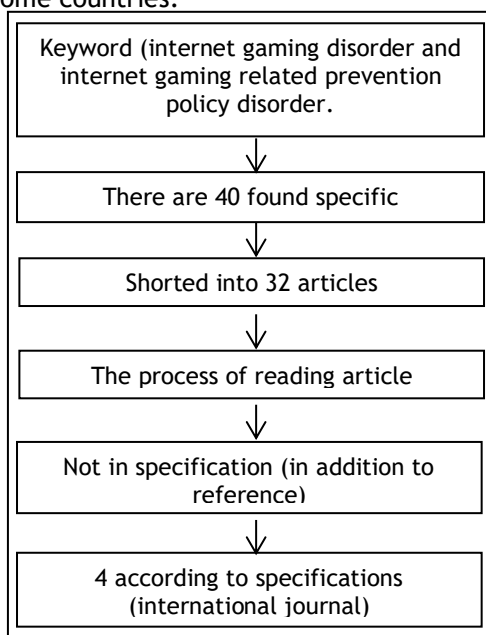


Figure 1. Scheme of Literature Review

RESULTS AND DISCUSSION

Attention to the dangers of Internet Gaming Disorder in several countries is indeed different based on the goals and needs of their respective countries. The cross-sectoral role is very helpful in achieving policies that have been prepared and planned.

The operation of the policy depends on the problem and policy objectives to be appropriate according to needs. The impact of public health issues Internet Gaming Disorder was discovered when it's most advanced in a stage so in need of rehabilitation and treatment are costly and labor-intensive. Adverse effects caused by Internet Gaming Disorder is a psychological disorder that is severe

enough for the teen and threatening their future.

Preventing Program and Policy for Internet Gaming Disorder Digital Product

Internet Gaming Disorder Prevention can be done in terms of digital products. Digital products can be defined as one, who was addicted to games, has no more concerns toward product application such as games. Sophisticated features on the phone or computer devices offer superior products each of which is considered as a direct impact. A product of the games in the app starts by offering design, then the form of the game with a market research and done well then the games can be accepted by consumers or users. Games are interesting and harmless but for users who play it over and over again, it can lead to addiction that ended in Gaming Disorder (Berthon, Pitt and Campbell, 2019).

Someone who chooses a game application will not cause problems if used appropriately. But the growth of digital games today require the internet so the game is more interesting because it can be played directly with other people at the same time and in different places. Besides being able to play online, a game application can or cannot have addictive properties. Some games that limit the game with the opportunities provided, the rising level of the more difficult challenge is making it easy for players to win a game and when the game ends, the player must wait for his chance to reappear. However, in this modern digital era, it is certainly not difficult for players to immediately refill their opportunities by conducting a digital transaction which is indeed facilitated by the application by only issuing electronic money, so the opportunity can be fully loaded, and the player can play the game again. The more easily a game-used or accessed, the more it attracts online game users, not just adults and even children can perform transactions very easily even be able to spend millions of rupiah just to play a game (Randy, 2016; Hamari and Keronen, 2017).

The role of government in making policies to protect children and adolescents in accessing gaming applications as prevention is needed. For some applications require the identification number that can only be accessed by adults with considerable age and identity cards. But it was not enough

in restricting the adolescents in accessing the game that causes addiction.

In Europe, restriction rules have been made for the game, for filtering game design from game design, game production up to marketing. Policymaking is done to prevent the occurrence of Internet Gaming Disorder in Europe. Therefore in Indonesia, can also apply to filter outstanding gaming applications but it does require human resource capability and the government's role in preventing Internet Gaming Disorder (King and Delfabbro, 2014; Müller *et al.*, 2015).

Adolescent

The next target in efforts to prevent Internet Gaming Disorder is the teenagers. Adolescents do not only act as Internet Gaming disorder sufferers but also as prevention actors.

The adolescent can influence others with positive gaming behavior. Most adolescents in the daytime are at school and meet with their peers. The need for a healthy activity program of games that can be used by young people so that they can keep the fun that will distribute the game but is not detrimental to their health (Müller *et al.*, 2015; Mental Health America, 2019).

Adolescent, Parent, and Teacher

A program involving adolescents, parents, and teachers is a good preventive program and can be implemented. Cooperation between parents and teachers in this school as the target program can help prevention efforts against Internet Gaming Disorder which is currently being developed in the era of technology today (Altafim and Linhares, 2016; Bonnaire and Phan, 2017).

School in China implements this program in a way that it is not easy but it is effective when the focus is done. Each

student whose electronic device used in schools will be directly protected and connected from the applications that are deemed harmful to the students (Schneider, King and Delfabbro, 2017; Chen, Oliffe and Kelly, 2018; Farasonalia and Assifa, 2019; Mental Health America, 2019).

