Analysis of the Impact of Online Games on Social Development Teenagers

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ABSTRACT

Keywords

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Teenagers are increasingly turning to online games for amusement, despite the possible long-term consequences of excessive gaming. Internet gaming is a common recreational activity for teenagers. However, excessive usage of it is bad, and teens are beginning to play online games on a regular basis, which will hinder their social development. The method used by researchers is qualitative.Frequent playing of online games has both positive and negative impacts on teenagers' social activities, Therefore, teenagers need to prioritize what is most important for their future, whether it involves pursuing a career as a professional gamer or addressing challenges related to online gaming addiction they may have experienceds. The goal of the study is to show how much internet gaming affects teens' social lives, highlighting both the good and bad effects. This exploration underscores the potential future benefits of these social interactions for teenagers. The result is some teenagers lack friends in the real world, while others cultivate extensive relationships through online games, demonstrating strong social connections with his friends. online friends, but some teenagers have a slightly strained relationship with their families because they often stay in their rooms and spend their time just playing online games.

1. Introduction

Online games have become entertainment among teenagers, especially the impacts that will arise later due to playing online games too often. In the research village, namely Pakahan village, teenagers often win online game tournament competitions. Of course, to win online game tournaments you need to practice regularly and unite their work until they become one team that can win the tournament. The fact that these youngsters can rehearse in addition to their school-related obligations makes this unusual, according to the study. Because teens in Pakahan village play online games frequently, researchers looked at how social development happens in this group of people and how it influences their interactions with friends and parents at school. Playing online games excessively will undoubtedly influence the psychology of teenagers engaged in such activities.

Teenagers often lose control if they play online games for too long and of course, this will have a big impact on the people around them who initially only played online games to fill their free time (Karunanayake et al., 2020). However, too much free time results in dependence on online games so teenagers often lose control of their time and this will have a bad impact on teenagers. The widespread availability of smartphones and computers has introduced a significant portion of the population to the realm of video gaming, enhancing its appeal across various age demographics. However, considering the high exposure to video games among teenagers, there is a need to examine the impact of video games on the social behavior of teenagers who frequently play video games. This study will demonstrate how teens' dependence on internet gaming has detrimental long-term effects on their social and health relationships. Furthermore, the social effects of an addiction to online gaming have been noted in terms of teenagers feeling more alone, which has an impact on their social relationships

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and can lead to social anxiety. (Karunanayake et al., 2020) . However, as more and more teenagers play online games, some of them may develop mental retardation, which can have a negative effect on both the adolescent and others around them. For instance, playing online games too frequently might heighten one's emotions. (Giree & Das, 2024) . However, teens benefit from social contact in online games since it allows them to widen their social networks. Through online connections, teenagers can cultivate more extensive friendships. Online games can also be a place for teenagers who are often ostracized by their friends or society to have friends and can also expand social support for teenagers and be able to interact socially in online games (Kim et al., 2022) . Of course, today's online games generally require a high level of intelligence and learning how to develop strategies to achieve victory in online games, so that teenagers can increase their intelligence in thinking practically for certain purposes. For some teenagers who play online games, they can think critically about certain situations in their social life which can help teenagers solve things with their critical and practical thinking skills.

2. Method

Data Strategy. Researchers employ qualitative methods. Scholars wish to examine a situation pertaining to how teens' social life are affected by online gaming. The purpose of this study is to investigate how teens' social life are impacted by online gaming. The researcher then intends to conduct phased interviews in order to collect data. The data collected by researchers will be presented in a comprehensible format, reflecting the findings obtained from the field.

Person Criteria. Teens between the ages of 15 and 20 provided the research's source or data since, according to multiple journals, these age groups enjoy playing online games, which may have an impact on their social or academic lives.

Resource Data. The researcher employed teenagers aged 15-20 years and utilized various journals with similar titles to enhance theoretical depth in the study. To ensure validity, the researcher included journals published within the last five years alongside current literature. Interviews will also be used in research because to obtain good data for research, interviews must be used so that researchers can analyze the impact of frequently playing online games on teenagers' lives.

3. Result and Discussion

Interview Data The data that researchers think is suitable for research is teenagers aged 15 - 20 years who like to play online games through interviews. The following are the questions asked by researchers for interviews; (1) How long do you usually spend playing online games every day?. (2) Which online games are you most likely to play?, (3) Since when did you start playing online games intensely?, (4) Do you think that playing video games online has an impact on your physical well-being, including your ability to sleep or exercise?, (5) How does your relationship with family and friends change as a result of your online gaming?, (6) Have you ever felt stressed or anxious if you couldn't play online games?.

The answers of the teenagers who were the source of data in this study regarding the questions asked by the researchers were as follows;

Table 1. How much time do teenagers spend

NO	Age	Answer
1	15	2 hours
2	16	4 hours
3	17	3 hours
4	18	5 hours
5	19	4 hours
6	20	6 hours

Based on the table above, teenagers aged 20 years spend more time with online games than teenagers under their age.

