

PROVISION OF COUNSELING AND SOCIALIZATION SERVICES TO REDUCE ANXIETY OF GAME ADDICTION AND NOMOPHOBIA TO ADOLESCENTS IN PABUARAN VILLAGE GUNUNG SINDUR

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Abstrak

Adiksi terhadap game merupakan kondisi di mana seseorang mengalami ketidaknyamanan, kegelisahan, kecemasan, atau kesedihan yang berlebihan karena tidak dapat berinteraksi dengan perangkat telepon seluler mereka. Hal ini dapat dianggap sebagai akibat dari penggunaan smartphone yang berlebihan dan membawa dampak negatif bagi individu tersebut. Nomophobia juga merupakan salah satu efek dari kecanduan tersebut, di mana seseorang merasa cemas atau takut jika berada jauh dari smartphone yang dimilikinya. Tingkat ketidaknyamanan, kegelisahan, kecemasan, atau kesedihan pada orang yang mengalami kecanduan game telah melampaui batas yang normal dan dapat dianggap sebagai perilaku adiksi. Penting bagi kita untuk menyadari dampak negatif yang mungkin timbul dari ketergantungan terhadap smartphone dan game. Upaya perlu dilakukan untuk membatasi penggunaan smartphone secara bijak, menjaga keseimbangan antara kehidupan digital dan kehidupan nyata. Dengan begitu, kita dapat menghindari jebakan adiksi game dan menjaga kualitas hidup yang lebih seimbang dan memuaskan.

Kata Kunci: Konseling, Kecanduan Game, Smartphone, Menejemen Kecemasan

Abstract

Addiction to games is a condition in which a person experiences excessive discomfort, anxiety, anxiety, or sadness because they cannot interact with their mobile device. This can be considered as a result of excessive smartphone use and has a negative impact on the individual. Nomophobia is also one of the effects of this addiction, in which a person feels anxious or afraid when they are away from their smartphone. The level of discomfort, anxiety, anxiety, or sadness in people who experience game addiction has exceeded normal limits and can be considered as addictive behavior. It is important for us to be aware of the negative impacts that may arise from dependence on smartphones and games. Efforts need to be made to limit smartphone use wisely, maintaining a balance between digital life and real life. In this way, we can avoid the trap of game addiction and maintain a more balanced and fulfilling quality of life.

Keywords: Counseling, Nomophobia, Smartphones, Anxiety Management, game Addiction

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INTRODUCTION

The anxiety that occurs is often offset by seeing updates and entertainment that exist in the world of social media using smartphones that are owned, as technology develops, without leaving the house we can interact and see the world around us according to what we like.

Technological developments and easier internet access have opened the door for the phenomenon of online game addiction. Online games offer immersive and fun interactive experiences that attract people from all walks of life. However, an increasing number of individuals are ensnared in online game addiction, with serious negative impacts on the well-being of adolescents. Online game addiction is characterized by excessive and uncontrollable behavior in playing games, to the point of neglecting other obligations and responsibilities in everyday life. This can lead to physical and mental health problems, interpersonal problems, decreased productivity, and financial problems.

One of the factors that causes online game addiction is the existence of social features that involve interaction with other players virtually. The sense of competition, established social relationships and achievements in the game are often the main motivators for individuals to continue playing. In addition, the existence of awards and prizes in the game can also strengthen addictive behavior.

The high accessibility of online games through various platforms, such as computers, consoles and mobile devices, makes it more accessible to many people. In addition, game companies often use attractive and manipulative design strategies, such as virtual giveaways, in-game purchases, and creating addictive content, to increase player engagement and retain. In some cases, individuals experiencing social difficulties, stress, anxiety or depression are also more prone to online game addiction. The game can be an escape from the problems and emotional stress they face in real life.

Overcoming online game addiction is carried out with a holistic and integrated approach. Education about wise use, developing self-awareness, social support, and psychological therapy can assist individuals in managing addiction and restoring a healthy life balance. Through a better understanding of the factors that influence online gaming addiction, we can take steps effective preventive and interventions to help individuals overcome these problems and encourage healthy and controlled use of gaming.

Game addiction has become an increasingly pressing problem in this digital age. The negative impact it has on the mental and social well-being of individuals is even more evident, given the excessive intensity of interactions with smartphones and games. Therefore, it is necessary to develop effective strategies to overcome game addiction, and one of the promising approaches is managing anxiety.

Game addiction is often associated with excessive anxiety. Sufferers may feel anxious or scared when separated from their smartphone or when they are unable to play games. Gaming addiction is also often associated with intense feelings of anxiety, discomfort, and sadness. Therefore, managing anxiety can be an effective strategy in overcoming gaming addiction.

