

## OVERCOMING STUDENT'S PLEASURE OF ONLINE GAMES AT MEDAN CITY PRIVATE UNIVERSITIES

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### Abstract

*This study aims to find out how to overcome the pleasure of playing online games for college students. The research population is all students at private universities in Medan City who like to play online games and the research sample is 75 people. This study uses a qualitative method. Data collection techniques in this study with the questionnaire used. The study results show that playing online games excessively will negatively impact students, disrupting their academic activities both on and off campus. Frequent online gameplay by students can cause problems, especially in their social, educational, and professional lives. More specifically, people who usually attend college spend their time playing online games, which causes their discipline and academic performance to decline. The solution is to offer counseling services that suggest parents can relate to their children more closely, starting to socialize more often. While preventing their children from playing online games, parents are advised to talk to their children, play with them, and maintain a pleasant relationship with them. Students who like to play online games receive special attention from the guidance and counseling campus, which includes the functions of supervision (advocacy) and prevention, understanding, and assistance.*

**Keywords:** Online Games, Pleasure, Students

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### 1. INTRODUCTION

Rapid and diverse innovations have been produced as a result of globalization, technology, industrialization, and the emergence of increasingly sophisticated information to help meet human needs. Online games or games played online via the internet, are one example of how technology has a significant negative influence on children today. As a result of the ability to talk to players from all over the world, online games come with more features. Students may find it easier to access games and download them due to their rapid development. College students use online games to pass the time, relieve stress, or even as a way to connect with other peers. Perceived ease is the level to which someone believes that the technology is easy to understand so they like to use it (Daulay, 2021). However, many online games cause players to injure themselves.

Although the exciting activity of online gaming often results in social and emotional problems, individuals cannot curb their need to play. Individual activities are sometimes delayed due to the influence of online gaming, especially related to academics or loss of interest and dedication to studying. Physical and psychological signs of online gaming addiction exist. According to (Rini, 2011) carpal tunnel pleasure, dry eyes, headaches, back pain, erratic eating, neglect of personal hygiene, and difficulty sleeping are examples of

physical symptoms. Having difficulty stopping playing, feeling melancholic when away from the computer, lying to parents and teachers about their activities, and not interacting with peers (groups) are psychological signs.

According to (Griffiths & Barnes, 2008) A specialist in the pleasure video games enjoyed in America from Nottingham Trent University said that research he conducted on early teens found almost as much as playing online games every day, "the more suffering, about 7% played at least 30 hours per week." How big is the influence of activities that take up more than 30 hours of free time per week, especially on the social development, health, and education of teenagers (Bahtiar, 2022)?

The number of smartphone users in Indonesia is reported to have reached 82 million, and more than 52 million of them play online games, according to statistics from (Newzoo, 2019). With the largest number of online game players, Indonesia ranks 17th globally. Throughout 2019, Indonesia accidentally lost USD 624 million which is equivalent to Rp. 8.7 trillion. More than 51,000 players from all over Indonesia have registered to take part in the PINC (PUBG Mobile National Championship) tournament to date. At the 2019 IDBYTE ESPORTS Press Conference, Minister of Communication and Information Rudiantara said that currently, almost 40 million Indonesians play online games. Online games are played by 67% of men and 59% of women in Indonesia who use the internet. This shows how widespread the use of online games is in Indonesia, proving that currently, online games are not something new or foreign to the country.

Online games will cause students to experience disruption, especially in their academic, social, school, and work lives. More precisely, those who are still in school often spend their free time playing online games, which reduces their learning ability. The ability to determine solutions helps students become more motivated and problems can only be solved with the help of the experience they already have (Riswanto & Fauziah, 2022). The quality of student life seems to be decreasing due to busy schedules and active use of technology on campus. Thus, individuals must be able to understand how to carry out tasks by their obligations and duties to achieve effective academic achievement. Students are asked to act responsibly and profitably in the situations they manage to reduce the counselee's own experience with the fun of online gaming. This includes having a good attitude and taking up constructive activities. Positive goal-oriented attitudes and decisions to take responsibility reduce perceived pleasure consistent with previous shifts in thinking and emotional ownership.

Direct advice or counseling is given to someone who enjoys playing online games as part of the assistance process, and this counseling is carried out accompanied by a qualified counselor. Individual counseling services are one of the services that can be offered to customers who enjoy playing fun internet games. Students who need help with their problems can get it through individual therapy. Students receiving individual therapy are advised to learn time management skills. The goal is for people to differentiate between their requirements and preferences, list their top priorities on a schedule, and execute their plans.