Costs incurred to operate this program at school is not cheap, but with the support of parents and schools as well as the cooperation of students or adolescents can help achieve successful prevention program on the incidence of internet gaming disorder.

Government

A major program as a form of Internet Gaming Disorder prevention efforts that have been implemented by some countries such as China that makes the education program with a focus on the school environment is a strategy that is being done by the Chinese government. Hong Kong through health agencies makes a comprehensive prevention program established and implemented and it becomes the second program. The success of the first program is not explained, but this second program is not only prevention but also attempt first aid in cases of internet gaming disorder. The Iranian government, like in Hong Kong, is done by the health department with the undertakings of prevention and treatment. While in Switzerland held by the public health department that plays a major role in efforts to prevent Internet Gaming disorder prioritize promotion and prevention that is an effective program carried out in the country Switzerland (Wanpen, 2016; Saunders *et al.*, 2017; King *et al.*, 2018).

Table 1. Internet Gaming Disorder Prevention Policies for Youth in The World

Author	Title	Method	Target	Result	Recommendation
Berthon, Pitt and Campbell, 2019	Addictive De-Vices: A Public Policy Analysis of Sources and Solutions to Digital Addiction	Digital Experience	Digital Product	Healthy Application, Marketing Strategy	From the planning, design, production and marketing distribution should see the target market. The regulation will succeed when all the steps are achieved as planned. (Public Policy about game application)
Müller <i>et al.</i> , 2015	Regular Gaming behavior and internet Gaming Disorder in European adolescents: Results from a cross-nation representative survey of prevalence, predictors, and Psychopathological correlates	Questionnaire Survey	Adolescent	Youth Self Report can be preventing Internet Gaming Disorder	Collaboration among government, medical support, school, and Parents is needed this program.
King <i>et al.</i> , 2018	Prevention and Policy Related to internet Gaming Disorder	Literacy Review	Adolescent, Parent, Teacher	School-Based Educational Program (How to used digital device in school, time learning, Online Game Anti-Addiction System (OGAAS)	Collaboration between schools and families that handle adolescent's needs supports each other to lead the program, Committed School policy by adolescents, school, and parents.
Saunders <i>et al.</i> , 2017	Gaming Disorder: Its delineation as an important condition for diagnosis, management, and prevention	International Survey	Government	Prevention and Intervention Plan for Internet Gaming Disorder: <ul style="list-style-type: none"> - China: Educational Program - Hong Kong: Health program (second Internet Addiction Prevention and Resolution Comprehensive Plan) - Iran: Prevention school-based, health care primary services, treatment technologybased disorder - Switzerland: Health Prevention Program 	Recommendation Sector that included: <ul style="list-style-type: none"> - China (Ministries of Educational and Others) - Hong Kong (Department of Health of Hong Kong) - Iran (Ministries of Health) - Switzerland (Public Health Federal Office)

Reference Programs for Indonesia

Indonesian society has a different character and culture with foreign countries both in Asia and the West. But seeing some of the programs that can be implemented in several countries and with the goal of which is used as a focus, Indonesia would be able to adopt or even merge with cross-sector cooperation. Regulation that can adopt-for school is to restrict gadget usage and health services can make early detection of Internet gaming disorder symptoms (Anggarani, 2015).

Culture in Indonesia is difficult to filter the cultures that have come from outside. But cultural similarities such as Indonesia and China that have high cultural traits, they involve people who are respected in deciding what to do as parents, teachers, and people who are considered to be a role model. This is what makes the programs from the outside may be adopted in Indonesia (Chang Shia *et al.*, 2015).

Programs from the outside that could be adopted are must-have applications of healthy school children and its use is monitored by the school and parents, precautions can be reported by teenagers or students themselves. With cross-sector cooperation, their parents and, teens that in line with research from Heryana and Unggul, the prevention of Internet Gaming Disorder in Indonesia can be done in two stages: primary prevention among parents, schools, the technology involves control by parents, campaigns, and supportive environment. As well as a secondary that early detection, health checks, educational programs in schools, and Internet policy in the office (Heryana and Unggul, 2018).

The involvement of public health in Indonesia has been the preferred time for prevention. It needs to be the main cause of the deepening of an addicting game that occurs in Indonesian adolescents and then work with the information and technology (IT) and Health Department in making effective prevention programs and can further be applied in cooperation with the Ministry of Education.

CONCLUSION

Internet gaming disorder which has become the international problem of health should be a concern. The are the

need to establish a program and to be implemented following the root of the problem and the need to target the right. A program that can combine the roles of Public Health, Ministry of Health, Ministry of Education can have the impact of technology information and is effectively applied in Indonesia.

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