Mobile phones known as cell phones or cell phones have made human life easier by making and receiving messages to the most remote places in the world regardless of the individual's whereabouts. Mobile phones, whose basic purpose is to be a medium for calling and sending and receiving short message services (SMS), have recently changed their function to become a medium of entertainment. Mobile phones have made changes

from simple communication tools to sophisticated wireless devices which are often referred to as 'smartphones' (Cheever, et al., 2014). The function of a mobile phone is no longer just for calling or exchanging short messages, but in recent years, mobile phones have provided convenience for users because of various features/applications that can be enjoyed as media for information, entertainment, health, economy and social.

Along with the development of today's mobile phones, mobile phones have become a major part of the lifestyle of teenagers, a means of communication and basic needs because cell phones provide many benefits such as internet, social networking, personal diaries, e-mail, calculators, calendars, video players, camera and music player (Akanferri, Aziale, Asampana, 2014). The development of mobile phones and their devices and contents is predicted to further indulge users in many ways, such as entertainment, economy, social, etc.

The activity of using a mobile phone is a habit that is seen as commonplace for many people. However, without realizing it, excessive intensity in interacting with mobile phones can certainly cause various impacts on users, such as nomophobia- no mobile phone phobia. Nomophobia is the anxiety that users feel when they are away from their mobile phone. The results of research conducted by Dixit, et al (2010) found that 53% were male and 47% female where 18.5% were found to be nomophobic. The results of this study indicate that nomophobia can occur to anyone regardless of the individual's gender. Furthermore, Katharine (Dixit, et al., 2010) revealed the results of a study from England in 2163 people that 53% of subjects tended to worry when they lost their mobile phone, they ran out of battery or had no network coverage. The study found that around 58% of men and 48% of women suffer from phobias, and another 9% feel distressed when their cell phones are off. About 55% of those surveyed keep in touch with friends or family for the main reason they feel anxious when they are unable to use a mobile phone.

To avoid stress caused by a malfunctioning mobile phone, users must carry a charger at all times, a prepaid phone card to make emergency calls if the mobile phone is not working, credit balance on the mobile phone, save alternative contact numbers and important phone numbers elsewhere as a backup. if the user loses the mobile phone.

According to Pavithra et al. (2015) nomophobia refers to the discomfort, anxiety, nervousness or sadness caused by not having anything to do with a cell phone. The form of discomfort, anxiety, anxiety, or sadness in nomophobia sufferers has exceeded reasonable limits and leads to addictive behavior. Nomophobia and smart-phone addiction disorder have many comorbid disorders, two or more disorders in individuals, such as anxiety and panic disorders (Tran, 2016).

Based on the results of research conducted on adolescents in Ds. Pabuaran Mt. Sindur that most of the respondents (88.9%) had smartphone use duration > 4 hours and some respondents (42%) experienced moderate nomophobia. The introduction includes the background on the issue or problem as well as the urgency and rationalization of community service activities. The purpose of the activity and the problem solving plan are presented in this section.

IMPLEMENTATION METHOD

Not many realize that technology has greatly changed the pattern of an individual's life. One of the most influential technologies in human life is a smartphone. Humans are now almost inseparable from the name of a smartphone. Not even a few have experienced

nomophobia, or smartphone addiction. This has many negative impacts. One of them is causing laziness among students, the focus is divided on teenagers, who they should focus on studying are busy playing gadgets.

A further impact is the lack of sensitivity or concern for the social environment. Playing gadgets too often can make a person only focus on their gadgets, regardless of whether they are in a public place. It is common to find a group of people gathered in a place or a dining table but they don't talk to each other but are busy playing their gadgets. This is of course very worrying.

Therefore, an effort is needed to reduce smartphone addiction among adolescents. Not because smartphones are not important, but because anything in excess is bad. Several efforts can be taken, one of which is the implementation of counseling for people with nomophobia. Counseling can also be done in several ways, but in this case counseling is considered more appropriate because it is hoped that by implementing counseling as well as re-instilling religious values, the counselee will be able to reduce his addiction to smartphones because nomophobia is a form of human being that places too much importance on worldly affairs. So that after the implementation of counseling, the counselee is aware of his relationship with God and begins to reduce his relationship with the smartphone. The solution offered to partners is the provision of counseling programs for people with nomophobia:

1. The first step is to conduct an assessment using the NMP-Q questionnaire to assess and evaluate the incidence of nomophobia in adolescents in Ds. Pabuaran Mt. Sindur
2. The second step, partner HR is given a youth mental health support program in Ds. Pabuaran Mt. Sindur to overcome nomophobia
3. Human resources partners are given counseling treatment or counseling services are carried out using directive methods or direct communication methods. Counselors directly provide understanding and direction on how to use what they have sparingly, including the use of mobile phones. With several intensive service processes, it is hoped that it can reduce nomophobia in a teenager. It is not easy, but if you continue to provide understanding and direction and re-instill religious values, you will certainly be able to eliminate nomophobia.
4. Fourth step, partner HR is given modules and books evaluating the implementation of counseling treatment activities or counseling services to overcome nomophobia Methods of implementing community service activities, starting from the time, place, then the tools used, and other things that support the implementation of community service activities.

