



IMPLEMENTATION OF HEALTH EDUCATION WITH DEMONSTRATION METHODS THROUGH SHORT EDUCATION MOVIE (SEM) MEDIA TO INCREASE THE KNOWLEDGE AND ATTITUDES IN OVERCOMING THE IMPACT OF ONLINE GAME ADDICTION

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ABSTRACT

Online game addiction has become a significant health problem. The use of short film media as a health education tool to overcome game addiction with interesting and relevant content can attract the attention of young audiences who are more interested in visual and interactive media. Seeing the existing problems, this research is aimed at analyzing the influence of Health Education using demonstration methods through short educational films in overcoming the impact of online game addiction. This research is a quantitative research with a quasi-experimental pretest-posttest design. This research will be carried out at Ambon vocational high schools. The selection of this research location was based on the consideration of having a basic understanding of health topics so that it could provide more valid and useful data. The population in this study was students. Sampling using random sampling technique obtained 40 students. Data was collected using knowledge questionnaires and attitude questionnaires to measure before and after the intervention. The statistical test used is the Wilcoxon signed Rank test. Results: The research results showed that there was a significant influence of knowledge and attitudes through short film media in overcoming online game addiction. The results of the Wilcoxon signed Rank test analysis show the same value for both variables, namely a p-Value of 0.000. There is a significant influence in applying the short film method in increasing knowledge and attitudes in overcoming online game addiction.

Keywords: demonstration methods; health education; online game addiction; short education movie

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INTRODUCTION

Health education is an effort to create community behavior that is conducive to health. Health education is carried out by spreading messages or information, instilling confidence so that people are not only aware, know and understand but can also improve their level of health. Media or tools help so that what is conveyed is in line with what is expected (Modesta Yustina Yunita Goang et al., 2023). Media tools for health education are tools used by health workers in delivering health materials. The various types of Health Education media are visual media such as PowerPoint and posters and leaflets, audio media such as CD radio and audiovisual media such as videos and short films. Online Games are games that are played online or connected to the internet network (Ekklesia Mahmud et al., 2023). Online games can have a fun effect on fans and can cause addiction (Akbar, 2020). Long access times are an indication of excessive addiction or addiction to online games and loss of control (Patgiri,

2022). Online games reduce a person's activities that should be carried out by children of developmental age (Grace Mauboy & Siagian, 2022).

The impact of online game addiction for students is in terms of time, financial, academic, social and health (Novitasari et al., 2022). One form of prevention in online game addiction is Health Education to help a person or individual group or community improve their abilities well (Griffiths, 2012). There are two methods used using the short film approach which is an alternative media in conveying knowledge in the current era (Hartino et al., 2021). Short Education Movies are an alternative creative learning media among other media (Septiaji et al., 2019). Indonesia is one of the largest gaming industry markets in the world. Especially mobile games or video games played via cell phones, tablet computers or consoles, based on the We Are Social report, Indonesia is the country with the third largest number of video game players in the world. The report notes that there are 94.5% of internet users aged 16-44 years. in Indonesia who play video games as of January 2022 (Vika Azkiya Dihni, 2022). Ambon City has quite rapid development, adequate internet access in the center of Ambon City has various positive and negative impacts. The average number of game players are students. Every student gamer has their own reasons why choosing and liking is considered fun and entertaining. Playing online games among students is becoming increasingly uncontrolled, which is done like this. Looking at the existing problems, the aim of this research is to conduct an analysis regarding the application of retention methods using short educational films (SEM) on the impact of online games in the city of Ambon.

METHOD

The type of research used is quantitative research with a pretest-protest quasi-experimental design. This research will be conducted at a high school in the city of Ambon. This research location was chosen based on the consideration of the large number of students who are exposed to online games with very adequate internet access in Ambon City Center. When the research was conducted in January-December 2024, the population in this study were high school students. Sampling was carried out using simple random sampling. Sample size. The number of respondents was 40 respondents, and the independent variable was the method of meaning associated with educational short films and the independent variables were knowledge and attitudes, the instrument used a questionnaire. The validity value for both instruments is > 0.361 with a reliability value of 0.79. Data analysis used the Wilcoxon test.

