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**SELF MANAGEMENT TO REDUCE THE HABIT OF PLAYING ONLINE
GAMES IN STUDENT**

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ABSTRACT

The development of technology has various impacts on human life. Some of these impacts that need to be considered are the negative impacts in the form of the habit of playing online games. This habit is believed to affect other things so that it will become an obstacle for an individual to complete his duties or obligations. For example, students who have a habit of playing online games will experience interference in carrying out their assignments and obligations because they feel lazy and unenthusiastic. To solve these problems one can use a technique such as self-management, where this technique allows the counselee to reduce the habit of playing online games by committing to manage himself through contracts made by himself and will be controlled and even supervised in reducing his habit of playing online games, as well as to Strengthening so that the counselee remains committed to be done through giving gifts in the form of things he likes as gifts for achieving his daily target. Therefore the use of self-management techniques is expected to be able to help counselees, especially students, in reducing their habit of playing online games which interfere with them so that their duties and obligations are often neglected.

Keywords : Self Management, Self Contract, Self Monitoring, Self Reward.

INTRODUCTION

The development of the digital era is form good change For fulfil need human, start from need will communication, interaction, to entertainment. Various benefit positive has felt by everyone about sophistication continuing technology growing. However behind sophistication technology that has There is precisely raises problem new to get said Enough Serious remember cases that have There is before. In earlier eras case addiction or addiction causes dependency often found in individuals user drugs and stuff This is enough cases Serious For quick handled. However the development of the times to be completely digital and fulfilled technology This make man the more depend to technology even in all aspect. If use technology This appropriate Of course No will become something serious problem However If use technology this is the beginning want to make it easy If abused will bring up case new like dependency will technology even will become addicted For use technology especially is a smartphone that became one tools that become the media in fulfil need man will interaction at once entertainment. Because in a smartphone can found diverse application For communicate until various online games.

From various features presented of course very interesting for man For use all existing applications, but which are necessary become point important is when its use too excessive will disturbing activity even other needs consequence too focus in One matter just namely smartphones. one case to be highlight is regarding online games, games are one means for individual For entertain self. All circles Certain love games because excitement and challenges that make adrenaline racing For finish all existing challenges. The fun you get when play the game will become problem Serious If done Keep going continuously, because will cause addiction which leads to addiction. Addicted to this online game Can interpreted as due to mental disorders someone who is addicted will own desire For always playing games even with duration abnormal times like 7 to 12 hours a day or even somebody can said addition If average intensity play the game online for 20 to 25 hours per week (Fitri et al., 2018) , where matter This will impact on needs others who don't fulfilled like study, do duties and responsibilities answer, even a number of case somebody Can forget will need basically that is eat and sleep (Marantika, 2021) .

Discuss more carry on about game addiction according (Ikbal et al., 2021) in his research categorize game addiction into 3 categories, where each category own characteristics to be characteristic individual in playing games. As for some category that is addicted light, medium and heavy. First mild gaming addiction can observed If individual often playing games that cause pattern life No regular even No healthy. It can observed through attitudes and habits procrastinate and lazy in undergo or finish task or other activities. For the second is addicted with phase currently can observed when individual start show enthusiasm even Spirit when discussing games. Until cause difficulty in concentrated, always sleepy, even will tend more emotional . The last For category addicted heavy if individual start show response strange that no normal like want to imitate character existing character in the middle game played. Naturally matter This resulted the disturbance activity social. And addicted level heavy This cause individual start behave wasteful like willing emit material or money for playing games.

Study This will focus on the learner which includes student or student . Where are the assignments main for a student is learn and do task school For reach completeness in Education (Muratama, 2018) . Remember learning is one activity important in level career nor life human . If the learning process

disturbed naturally will impact for lever and pliers answer that will neglected and worried will become reason failure in take education .

With problem habit playing this game , of course need exists assistance provided to individual form student For reduce habit in playing games. For individual problems or individual possible gift service counseling where counseling role For understand individual in detail with build trust relationship between counselor as professionals and counselees (Juhar Mohammad, 2014) . And also counseling is done possible individual can finish related problems with aspect personal , social, study and career (Ahmad Susanto, 2018) . With exists counseling done will make it easy in identify counselee about the problem about habit playing games, start from intensity play , habit or perceived grievances counselee until What desired goal achieved by the counselee . After all information related problem has identified with clear , after That can determine approach that fits and can done by the counselor to counselee . As for one possible approach used like approach behavior or behavioral, with modify behavior or habit a day day to be trigger habit playing games. However naturally need There is development as strategies and techniques in help individual or counselee , one technique that can used is self- management which includes self- contract For arrange daily from counseling , self monitoring For supervise development and suitability from counselee , and for amplifier can given self rewards . Selection of self- management techniques possible counselee Study arrange as well as control activity everyday so that more productive Good in arrange self nor in arrange time so that spared from related issues with activity a day day counselee (Elvina, 2019) . this in line with principle from self- management Where objective main from self- management This is help counselee in Study Skills life For handle situation problem in his life (Trifena et al., 2020) . Another opinion states that self -management is series rule with intended effort in give professional assistance to counselee or individual , so can finish problems experienced with use principle or rules that have agreed (Marantika, 2021) .

