

Research Article



## The Relationship Between Online Game Addiction And Depression Tendencies In Indonesian Adolescents

Hanun Khansa Zabrina<sup>1\*</sup> Listyati Setyo Palupi<sup>2</sup>

<sup>1,2</sup>*Social Change and Technology Study Group, Faculty of Psychology,  
Universitas Airlangga Surabaya*

Corresponding Author :

**Hanun Khansa**

Department Faculty of psychology Universitas Airlangga, Indonesia,

E-mail: hanunzabrina@gmail.com,

Phone: +6281232377425

### ABSTRACT

**Background:** This study aims to determine the relationship between online game addiction and depression tendencies in Indonesian adolescents. Online game has become a popular entertainment activity among various ages. If online game play is played excessively and continuously without self-control, then individuals will experience in online game addiction and have negative impacts such as poor social relations with family and friends, which causes online game addicts to often be isolated from society and prone to suffering from mental disorders such as depression.

**Methods:** This study uses a quantitative survey method. The research sample based on purposive sampling technique was conducted on 60 respondents who were Indonesian adolescents who actively played online games. The instruments used are Scales of Game Addiction for Adolescents and The Beck Depression Inventory

**Results:** The data analysis technique used a simple linear regression test with the SPSS Statistics 25 for Windows program. The results of the linear regression analysis test indicate that there is a significant relationship between online game addiction and depression. This is evidenced by the acquisition of a simple linear regression test significance value of 0.393 (<0.05).

**Conclusion:** The online game addiction has significant association with depression in Indonesian adolescents.

**Keyword :** Online, game, addiction, depression, adolescents

## INTRODUCTION

Online games have improved significantly, since their introduction in the 1970s. Online games can accommodate interactions between players who are geographically distant by via the internet with sophisticated visual and audio effects (1). Playing online games for adolescents can have positive effects such as increasing creativity and memory (2), but if online game played excessively and continuously it will lead to game addiction.

Online games addiction is defined to excessive and compulsive use of computers or video games (online) which can have an impact in social or emotional problems and cannot control the excessive use (3). The importance of this phenomenon is because online game addiction is increasingly widespread, especially among adolescents, and has serious impacts, such as decreased academic achievement, aggressiveness, changes in eating and resting patterns (4). Adolescents are more at risk than adults because they have more free time, less responsibility and more flexibility in their weekly schedule than adults (5).

Mental health disorders such as depression, have been associated with excessive gaming behavior (6). The results of a study conducted (7) stated that mid to late adolescents (age 15-21 years) are at a higher level of depression and are at greater risk of developing depression. Due to the higher number of cases of depression, this period is very important for adolescents and they are more prone to developing depression

When individuals who are addicted to games do not play games or try to stop using games, they are always thinking about games and eager to play immediately. Individuals who play online games find it difficult to

concentrate on anything else except when they can return to play online games. Their minds become so fixated on the game that they can experience social isolation or withdrawal which causes poor social relations with family and friends so that they are prone to experiencing psychiatric disorders, such as depression (8).

Based on the previous explanation, playing excessive games can be at risk of experiencing online game addiction which will ultimately have an impact on mental health, such as the emergence of symptoms of depression. This is the reason for researchers to look for the relationship between online game addiction and depression in adolescents.

## METHOD

The type of research used in this research is quantitative research using survey techniques. Survey techniques are carried out by collecting data through a form containing written questions to a person or group of people to get responses from the necessary information (9). The sampling technique in this study was purposive sampling. Purposive sampling is sampling that is carried out based on certain characteristics or characteristics which are seen as having a close relationship with the characteristics and characteristics of the population (10).

There are subject criteria, there is Indonesian adolescents who play online games for at least 20 hours a week, aged 14-21 years, and have not previously experienced depression. In determining the number of samples in this study, the G\*Power application was used and a sample of 60 respondents was obtained.

In this study, depression assessment were expressed using The Beck Depression Inventory (BDI) scale (11) and Game

Addiction Scale for Adolescents (3).The data analysis used in this research is the correlation technique with linear regression to find out whether there is a relationship between online game addiction and depression tendencies in Indonesian adolescents with the help of the SPSS 25.0 application for windows.