RESULTS

Table 1.
Frequency distribution of presentation of each respondent's general characteristics such as age and gender (n= 40)

Variable	f	%
Age		
15 years old	23	57.5
16 years old	17	42.5
Gender		
Male	15	37.5
Female	25	62.5

Table 1 above shows that the majority of respondents are 15 years old (57,5%), with the largest gender being female (62,5%)

Table 2.
Frequency distribution based on pre-test and post-test knowledge and attitudes among students (n = 40)

Variable	Pretest		Posttest	
	f	%	f	%
Knowledge				
Good	13	32.5	30	75.0
Not enough	27	67.5	10	25.0
Attitude				
Good	13	32.5	30	75.0
Not enough	27	67.5	10	25.0

From table 2 it can be seen that the knowledge of teenagers before health education was carried out through short films (pretest) with 67.5% poor knowledge and good knowledge after (posttest) was 75.0%. Based on this data, it can also be seen that before carrying out health education through short film media, the attitude of teenagers was poor, namely 25% and after the education was carried out, the attitude of teenagers became good at 75.0%.

Table 3.
The Influence of health education through short-movie media on knowledge and attitudes towards online game addiction

Variable	Z	P-Value
Knowledge	4.123	0.000
Post test -pretest		
Attitudes	4.123	0.000
Post test -pretest		

Based on table 3, it can be seen that the results of the analysis using the Wilcoxon test obtained a Z-Asymp value. Sig-4 with a p-Value of 0.000 (p-value < 0.05) then H0 is rejected, meaning the results show that there is a significant influence of health education through short-movie media on knowledge of the impact of online game addiction. In the table it is also known that the results of the analysis using the Wilcoxon test obtained a value Z-Asymp. Sig-4 with a p-Value of 0.000 (p-value < 0.05) then H0 is rejected, meaning the results show that there is a significant influence of health education through short-movie media on attitudes towards the impact of online game addiction

DISCUSSION

Respondents' knowledge before being given health education through short film education media about online game addiction.

The results of research regarding knowledge of online game addiction before being given Health Education using the short film media method of online game addiction, there were respondents who experienced online game addiction with 27 respondents (67.5%) with poor knowledge and 13 respondents (32.5%) with good knowledge. Based on information obtained from respondents, they rarely receive direct information or socialization about online game addiction and there is a lack of awareness. There are many factors that influence individual knowledge, such as education, information provided through direct or direct socialization, experience of receiving direct therapy (Widyatuti, 2008). Knowledge is an important domain for shaping one's actions. Knowledge is obtained from the results of sensing or the result of an individual's knowledge of an object which can be through the senses of sight, smell, hearing, taste or touch (Darsini et al., 2019). One of the factors that causes a lack of knowledge among teenagers regarding online game addiction is a lack of information and the impact of online game symptoms.

Online games are games that are usually played via the internet and similar networks. Online games are offered as additional services by internet service providers or accessed directly through systems provided by the companies offering the games (Rompas et al., 2023). Online games are said to be unhealthy if someone experiences a game addiction where the person cannot control himself when playing games and has to stop (Halawa, 2022). Generally, teenagers nowadays use online games on various occasions even when they are studying. The effect is that a lot of time is wasted due to online games (Edukasi.kompas.com, 2022). Health education is the most needed option to increase knowledge about online game addiction. The results of this research are also in line with those carried out by (Rosini, 2022) who also analyzed the provision of education through poster media on the negative impact of online games. The research results showed that the pre-test value was 57.50 and the post-test value was 77.58. The results show an increase in students' knowledge about the negative impacts of online games by 20.08. So seeing this, it can be concluded that poster media is able to increase students' knowledge at SMPN 79 Jakarta about the negative impacts of online games. The results of community service activities from Ari Jumaidah et al., (2022) stated that the results of the counseling resulted in increased student knowledge regarding the impact of online game addiction behavior on health. Seeing these results, it is very necessary to provide education and outreach regarding the impact of playing online games on teenagers in schools.

Respondents' attitudes before being given Health Education through short film educational media about online game addiction

The results of the research stated that the attitudes of students in Ambon City before being given health education about the impact of online game addiction behavior through short films, 27 respondents (67.5%) had poor attitudes and 13 respondents had good attitudes (32.5%). Attitudes can be formed from social interactions experienced by social interactions and relationships between individuals as group members (Anggraeni, 2020). Attitude is an important determinant of behavior. A person's attitude will give an idea of how a person behaves. Individuals can see a person's attitude by looking at the response or action that person will take towards a problem or situation they are facing. Individuals, especially teenagers who are used to living a life that is more focused on the virtual world, generally find it difficult to socialize in the real world (Novrialdy, 2019a). It is possible that individuals who are addicted to online games will develop antisocial attitudes, not having the desire to mingle with society, family and friends, these are the characteristics shown by teenagers who are addicted to online games (Soehartono, 2016).