By looking at the explanation above, it can be seen that this provides a general overview of the disadvantages of playing online games based on the interpretation of these facts. A method of guidance and counseling assistance is being promoted for students to help them minimize their enjoyment of playing online games which hurt their physical and psychological condition, due to the emergence of symptoms of online game enjoyment among students at Medan City Private Universities. If the enjoyment of playing online games is allowed, it will cause problems for students because it has a bad impact on the students concerned.

## A. Pleasure

According to the KBBI, pleasure is a feeling of satisfaction and relief, without any feelings of distress or disappointment. (Veenhoven, 1994) argues that pleasure is a general variable that can be acquired and conditioned in such a way as to make it a characteristic rather than a personality feature. An explanation that states that people will feel happy when all their desires are fulfilled or perhaps they can generate pleasure by doing simple activities that give them deep pleasure.

According to (Khavari, 2006), we experience pleasure both when we get what we want and when we want what we already have. In contrast, pleasure is a positive psychological quality that persists with high levels of life satisfaction, high positive affect, and low negative affect, according to (Alan, 2004). Pleasure is a strong psychological quality characterized by high levels of life satisfaction and positive affect. strong, and weak negative influences. Pleasure encompasses a range of positive emotions, including social, physical, emotional, and psychological emotions. It also revolves around the phenomenon of feeling happy, good, or extraordinary that is experienced (Froh et al., 2010). People of all ages and walks of life want to obtain pleasure because it is a vital component of personal existence (Argyle, 2013).

According to some of the expert definitions mentioned above, pleasure is a pleasurable emotional state that people experience when they subjectively judge themselves to be satisfied and when engaging in enjoyable activities and so that life as a whole has a decent quality.

### Pleasure Seeking Personality Traits

According to (Veenhoven & Ehrhardt, 1995) there are several characteristics of people who pursue pleasure, including:

1. **Abundance**, at least with the availability of clothing, food, and shelter, is one of the primary needs that must be met. In this case, the many treasures available will make it easy to enjoy.
2. **Accessing information**, reading books, receiving education at school, and using other media are all strategies for developing cognitive competence.
3. **Individual Freedom**, in a social environment, increasing one's independence can also bring pleasure.
4. **Equality of Position**, people who occupy a bad place in the social hierarchy often feel uncomfortable, which makes them look for a stronger position that will make them feel more comfortable.
5. **Health**, having good physical and mental health will produce a pleasant and satisfying life.
6. **Psychological Personality**: In contrast to sad individuals, who often believe that they are merely tools in the game of fate, happy people often believe that they have control over their lives. Not everyone has a strong personality.
7. **Social Position**, a person who already has a respected position or social status in society tends to be happy because they have a closeness that is visible in marriage and friendship.
8. **Moments in Life**, marriage, getting a promotion, and other important events in life all have strong ties to pleasure.

### Elements That Can Influence Pleasure

According to (Alan, 2004) and (Eamons & Mc Cullough, 2003), several variables can influence pleasure, namely:

1. **Character**, the extrovert personality type is happier than the neurotic personality type in Western civilization. Extroverted people are more comfortable in social settings and often

participate in social activities. The extrovert personality type is more optimistic when socializing. In this case, it is seen that a person's character makes them easy to socialize with.

2. **Culture**, Triandis states that cultural and socio-political aspects influence how much people enjoy their lives. According to (Alan, 2004), societies with more social similarities experience more pleasure.
3. **Marriage**, married people are happier than those who are not, claims (Myers, 2004). However, people who are trapped in unpleasant relationships enjoy life less.
4. **Social support**, there is a relationship between enjoyment and social support. All family members benefit from the social support that comes from relationships with other family members. Apart from being fun, this social support can strengthen the body's immune system.
5. **Friendship**, according to E. Argyle Friendship (Alan, 2004), friendship with friends is related to fun. He also found that individuals took advantage of their social lives to interact with friends, which helped them become very good at forming and maintaining friendships. individuals choose to confide more often and be friends with happier individuals. By choosing what they want, people in this situation seek pleasure
6. **Health**, pleasure, and health are interconnected. People are more tolerant when they experience positive feelings. Pleasure will grow if a person has developed pleasant feelings and a positive view of his health. Because happy people function more efficiently than unhappy ones, this affects a person's immune system.
7. **Spirituality and Religion**, there is a relationship between religion and pleasure. Religiously active individuals are happier than individuals who are not religious. People who follow a religious belief system may find a purpose in their existence and have hope for the future, which makes them more positive about their lot in life. Religious participation is often associated with a physically and mentally healthy lifestyle.

