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Original Research

Hypnotherapy is Needed to Reduce Online Gaming Addiction in Adolescence

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Abstract

Online game addiction has spread to be a widespread issue that impacts many people, especially adolescents. Adolescents with a gaming addiction impair their physical, mental, and social wellbeing and require treatment. Hypnotherapy is a cost-effective way to reduce online game addiction. This study aims to investigate the impact of hypnotherapy approaches on reducing online game addiction among adolescents. The research method used is a quasi-experimental, one-group pretest-posttest design. The study sample consisted of adolescents with severe online game addiction in the working area of the Kuranji Public Health Center, Padang City—as many as 20 adolescents. The sampling technique is purposive sampling. The data was analyzed using the Wilcoxon test, assisted by SPSS version 25. The results revealed that the average degree of online game addiction prior to receiving hypnotherapy was 55.55; however, after receiving hypnotherapy, the average value decreased to 42.45. The statistical results obtained have p values of 0.000. Hypnotherapy is recommended to be learned by every parent and teacher in order to control game addiction in their children. It is advised that parents of adolescent always supervise and instruct their children in proper behavior and establishing friends so as to prevent persistent online game addiction.

Keywords: Online Game, Hypnotherapy, Adolescents, Addiction

INTRODUCTION

Adolescence is described as the period between puberty and adulthood and is influenced by both individual development and cultural norms (Blakemore, 2019). According to the classification of the World Health Organization (WHO) (2018), the age limit for adolescents is 10-20 years, and the United Nations (UN) says that adolescents are those aged 15-24 years. From the description above, adolescents are determined to be within the age limit of 10-24 years (Sarwono, 2019). Aspects of adolescent development include physical, cognitive, personality, and social development. Physical development in adolescents, namely changes in the body, brain, sensory capacity, and motor skills (Jahja, 2019). One of the deviant behaviors carried out by adolescents is online game addiction. An online game is an electronic and visual-based game using the internet as a playing medium. This online game is often played by adolescents, so they don't know the time (Kurniawan, 2019).

Online game addiction was classified as a mental disorder by the WHO in the International Classification of Diseases (ICD) at the end of 2019 (Zatrahadi et al., 2021). Excessive online gaming has become a way of life for adolescents. It was linked to psychological symptoms (psychopathological symptoms and life satisfaction), social health (social connections), and physical health (physical activity) (general health and body mass index) (Purwaningsih & Nurmala, 2021). Seeing the existence of online games in society, many adolescents are addicted to online games. A person with an addiction usually spends more than 2 hours per day playing games (Guno, 2018). There is clinical evidence that online game addicts exhibit symptoms of psychological issues. It poses a major threat to a person's mental and psychological health since it causes stress, loss of control, aggression, anxiety, and mood alteration (Labana et al., 2020).

Addiction to online games has resulted in physical, psychological, and social health issues. Addiction to online games is harmful to one's health, way of thinking, social life, family connections, academic achievement, and well-being. Sleep problems, poor sleep quality, eating disorders, limited physical activity, back pain, eye tiredness, and reduced hearing and visual function are all physical consequences (El-Sherbini & Abdou, 2020). Addiction to online games, in particular, is linked to sleep abnormalities as well as psychological issues such as anxiety, sadness, and stress (Wong et al., 2020).

There have been a lot of studies investigating techniques to combat online game addiction. The hypnotherapy-based communication approach is one of them. The study's findings indicate that it is capable of reducing the level of online game addiction gradually and consistently, as well as influencing students' attitudes, opinions, and behavior in a dialogic manner and having a positive impact on mental relaxation and a continuous learning spirit, thereby significantly enhancing student academic achievement (Humayya et al., 2022). There have been a lot of studies investigating techniques to combat online game addiction. The hypnotherapy-based communication approach is one of them. The study's findings indicate that it is capable of reducing the level of online game addiction gradually and consistently, as well as influencing students' attitudes, opinions, and behavior in a dialogic manner

and having a positive impact on mental relaxation and a continuous learning spirit, thereby significantly enhancing student academic achievement (Rachayu & Banat, 2020).

In dealing with behavioral problems, several complementary therapies can be used. Complementary therapy is a method of treatment outside of conventional medical treatment, but complementary therapy is a supporter of conventional medical treatment (Syarifudin, 2018). One branch of complementary therapy is hypnotherapy (Putri & Amalia, 2019). Hypnotherapy can be used to overcome online game addiction because it is a behavioral disorder (Syarifudin, 2018). Habits or behaviors appear at the subconscious level, so it will be faster and more effective to eliminate a behavior through hypnosis because it can directly access information at the subconscious level. In overcoming deviant behavior in adolescents, several techniques in hypnotherapy can be used, such as direct suggestion techniques, parts therapy, and age (Suwandi, 2017).

Most teenagers and parents do not know how to deal with online game addiction in adolescents other than taking mobile phones that are used or strictly prohibited by their parents, so that teenagers feel unhappy and engage in behavior that violates existing rules or norms. In dealing with behavioral problems, some complementary therapies can be used, such as hypnotherapy. Based on the description of the problems above, this study aims to determine the effect of hypnotherapy on reducing online gaming addiction in adolescents.