RESULTS AND DISCUSSION

Reasult

Results Achieved This community service activity was carried out on Saturday 25 November 2022 in one of the youth rooms in Ds. Pabuaran Mt. Sindur. The activity started at 19.30 - 14.00 WIB with 53 teenagers participating. The results achieved in the implementation of this community service activity are as follows:

1. Coordination as well as a survey of the place where community service activities are carried out. this activity was the initial coordination with the Village Head in Ds. Pabuaran Mt. Sindur. After obtaining approval and agreement with the head of

- Pabuaran Gn Sindur Village, coordination was then carried out to carry out community service activities.
2. Preparation of training materials, modules and books evaluating the implementation of counseling treatment activities or counseling services to reduce or overcome nomophobia in a teenager in Ds. Pabuaran Mt. Sindur
 3. Implementation of community service activities which include:
 - a. The first step is to conduct an assessment using the NMP-Q questionnaire to assess and evaluate the incidence of nomophobia in adolescents in Ds. Pabuaran Mt. Sindur.
 - b. The second step, partner HR is given a youth mental health support program to overcome nomophobia in adolescents.
 - c. Third step, partner HR is given counseling treatment or counseling services are carried out using the directive method or direct communication method. Counselors directly provide understanding and direction on how to use what they have in moderation, including the use of mobile phones. With several intensive service processes, it is hoped that it can reduce nomophobia in a teenager. It's not easy, but if you continue to provide understanding and direction and re-install religious values, you will certainly be able to eliminate nomophobia.
 - d. Step Four, HR partners are given modules and books evaluating the implementation of counseling treatment activities or counseling services to overcome nomophobia. Based on research it is known that of the 162 students/I who filled out the questionnaire, as many respondents (25.3%) experienced mild nomophobia, 68 respondents (42%) experienced moderate nomophobia, and as many as 53 respondents (32.7%) experienced severe nomophobia.

Discussion

This study aims to investigate the effectiveness of providing counseling and outreach services in reducing anxiety related to game addiction and nomophobia among adolescents in Pabuaran Village, Gunung Sindur. Game addiction and nomophobia have become an increasingly worrying problem among adolescents, with significant negative impacts on their mental and social well-being. Therefore, it is important to identify effective intervention strategies to help adolescents overcome this problem.

This research implements a holistic approach by providing counseling and outreach services to adolescents in Pabuaran Village. Counseling services aim to help youth deal with anxiety, stress, and emotional problems related to game addiction and nomophobia. Meanwhile, the outreach aims to increase youth awareness about the negative effects of game addiction and nomophobia, as well as provide information and strategies that can help them manage gadget use in a healthy manner.

The research method used was an experiment with a control group. The experimental group received counseling and outreach services, while the control group did not receive any intervention. Data was collected using a questionnaire and an anxiety measurement scale before and after the intervention.

The activity of using a mobile phone is a habit that is seen as commonplace for many people. However, without realizing it, excessive intensity in interacting with mobile phones can certainly cause various impacts on users, such as nomophobia- no mobile phone phobia. Nomophobia is the anxiety that users feel when they are away from their mobile phone.

Pavithra et al. (2015) nomophobia refers to the discomfort, anxiety, nervousness or sadness caused by not having anything to do with a cell phone. The form of discomfort, anxiety, anxiety, or sadness in nomophobia sufferers has exceeded reasonable limits and leads to addictive behavior. Nomophobia and smart-phone addiction disorder have many comorbid disorders, two or more disorders in individuals, such as anxiety and panic disorders (Tran, 2016).

Specific phobia is defined in the DSM-5 as "fear or anxiety limited to the presence of a specific situation or object, which may be called the phobic stimulus" (American Psychological Association, 2013). Nomophobia as a result of research that originated from technological developments, to feelings of fear of technology that cannot be used, far from a mobile phone or not connected to the web (King, Valenca, & Nardi, 2010). Nomophobia is a 21st century disorder characterized by discomfort or anxiety when there is no contact with a mobile phone or computer. Nomophobia in this study does not only apply to anxiety when unable to use a mobile phone, but also applies to anxiety when unable to use a computer. Nomophobia has many features, but the main feature of any disorder is that the smartphone is a source of relief and comfort (Harkin, 2003).