Therefore, factors such as culture, personality, marriage, social support, friendship, health, spirituality, gratitude, and teamwork with coworkers can influence how enjoyable something is.

## **B. Online Games**

A game is defined as a "Game" in the Indonesian dictionary. Gaming is a hobby that involves one or more participants. Games often feature competition between two or more participants. Games can be defined as tasks that players must complete and various rules determine what participants must do.

According to (Akbar, 2013), online games are a subset of computer games that use a computer network (LAN or internet) as the medium. Online service providers usually provide games as additional services or can be accessed directly through mechanisms provided by the game provider. Online games are a form of electronic entertainment that has levels, colors, and motion displays along with rules and gameplay that can be fun and addictive. Operationally, online games are a type of game machine with unique game ideas, three-dimensional graphics, and impressive effects. Online games are usually played simultaneously by a large number of participants who do not know each other. Therefore, a game that can be played on a PC (personal computer), a regular game console, or via a computer network and is usually played by many players at once where the players may not

know each other is what it is. what is meant by online games? This will be dangerous for game users.

### **Online Gaming Pleasure**

Playing online video games is a popular hobby for children. It happens regularly that students have less time to study and interact with their friends, or perhaps no time at all. Online games will not harm children as long as they are not allowed to have fun, but if left unchecked they will have fatal consequences and have bad impacts. Therefore, a person likes to play online games because it brings pleasure and a feeling of satisfaction in itself. As a result, there is a desire to continue engaging in the fun activities provided by playing online games.

### **Signs of Pleasure of Playing Online Games**

Several symptoms that appear can be used as a benchmark for how fun it is to play online games. First of all, students play online video games all day long and often for long periods (more than three hours). Second, students are known to be relentless and irritated when they are prevented from playing online games for fun. Students tend to refuse when they are prohibited from playing online games because they are happy and do not heed warnings from parents or others to reduce the intensity of playing. Third, he abandons social activities and refuses to do other activities, such as eating, drinking, conversing with peers, or studying, all of which are important to him. Fourth, want to reduce dependence but can't, online happiness disorder (IHD) is the name given to online enjoyment. Stephen Juan, an anthropologist at the University of Sydney, recommends the following common symptoms of internet enjoyment:

1. The constant desire to use more time available on the internet will reduce its usefulness.
2. If you stop using the internet, withdrawal symptoms including anxiety, restlessness, irritability, involuntary typing movements, and internet fantasies begin to appear.
3. Withdrawal symptoms may disappear or lessen if you go online.
4. It takes longer than expected to access the internet.
5. Internet-related activities, such as email, and chatting, consume a lot of activity.
6. Reduce significant social, recreational, or work-related activities in favor of surfing the internet.
7. Disguise internet use from friends or relatives.
8. People use the internet to relieve feelings of guilt, despair, worry, or sadness.

### **Elements that Contribute to the Pleasure of Online Games**

Students may enjoy playing online games due to internal and external causes, according to (Detria, 2012) internal characteristics can be seen as follows resulting in enjoyable online games:

1. Teenagers have a strong desire to play online games well because games are created in a way that makes players more interested and motivated to do well.
2. Another factor that contributes to the excitement of online gaming is the difficulty of prioritizing other important tasks.
3. Boredom experienced by teenagers at home or school.
4. Lack of self-control from students, making them less able to predict the consequences of playing excessive online games.

The following are external elements that make playing online games fun for students:

1. A less structured atmosphere due to watching many of their colleagues playing online games.
2. Due to the lack of positive social interactions, children decide to play games as a distraction.

- Parents' demands for their children to take part in various activities, such as classes or tutoring, have soared, leaving children's basic needs, such as spending time with family and playing together, unfulfilled.

## 2. METHODOLOGY

The method was applied qualitatively in this research. Analyze data using qualitative descriptive. The research population consisted of 75 students at Medan City Private Universities. Data was collected for this research using a questionnaire using Google Forms. The research questionnaire was adapted from (Almujahid, 2016) that "A questionnaire is a data collection technique that is carried out by giving a set of questions/statements to parties related to the problem being studied," (Sugiyono, 2010)

## 3. RESULTS

Medan City Private University Students filled out the survey using Google form online (online). Survey distribution was carried out online and offline. There were 75 respondents in the survey. One indication is pleasure, namely a condition that makes someone happy when they see an object or item. This indicator of enjoyment of playing online games is calculated using data from (C. Hopkinson & Pujari, 1999). Based on the findings from the respondents' responses, they are described as follows:

Table 1 Total Data on Online Game Enjoyment Indicators for Medan City Private University Students

No	Indicator	Agree	No Agree	Category
1	Playing online games is fun like in another world.	114	35	Tall
2	Discover something new from gaming games	74	41	Tall
3	Playing video games is something that comes naturally.	131	64	Tall
4	Play online video games to get closer to friends.	67	88	Low
5	Feeling needed in playing online games	79	76	Currently

## 4. DISCUSSION

Based on the data above, gives an idea that online games will have a bad impact on students if they are played excessively to the point of disrupting their academic activities both on and off campus. Online games played by students cause disruption, especially in their academic, social, academic, and professional lives. More specifically, students' academic progress and discipline are declining because college-going people often spend their free time playing online games.