Because that with existence of self- management can possible counselee or experienced individual addicted in play games can reduce habit or intensity time in play games through series the rules to be principle in do activity his daily . Reinforced according to opinion (Muhammad Reza & Mulawarman, 2021) that self management is A procedure arrange self done himself alone . So that counselee can active and productive in become activity everyday , especially not quite enough answer counselee will task nor the need to be priority main in life counselee .

METHODOLOGY

This study uses the Single Subject Research (SSR) method, which is a method that aims to obtain the necessary data by involving results about whether or not the result of a treatment is given repeatedly in a certain time. The design used in this study used Single Subject Research (SSR), with the experimental design used in this study A-B, namely a design that has two phases, where (A) is the baseline, (B) is the treatment or intervention phase. This study is conducted daily and counts as a session.

This research was conducted to reduce the behavior of playing online games so that the sample studied is an individual who has a habit of playing games with a minimum intensity of 5 to 10 hours per day. Observations are made to observe recommended behavior and strengthened by interviewing

counselees to obtain accurate data. The data will be arranged into A (baseline). then the intervention (B) given to the counselee is a self-management technique to reduce the habit of playing online games. After all the data has been collected, data analysis will be carried out by comparing the target counselee's initial statement with the final statement from the counselee that has been arranged at the beginning of planning. And proven by attacking the daily target determined by the counselee (Sirajuddin, 2017)

RESULTS AND DISCUSSION

From the results data collection through observation and interview obtained that counselee who is a semester 6 student has problems related to online games. Counselee has a habit of playing online games which is difficult to stop , thus disrupting his learning activities . Every day the counselee use up time to play online games for 7-10 hours . And these activities are carried out every day without exception. the counselee feels the habit of playing games that he has do can interfere with learning activities as well as not quite enough answer other . Of course of course this happened Because the counselee is lazy and ignores his daily activities , because when the counselee too focused to play the game he No will care other things around plus will become another problem when counselee experience to lose when playing online games that will cause stress for himself .

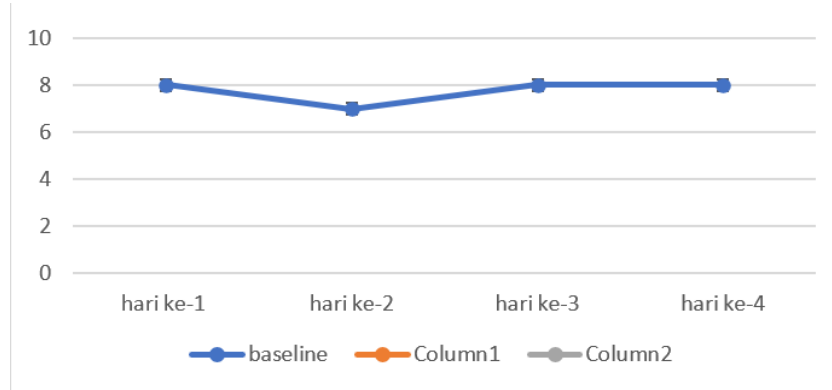
Apart from that, there are other impacts that can be appear is about physical condition experienced by the counselee like back felt pain from sitting too long while playing games and conditions tired eyes. The impact will be indirect become obstacle new for counselee Where will disruption of homework and study counselee . Because when the counselee feels his body aches and his eyes are tired the counselee will immediately sleep For take a break without trying to complete the task and not quite enough he replied .

Habits carried out by the counselee can certainly cause problems that result in disruption of the counselee's duties and obligations as a student, especially in self-control to carry out activities that are important to be his main priority. so that special handling is needed to manage or control the counselee so that it is more directed to carry out priority activities after that the counselee can carry out other activities. There are several techniques that can be used for the problems experienced by the counselee, but with the character and personality of the counselee who likes freedom it would be more appropriate if the counselee regulates his own habit patterns by controlling himself through agreements with himself as proof of wanting to change for the better. therefore self-management techniques will be very suitable for the counselee because they can regulate their own habits through some rules and agreements made by themselves.