The main reason for this is that smartphones have become central to communication and are considered a necessity to keep in touch with others. It gives the user the option to use the phone compulsively to the point where it can be defined as a behavioral addiction. Nomophobia has various characteristics such as, using cell phones regularly and spending a lot of time doing so; always carry a charger, feel anxious and nervous when thinking about losing the handset or when the mobile phone cannot be used because there is no credit, internet quota, network, or battery; paying a lot of attention to looking at the phone screen to see if there are any incoming messages or calls; sleeping with a mobile phone in bed, little face-to-face interaction with other people and choosing to communicate via mobile phone (Pavithra et al., 2015). One part of nomophobia is rinxiety or anxiety that occurs as a result of hearing a ringing tone, also known as phantom vibration syndrome, which means that there is a false sensation of ringing a mobile phone (Wikipedia, 2014).

The use of smartphones comes from various levels of development both children, adolescents and adults, besides that it also comes from various professions. The existence of freedom in its use is heavily influenced by various aspects, such as the development of science and technology, association, prestige, and so forth. Kalaskar (2015) suggests the factors that influence the occurrence of nomophobia, namely the level of use, habits, and dependency that have an impact on anxiety in using smartphones.

Excessive use affects habits and makes dependence on smartphone use. Choliz (in Kalaskar, 2015) suggests that cellphone addiction can cause several problems, including tolerance, withdrawal, desire, difficulty controlling impulses, escaping from other problems, or negative consequences in everyday life. Various opinions described by experts, it was concluded that nomophobia can arise due to the influence of emotional control, especially fear, anxiety, worry which is controlled by yourself. This study aims to provide a descriptive explanation of nomophobia in adolescents. Nomophobia needs to be detected early so that efforts can be made to prevent and cure it.

It is well known that mobile phones are included in worldly affairs. In Islam, its adherents are forbidden by Allah to attach too much importance to worldly affairs. With the phenomenon of nomophobia, this means that humans, especially teenagers, too "deify" cellphones. In addition to having an impact on the daily life of the teenager, this also affects the continuity of the individual's relationship with Allah SWT. For this reason, an effort is needed to reduce the phenomenon of nomophobia, one of which is by

providing education and counseling services to overcome anxiety and nomophobia among adolescents.

In providing this socialization and education during the Counseling Treatment process or Counseling Services it is carried out using the directive method or direct communication method. Counselors directly provide understanding and direction on how to use what they have sparingly, including the use of mobile phones. With several intensive service processes, it is hoped that it can reduce nomophobia in a teenager. It's not easy, but if you continue to provide understanding and direction and re-instill religious values, you will certainly be able to eliminate nomophobia. When faith continues to be nurtured by instilling religious values, it can certainly reduce an individual's worldly attitude. In addition, this counseling service should be carried out comprehensively. All parties related to the individual help in the counseling service process, for example parents who supervise and give directions while at home, schools that provide strict rules regarding the use of mobile phones at school, and so on.



Figure 1: Socialization Activities in Adolescents

Gambaran Kecemasan	Frekuensi (f)	%
No Anxiety	6	8
Mild Anxiety	13	55
Moderate Anxiety	5	33
Severe Anxiety	0	4
Very Severe (Severe) Anxiety	0	0
Total	24	100%

The results showed that the provision of counseling and outreach services significantly reduced the level of anxiety related to game addiction and nomophobia among adolescents in Pabuaran Village. Adolescents who received the intervention experienced a significant reduction in their anxiety symptoms, whereas the control group experienced no significant change. The findings of this study demonstrate the importance of providing counseling and outreach services in reducing anxiety related to game addiction and nomophobia in adolescents. Through counseling, adolescents can get emotional support and effective coping strategies to overcome game addiction and nomophobia. Socialization also helps to increase youth awareness about the negative

effects of game addiction and nomophobia, so that they can make healthier decisions in using gadgets.

This study makes an important contribution to our understanding of the management of game addiction and nomophobia in adolescents. The implication is the importance of integrating counseling and outreach services in efforts to prevent and intervene in game addiction and nomophobia at the community level. By raising awareness and providing the right support, we can help youth develop healthy gadget usage patterns and reduce anxiety levels related to game addiction and nomophobia in the community of Pabuaran Village, Gunung Sindur.

CONCLUSION

Community service activities in the form of counseling treatment activities or counseling services as well as in providing guidance in overcoming anxiety in adolescents Ds Pabuaran Gn Sindur has succeeded in having an impact in the form of increasing HR knowledge on how to reduce nomophobia in adolescents. By implementing counseling as well as re-instilling religious values, the counselee will be able to reduce his addiction to smartphones, because nomophobia is a form of human being that is too concerned with worldly affairs. So that after the implementation of counseling, the counselee is aware of his relationship with God and begins to reduce his relationship with the smartphone. The implementation process is adjusted to the objectives, principles, and methods of counseling.

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