Online games that are played excessively will also be considered fun. The enjoyment of online games can have various impacts and implications, including potential health problems for online game addicts. In addition, physical harm is very likely. People who spend a lot of time sitting at a computer desk are also more likely to experience back problems, and if you work at a computer late into the night, you will also lose sleep. Long-term sleep deprivation

can cause problems including persistent sleepiness, difficulty concentrating, and immune system depression. Because they rarely exercise, those who spend a lot of time in front of a computer are more likely to experience serious physical problems, including obesity.

Further treatment is needed to overcome the negative impacts of online games, such as offering counseling services by Indonesian psychologist, Prof. Dr. H. Seto Mulyadi, S.Psi, M.si, to all students at Medan City Private Universities who enjoy online games through various other methods. According to Prof. Dr. H. Seto Mulyadi, S.Psi, M.si, parents of students can become closer when their children's peers start playing and talking a lot with their children. As a result, children will feel more comfortable talking to their parents. When parents forbid their children from playing online games, Prof. Dr. H. Seto Mulyadi, S.Psi, M.si recommends parents maintain a pleasant relationship with their children because the methods above can gradually change children for the better online too much.

Apart from that, Prof. Dr. H. Seto Mulyadi, S. Psi, M.si also pointed out that advice and counseling from schools is needed to overcome the negative impacts caused by playing internet games for entertainment. Students who like playing online games receive special attention from guidance and counseling, including using the monitoring (advocacy) function, understanding function, help function, and preventive function. Only professors and school staff deal with these students in the function of prevention, understanding, and help (Adiningtiyas, 2017). If the lecturer and campus have difficulty managing the student, a supervisory role is used, where the student's family helps the university manage and supervise students who are playing online games. I hope the findings from this case study will help readers understand the many disadvantages of gaming addiction. They will withdraw from the current social environment, which will hurt social ties in addition to their circumstances.

Islamic views on Internet games are also presented in research entitled Overcoming the Enjoyment of Internet Games. The law of the origin of online games is acceptable. Because it developed after humans made many changes in all areas of life, the problem of online gaming in the context of Islamic law has no solution in either the Koran or Hadith. Islam essentially views a game based on the profits and objectives of the activity, noting that it does not use all its resources to satisfy its desires (Qardhawi, 1993: 64). Fiqh states that "the law as long as something is permissible (permissible) until there is an argument that says it is prohibited (makruh or haram)" Imam as-Suyuthi stated this (al-Asyba' wan Nadhoir: 43). The law changes from permitted (mubah) to prohibited (haram) or makruh according to the level of immorality it causes, even if there are materials that can injure or cause damage. For example, these students neglect several responsibilities such as prayer, childcare, and other duties; this is what makes playing online games against the law. Islam does not punish anyone for forgetting to perform obligatory prayers. However, it is unacceptable that playing games causes forgetfulness. Time spent playing games is time that would be better spent worshipping Allah, such as reading the Koran. Since there are more negative effects than positive, academics advise against playing online games. This is in line with the word of Allah SWT in Q.S. Al-Mu'minun verse 3 concerning believers, which reads as follows: "And those who abstain from vain (actions and words)." Rasulullah SAW stated in a hadith that one of the virtues of Islam is to throw away things that are not useful (HR. Tirmidhi no. 2317, narrated by Sheikh Al Albani).

## 5. CONCLUSION

If online games are played excessively, it will have a bad impact on users, such as students not completing coursework, not paying attention to lessons, and skipping school.

This is possible because these children lack self-control. Parents of students need to make friends with their children, start chatting with them a lot, and play with them to counteract the negative effects caused by the enjoyment of playing online games. As a result, children will feel more comfortable talking to their parents. Moreover, parents should have a positive relationship with their children even when they forbid them from playing online games. By limiting playing online games, you can change your life. Students who like playing online games receive special attention from campus guidance and counseling, which includes the functions of supervision (advocacy) and prevention, understanding, and assistance.

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