The application of self-management techniques that are carried out to help the counselee, of course, requires a special strategy that adapts to the counselee's condition. such as self-contract, self-monitoring, to giving gifts as a sign of appreciation because the counselee has struggled to change for the better. Not only that, to see the counselee's behavior accurately, it is necessary to have a baseline that is used as a tool to see the habits, behavior, and intensity of the counselee when playing online games.

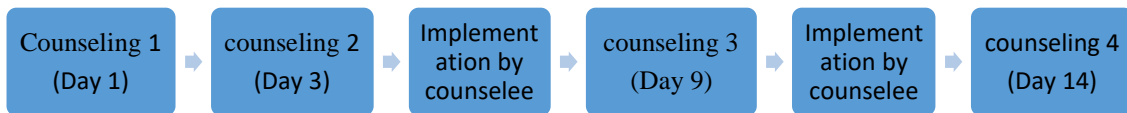
Behavior Baselines

The basic line formed in the research This For know intensity time counselee moment play games inside a day , and for measurement done during a number of day in a manner constant For see maximum results about intensity play online games counselee . For more he explained The following baseline has been observed at the time counselee play online games :



Intervention

At stage This intervention was carried out for 14 days with 4 counseling meetings. Implementation process intervention using interviews conducted during the counseling process (Choi & Chung, 2012) . This intervention step is carried out for build relationship , deepen problem , create contract agreement , do evaluation with the goal is to reduce the intensity of playing online games for counselees . Technique use This self-management is also done as an effort to make the counselee more appreciative of the time he has for maximizing help to counselee self management uses 3 strategies namely self contract, self monitoring and self reward which will be taught to counselee during the counseling process (Nungdyasti, DR, & Nuryono, 2022) . Plan arranged interventions For implementation of self-management as following :



Details Of Activities

Counseling 1 (Day 1)	<ul style="list-style-type: none"> ● Build a relationship with the counselee ● Identify a problem
counseling 2 (Day 2)	<ul style="list-style-type: none"> ● Explain about self management technique ● Define counseling goals ● make a contract
Implementation by counselee	<ul style="list-style-type: none"> ● Implementation of self-management in daily life by counselee

counseling 3 (Day 9)	<ul style="list-style-type: none"> ● Monitoring ● Evaluation self -management
Implementation by counselee	<ul style="list-style-type: none"> ● Implementation self -management based on evaluation
counseling 4 (Day 14)	<ul style="list-style-type: none"> ● Monitoring ● Evaluation ● Termination

DESCRIPTION

a. The first meeting counseling

At the first counseling meeting is known that counselee own habit of playing games, As for unfounded From the results of the interview, it can be understood that the behavior of playing games that the counselee does is done when he is in circumstances bored and lazy to do the task, so the counselee chooses to play games. When play console games tend not to pay attention to time and circumstances around plus counselee will repeat the game play when experiencing to lose in game n . Out of habit This counselee can use up time For play games for 7 to 10 hours per day .

b. A Second Meeting Counseling

The counseling process is carried out by meeting directly with the counselee For discuss more carry on about the problem at a time set objective For counseling . At the second counseling meeting this counselee explained that during observe habit of playing games, the counselee realizes that the counselee always spends time For play games for 7-10 hours per day. because the counselee realizes that his habit can harm himself so that can make an impact negative . For example counselee is always in a hurry when doing homework and college assignments. Sometimes if you are too engrossed in playing online games, the counselee will forget you need the primer like eating and Rest.

In this counseling session the counselor explains to the relevant counselee self- management techniques used For counsel so that you can arrange until manage habit to do (Monica & Abdul Gani, 2016) and several additional techniques namely :

- a. Self-contract is agreement made with self Alone with commitment For do changes in behavior that do not wanted or bring up desired behavior
- b. Self-monitoring used For counselee observing and taking notes all something about himself Alone related change related behavior with online games. Self-monitoring Alone beneficial For know problem because of the nature of the data observational can used For test or compile counselee's verbal report about behavior the problem . Self monitoring also includes gift help For teach method For supervise , record , and record behavior nor habits practiced by the counselee (Scheithauer & Kelley, 2017) .

- c. (Hansen et al., 2014) say self management also includes self reward where used For help counselee strengthen commitment For change behavior through resulting consequences alone . Reward self This used For strengthen or increase desired behavior . Rewards given must can given when counselee capable reduce intensity play the game .