Individuals who spend a lot of time playing online games can have bad effects on themselves, such as addiction, wastefulness, health problems, resulting in psychological impacts such as aggressive behavior (Susiatik et al., 2022). Attitudes are not acquired from birth, but are the result of formation or habituation from the entire process of object development. Attitudes are things that can be changed, so that someone can learn attitudes (Budiarto et al., 2021). Seeing this, attitudes can change at any time and develop if they receive influence, either from outside, such as through close relatives or influence from within. The incoming influence can be positive or negative, so that this attitude is dynamic (Arifin et al., 2017) Attitudes will be positive or negative depending on whether the individual pays attention to applicable norms or not. One of the factors that can influence an individual's attitude is verbal communication. Information obtained through verbal communication becomes a persuasive stimulus in the process of changing a person's attitude. This verbal communication can be obtained from health education (Budiarto et al., 2021).

Respondents' knowledge after being given health education through short film education media about online game addiction

Results of the analysis of students' knowledge after being given Health Education regarding the impact of online games with short film media, there were 30 respondents, all of whom had good knowledge, namely (75%) and there were still 10 respondents who still had poor knowledge (25%). According to Akbar, (2020) the link between online games and health is that someone tends to prioritize interacting with people only in cyberspace, where in reality they are online game addicts who spend more time playing online games, more than 12 hours per day. If this is done continuously it will disrupt the brain's working system. There has been a lot of data that conveys the impact if someone is addicted to gadgets, such as videos or internet-based games (online games), namely that there is a very large negative impact (Ulya & Fatuhurohman, 2021). As an effort to prevent negative impacts on teenagers, providing early information must be carried out. In line with Pegadian's results to the community at SMA Negeri 1 Kotamobagu, it was found that many students at SMA Negeri 1 Kotamobagu liked to play online games. The aim of this service is to increase students' knowledge regarding the impact of online game addiction behavior on adolescent health. This activity is carried out using interactive lecture, question and answer and evaluation methods. The results of the outreach activities were that there was an increase in students' knowledge about the impact of online game addiction behavior on health (Akbar, 2020).

If the positive impact is clear, it is necessary to provide education and outreach regarding the impact of playing online games on teenagers in schools as early as possible. The results of this research are also in line with Novrialdy, (2019) who stated that after education was carried out about online game addiction, knowledge about online games increased, so knowledge was needed as a means of entertainment or pleasure alone, but there were many impacts that emerged from online games. This research is also in line with stated research results Anggraeni, (2020) The effect before counseling (pre-test) was 56% and after counseling (post-test) 71% regarding eye health knowledge and the influence of playing online games on junior high school students Muhammadiyah 61 Tanjung Selamat. The conclusion is that the counseling conducted by researchers had a good impact on respondents regarding knowledge of maintaining eye health from the influence of playing online games.

Respondents' attitudes after being given health education through short film educational media about online game addiction

Based on the results of research on student attitudes after being given health education through short film education about the impact of online game addiction, 30 respondents had good attitudes, namely 75% and there were still 10 respondents, 25% of whom had poor attitudes. The results of this research have shown an increase in results from before education, when initially there were only 13 respondents with good attitudes. Looking at these results, it can be seen that there was a level of change in respondents' attitudes before being given health promotion with short educational films. Lack of awareness to search for information on their own causes them to have insufficient knowledge before being given Health Education through short films (Yustina et al., 2023). After individuals are given Health Education they should realize that online game addiction has a negative impact on teenagers. A good attitude is obtained from knowledge, thoughts, beliefs and emotions that play a balanced role. In other words, it is very important that humans can accept, respond, appreciate and be responsible for what they believe in. This is an attitude that can be demonstrated by well-informed individuals (Lumongga et al., 2021).

The influence of health education through short films on knowledge and attitudes regarding online game addiction

Based on the results obtained using the Wilcoxon signed Rank Test on the knowledge and attitude variables both in the pre-test and post-test with a p value = 0.000, which means that there is an influence of Health Education on the impact of online game addiction with short film media in helping to increase knowledge and attitudes about the dangers of online gaming addiction. The short film media in this research is a film that is short in duration, simple and has complex nuances regarding the target and message conveyed (Saptorahardjo & Franzia, 2020). With attractive visualizations, viewers can better understand the risks to physical and mental health caused by online game addiction.

CONCLUSION

From the results of this research, it can be concluded that there is an influence before and after watching educational short films on the knowledge and attitudes of teenagers at Ambon Health secondary schools

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