Table 2. Online games played

NO	Age	Answer
1	15	Freefire
2	16	Mobile Legends
3	17	Mobile legends
4	18	Freefire
5	19	Mobile legends
6	20	Mobile legends

Based on the table above, Mobile Legends is the online game most chosen by teenagers aged 15-20 years.

Table 3. Since when have you played online games intensely?

NO	Age	Answer
1	15	3 months ago
2	16	1 year ago
3	17	Since the age of 15 years
4	18	2 years ago
5	19	4 months ago
6	20	8 months ago

Based on the table above, random teenagers start playing online games randomly.

Table 4. Effect of playing online games intensely on health

NO	Age	Answer
1	15	I feel that lately, my body gets tired more easily because I often play online games
2	16	I often feel sick easily but I can't stop playing online games
3	17	I became sleep-deprived because I played online games too often, which affected my school activities
4	18	because of the fun of playing online games, I am not interested in any activities other than playing online games
5	19	I spend more time playing online games than doing activities outside
6	20	I just don't like activities that are too hard for me, therefore I just prefer playing online games to anything else.

From the table above we know that teenagers aged 18 to 20 years do not like to do anything other than play online games, which disrupts their social life.

Table 5. The influence of intense online games on family and friend relationships

NO	Age	Answer
1	15	I feel my relationship with my family is fine, but I always find it difficult to have friends
2	16	because of playing online games, I have more friends in online games than in the real world
3	17	My relationship with my family is fine and I also have lots of friends who play online games so I don't feel lonely
4	18	I feel like I don't need to think about those two relationships because I play online games a lot so maybe that's enough for me
5	19	Relations with my family were a little bad because I just locked myself in my room and didn't do any other activities apart from playing online games.
6	20	I only have an older brother who also plays online games like me, so I think that's enough

From the table above we know that they have something in common, namely that playing online games more often makes them feel less lonely and they also don't want to do social activities other than playing online games.

Table 6. Stress level if you don't play online games

NO	Age	Answer
1	15	Never, because maybe I only play online games 2 hours a day, so I've never experienced anything like that
2	16	I used to feel like that, but not anymore
3	17	I became a little dependent on online games
4	18	Because I play online games for about 5 hours a day, I feel a little stressed if I don't play online games
5	19	Yes, I feel stressed if I don't play online games even for just 1 hour
6	20	I don't feel too stressed because it will affect my game

According to the chart above, some teens are beginning to experience lower levels of stress because they do not play online games. These teenagers, who are 19 years old, still experience stress when they do not play online games.

Teenagers' social lives can be negatively impacted by regular internet gaming in addition to positive aspects. Teenagers should therefore give their future ambitions top priority, regardless of whether they want to become professional gamers or just work on getting over their possible addiction to online gaming. Playing video games too much can have negative effects on a person's health, psyche, academic achievement, and social development.

The results of interviews reported by the researcher indicate that teenagers in the 15–20 age range belong to different social circles. While some kids have no real-life mates, others develop close friendships through online gaming and show that they have strong social bonds with their friends. online pals, but because they spend so much time playing video games on their phones while staying in their rooms, some teenagers have a little tense relationship with their family. While no two kids are same, an addiction to online gaming can have a significant negative effect on a teen's academic career. They are still teenagers, between fifteen to twenty years old, and they need to finish school and acquire the necessary knowledge to be productive adults in the future. Moreover, in building something like social development, teenagers prefer to find it by playing online games (Nurmagandi et al., 2022)

On the one hand, there are benefits that teens who play online games might reap. For instance, teens who play online games must cooperate with one another in order to succeed, which can be advantageous for them. The online equivalent of the desired win in childhood games is to rise to the rank of greatest among outstanding individuals. Teens who frequently play online games can benefit from this as well because one of its objectives is to develop critical thinking skills. Leadership is also important for teenagers to train. because in online games there must be someone who leads their team to victory, of course, a leader must have intelligence that is different from the others.

Another positive side is that becoming a pro gamer will make you a lot of money because nowadays many teenagers want to become pro gamers so they can make enough money to make their parents happy.

Teenagers are beginning to experience decreased sleep duration and poorer sleep quality as a result of excessive online gaming. (Prima Matur et al., 2021) . The parenting styles of parents also impact teenagers' physical health, requiring careful attention. Online games capture teenagers' attention with excitement and pleasure, leading to potential addiction among them. This trend is concerning given the significant number of teenagers affected by gaming addiction. (Akin, 2023) .

Parents who spend more time with their children can help to reduce the addiction to internet games. Parent-child engagement increases comprehension of online game addiction and may help to lower its prevalence. (Kurnia et al., 2023).

4. Conclusion

Social development during adolescence is very necessary to be able to make as many friends at the age of 15-20 years and to understand other people as good individuals which can involve other personal traits, of course many things encourage teenagers to be able to socialize more intimately with their peers or community environment and can be done through healthy friendships. Online games, however, divert youngsters, which lowers peer social interaction and, as a result, lowers their participation in social activities. so frequently that they become time-blind. People find it difficult to start doing things like socializing since their social ties to their families and the community are deteriorating. Instead, they believe that playing online games is more enjoyable than engaging with people in real life.

5. Acknowledgement

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