After the counselee can understand what self-management is and the strategies that exist in self-management such as self-contract, self-monitoring and self-reward. then the counselee asks what the counselee likes which can be used as a reward if the counselee can reach the goal. The purpose of this counseling is to reduce the intensity of playing counselee games that have been agreed upon in the self-contract.

At this stage the counselor and counselee discuss the counselee's schedule for self-management and the next counseling meeting to be held to monitor what the counselee has done in carrying out his self-contract.

c. A Third Meeting Counseling

At this meeting the counselor asked the counselee to tell about the experience the counselee had when carrying out his self-contract agreement and how the experience of giving self-reward he gave when he successfully carried out his contract. Then the counselor helps the counselee to evaluate what he has done.

At this meeting it was found that the counselee was successful on the first and second day only. But on the day third and fourth the counselee failed to carry out his self-contract. this is because the counselee gets an invitation with his friends to play together which is intended to increase his game rating. Because they feel fortunate that the counselee accepts the invitation and plays games for more than 5 hours per day or violates the self-contract that has been made agreed . From these problems an evaluation and resolution of obstacles is carried out with the counselee trying to make an appointment first if he will be there solicitation from his friends so that the counselee will arrange time for independent game play time.

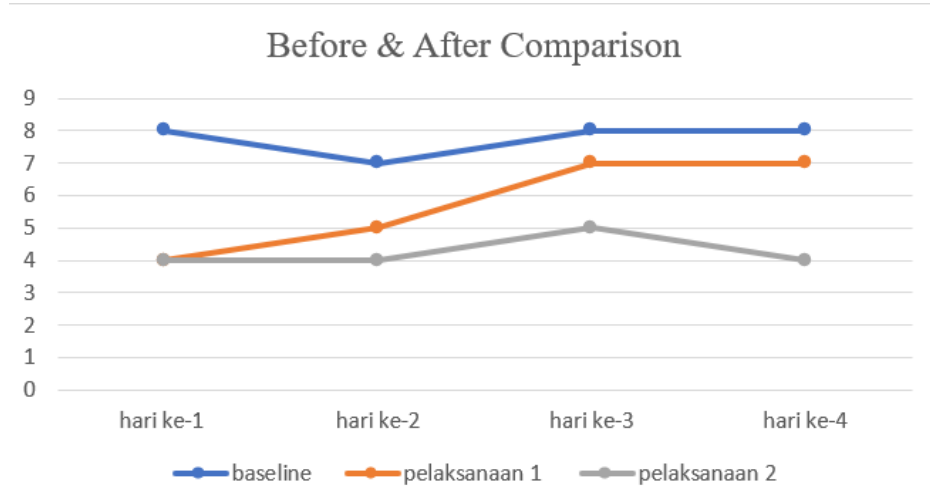
d. A Fourth Counseling Meeting

In the fourth counseling process the counselor looked again development counselee and how the experience is felt after the counselee carried out the 3 self-management strategies that were carried out along evaluation obtained at the meeting before . From this counseling obtained information that the counselee managed to reduce the intensity of playing the game for 5 consecutive days. the counselee said that she had experienced difficulties in getting used to reducing the intensity of her online games. But because the counselee also feels the benefits of the reduced intensity of playing the game so that the counselee can complete his homework and lectures earlier.

With Thus the counselee has been able to carry out his commitment for 5 consecutive days and there has been sufficient change significant , namely the counselee becomes more diligent to do his duties and even if he no longer neglects to rest and eat beforehand not enough noticed as a result of habit play

online games. the counselor carries out the evaluation stage at a time termination by providing motivation to counselee so you can maintain this behavior.

COMPARISON BEFORE AND AFTER COUNSELING



CONCLUSIONS

With problems experienced counselee about habit play online games that can bother him in do task as well as tangung answer he has make counselee aware will habit negative his the . because That For help counselee finish the problem with method reduce intensity counselee played the game before in a day counselee playing games for 7 to 10 hours becomes 5 to 6 hours only . The technique used that is self management which includes self contract strategy , self monitoring , as well self rewards .

And from interventions carried out for 14 days For arrange habit counselee do daily , obtained enough results Good Where intensity play console games can pressed slowly in a manner gradually through agreed settlement through contract made . However constraint will always There is remember need more support such as rewards given to counselees still consistent operate contract that has agreed . And change intensity play console games proven through notes owned daily counselee as well as has summarized and explained in the table comparison before . So that can concluded bring self management with additional strategies form self contract . Self monitoring , and self rewards Enough effective used For reduce intensity play online games.

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