## RESULTS

**Table 1. Characteristics of Age, Gender, Education of Respondents**

Age	Total	Frequency
14 years old	6	10,0%
15 years old	4	6,7%
16 years old	6	10,0%
17 years old	12	20,0%
18 years old	8	13,3%
19 years old	6	10,0%
20 years old	5	8,3%
21 years old	19	31,7%
Gender	Total	Frequency
Male	31	51,7%
Female	29	48,3%
<b>Total</b>	<b>60</b>	<b>100%</b>
Education	Total	Frequency
SMP	4	6,7%
SMA	34	56,7%
Other	22	36,7%
<b>Total</b>	<b>60</b>	<b>100%</b>

Source: Primary Data, 2023

**Table 2. Variable Normalization**

Category Depression	Score
Minimal	0-13
Mild	14-19
Moderate	20-28
Severe	29-63
Category Online Game Addiction	Score
Low	<52,89
Moderate	52,89 – 87,67
High	>87,67

**Table 3 Variable Standardization**

Category Depression	Frequency	%
Minimal	23	38,3
Mild	6	10,0
Moderate	16	26,7
Severe	15	25,0
Total	60	100,0
Category Online Game Addiction	Frequency	&
Low	10	16,7
Moderate	36	60,0
High	14	23,3
Total	60	100,0

**Table 4. Relationship between online game addiction and depression in adolescents**

Variabel	R	Sig.
Online Game Addiction	<b>0.393</b>	<b>0.002</b>

Source: Primary data 2023

Linear regression analysis aims to prove the hypothesis, there is a significant relationship between online game addiction and depression tendencies in Indonesian adolescents. Based on the results of the regression analysis, it was found that the correlation strength between the two variables ( $R = 0.393$ ) which states the magnitude of the correlation strength between the two variables, with a significance value of 0.002, where this value is smaller than a of 0.05. Based on the results of the analysis above, it is proven that there is a positive and significant relationship between online game addiction and depression in Indonesia adolescents.

## DISCUSSION

Based on data analysis, in the categorization of depression, 23 respondent were found to be in the minimum (38.3%), 6

respondent were in the mild category (10.0%), 16 respondent were in the moderate category (26.7%), 15 respondent were in the severe category (25.0). For the categorization of online game addiction, 10 respondent were in the low category (16.7%), 36 respondent were in the medium category (60.0%), and 14 respondent had high depression (23.3%). Based on this explanation, it can be proven that the majority of the respondent of this study have an online game addiction level in the moderate category and the level of depression is in the minimal category. In demographic data, there are more male adolescents than female.

The existence of a positive relationship between online game addiction and depression tendencies in Indonesian adolescents can be obtained from the level of significance and correlation value. Based on the results of the correlation test, it was found that the Sig. (2-tailed) of 0.002 < 0.05 and a correlation value of 0.393. The results of the correlation test can be interpreted that online game addiction and depression tendencies in Indonesian adolescents have a positive and significant relationship so that it can be said that the higher the level of online game addiction, the higher the level of depression.

The results of this study are consistent with (12);(13);(14);(15) that there is a positive relationship between online game addiction and depressive. Excessive use of online games is a risk factor for mental health difficulties because they can reduce positive affect and impulse control and also increase withdrawal from real life, which can lead to stress and depressive symptoms (15).

## CONCLUSION

Online games are games that are popular all over the world including Indonesia, especially among adolescents. Adolescents who are fixated on online games often ignore their surroundings and prefer to withdraw or isolate themselves just to be able to play games. This will affect their mental health and be prone to depression. Adolescents who experience depression can fully influence adolescent development and have an impact on subsequent developmental functions, so that it will affect most of their lives.

This study aims to determine the relationship between online game addiction and depression tendencies in Indonesian adolescents. Based on the hypothesis testing in this study, it shows that there is a positive relationship between online game addiction and depression tendencies in Indonesian adolescents. The existence of a positive relationship between online game addiction and depression can be obtained from the level of significance and correlation value. Based on the results of the correlation test, it was found that the Sig. (2-tailed) of 0.002 < 0.05 and a correlation value of 0.393. The results of the correlation test can be interpreted that online game addiction and depression tendencies in Indonesian adolescents have a positive and significant relationship.

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