METHODS

The study used a pre-experimental research approach with a one-group pretest-posttest design. The study was conducted from July to August 2021 at Kuranji Public Health Center, Padang City. Respondents in this study were adolescents who experienced severe online game addiction with the provision of playing more than 4 hours per day. The sample of the study consists of 20 adolescents selected through random sampling techniques. We have made level observations of online game addiction in children before they were given treatment (hypnotherapy). After the results of the researcher's observations were obtained, hypnotherapy was given for 45–60 minutes per respondent, after which the researchers returned to do observations of respondents in order to know whether or not there was a difference in the results of the observations on respondents before and after being given treatment. The analysis of the data used is univariate and bivariate. Using a Wilcoxon test to describe changes in adolescent attitudes after receiving hypnotherapy.

RESULTS

Table 1. Adolescents' level of online game addiction before receiving hypnotherapy

Variable	Means	N	Standard Deviation	Standard Error Means
Pre-test	55,550	20	1,009	0.246

According to Table 1, the average level of online game addiction prior to hypnotherapy had a mean value of 55.55. The standard deviation is 1.099, while the mean standard deviation is 0.246. The results of this study link up with those of Yanti et al. (2019) in Padang, who found that concerning the effect of cognitive behavior therapy on online game addiction in adolescents in junior high school, the average result before cognitive behavior therapy was carried out was 64.68. Impacts of playing online games, namely positive impacts and negative impacts. Positive impacts include physical training, fitness, and nutrition, training agility, social skills, increasing learning abilities, increasing sportsmanship, reducing stress, forming work teams, diverting pain, and making people happy (Franada, 2019). While the negative impacts include the impact on health, which decreases the health of adolescents, the impact on individuals such as stealing and being lazy, the impact on education, and the impact on family and society (Kurniawan, 2019). Addiction to online games is one type of addiction created by internet technology, also known as internet addictive disorder, because the internet can cause addiction, one of which is computer game addiction (playing excessive games) (Kurniawan, 20019). Someone said to be addicted to playing online games usually spends more than two hours per day playing online games (Kusuma, O.C., 2019).

Table 2. Adolescents' levels of online game addiction after hypnotherapy treatment

	Means	N	Standard Deviation	Standard Error Means
Post test	42,450	20	1,986	0.444

Table 2 shows that the average level of online game addiction following hypnotherapy is 42.450. With a mean standard error of 0.444, the standard deviation is 1.986. The results of this study are the same as Solikhah (2016) regarding the effectiveness of the rational-emotional behavior therapy approach to reduce online game addiction in elementary school children. The benefit of hypnotherapy is to overcome bad habits and negative behaviors. Some of the bad habits referred to include smoking, addiction to alcohol and drugs, stealing, fighting, and addiction to online games (Suwandi, 2017). Hypnotherapy is an effective technique used to treat behavioral deviations. Online game addiction is a behavioral disorder. Overcoming online game addiction with hypnotherapy can speed up the process of getting rid of it. This can happen because, through hypnotherapy, the therapist can access information directly at the lower levels of awareness (Suwandi, 2017).

Table 3. Adolescents' Average Levels of Online Game Addiction Before and After Hypnotherapy Treatment

	Means	Standard Deviation	Standard error mean	Q	df	p-Value
Online Game Addiction Rate Before and After	13,100	2,245	0.502	26,090	19	0.000

Table 3 shows the difference in the average level of online game addiction before and after hypnotherapy treatment, with a mean of 13.100. After the Wilcoxon test was carried out, the p value (0.000) was calculated. So, there is the influence of hypnotherapy techniques on reducing online game addiction in adolescents in the Kuranji work area. The results of this study are in line with research conducted by Pratama et al. (2020) regarding the application of hypnocaring to overcome excessive online game addiction in adolescents in Kabumen village, Baturraden. It was found that the average difference between before and after hypnocaring was carried out was a mean of 4,400. Online game addiction can be treated with complementary therapies, one of which is hypnotherapy. Hypnotherapy is an effective technique used in treating behavioral disorders. Some bad habits that can be removed with hypnosis are smoking, taking drugs, stealing, fighting, drinking alcohol, and being addicted to online games (Suwandi, 2017). Hypnotherapy is also a type of mind therapy and healing practice that uses hypnosis to deliver positive ideas or commands to the subconscious mind in order to cure a psychological disorder or modify thoughts, feelings, and behavior for the better. Several hypnotherapy approaches, such as direct suggestion techniques, parts therapy, and age regression, can be used to treat deviant behavior in adolescents. The medulla oblongata, which develops in the womb, houses around 88 percent of the subconscious mind (Syarifudin, 2018).

CONCLUSIONS

On the basis of the data and discussion, it is possible to conclude that hypnotherapy can reduce the amount of online game addiction and influence the behavior of adolescents. Adolescents should self-hypnotize based on the many signs they experience in order to immediately experience the effect. In addition, parents and teachers can use hypnosis to encourage their pupils to think and act more actively and concretely.

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