



PSYCHOEDUCATION BASED ON SHORT EDUCATION MOVIE AS AN EDUCATIONAL MEDIA TO IMPROVE KNOWLEDGE ABOUT ONLINE GAME ADDICTION IN STUDENTS

Nelma Liklikwatil^{1*}, Floria Veramaya Imlabla¹, Paramita Kurnia Wiguna¹, Ummul Hariat¹, Nur Aisah Latuconsina¹, Agustiniingsih², Norra Hendarni Wijaya³, Bety Agustina Rahayu³

¹Sekolah Tinggi Ilmu Kesehatan RS PROF Dr J A Latumeten Silale, Nusaniwe, Ambon, Maluku 97117, Indonesia

²Sekolah Tinggi Ilmu Kesehatan Bantul Jl. Parangtritis Km. 11, Manding, Sabdodadi, Bantul, Bantul 55715, Indonesia

³Sekolah Tinggi Ilmu Kesehatan Surya Global Yogyakarta Jl. Monumen Perjuangan, Balong Lor, Potorono, Bantul, Yogyakarta 55194, Indonesia

*nelmaade89@gmail.com

ABSTRACT

Game addiction can result in a significant decrease in an individual's ability to perform routine activities. Lack of education about game addiction can cause behavioral disorders and other health problems. Seeing the existing problems, the purpose of this study is to conduct a psychoeducational analysis study based on short education movies as an educational medium to increase knowledge about online game addiction in students. This study is a quantitative study with a quasi-experimental pretest-posttest design. This study will be conducted at Ambon vocational high schools. Sampling using random sampling techniques obtained 40 students. The statistical test used is the Wilcoxon signed Rank test. The results showed that the majority of respondents were 15 years old (57.5%) with the largest gender being female (62.5%). The majority of respondents had insufficient knowledge before being given psychoeducation based on short education movies as an educational medium to increase knowledge about online game addiction in students in Ambon city as many as 27 respondents (67.5%). The results of student knowledge after psychoeducation based on short education movies as an educational medium to increase knowledge about online game addiction in students in Ambon city are mostly in the good category, namely 30 respondents (75%). The results of the Analysis test obtained a p-Value of 0.001. The conclusion in this study is that there is a significant influence between psychoeducation based on short education movies as an educational medium to increase knowledge about online game addiction in students (p-value 0.001).

Keywords: educational; knowledge; online game addiction; psychoeducation; short education movies

How to cite (in APA style)

Liklikwatil, N., Imlabla, F. V., Wiguna, P. K., Hariat, U., Latuconsina, N. A., Agustiniingsih, A., Wijaya, N. H., & Rahayu, B. A. (2025). Psychoeducation Based on Short Education Movie as An Educational Media to Improve Knowledge about Online Game Addiction in Students. *Indonesian Journal of Global Health Research*, 7(1), 1061-1066. <https://doi.org/10.37287/ijghr.v7i1.5735>.

INTRODUCTION

Game addiction is a behavioral disorder characterized by excessive dependence on games. Game addiction can be interpreted as the realization of negative effects that trigger someone to play games frequently and for long durations (more than three hours) because there is a feeling of pleasure when playing games, providing its own satisfaction so that there is a desire to play the online game again. (Rompas et al., 2023). Game addiction can result in a significant decline in an individual's ability to carry out routine activities (Ari Jumaidah et al., 2022). There are two types of game addiction, namely online and offline game addiction. Global statistics show that more than 2 billion people play games. The most common game addiction is online game addiction. In Indonesia, 10.15% of the adolescent age group are indicated to be addicted to online games, while 49% of adolescents in the 15-19 age group are in the low physical activity category. (Ekklesia Mahmud et al., 2023). Game addiction can happen to all ages, from young children, teenagers, and adults. Game addiction in children is a

behavioral disorder that causes children to be too busy playing games to the point of having a negative impact on other aspects of their lives (Azizah & Muslikah, 2021).

Online games can have a fun effect on fans but can also cause addiction (Akbar, 2020). Long access time is an indication of excessive addiction or dependency on online games, which is a loss of control over oneself (Patgiri, 2022). Online games reduce the activities that should be done by children of developmental age (Grace Mauboy & Siagian, 2022). The impact of online game addiction for students is in terms of time, finances, academics, social and health (Novitasari et al., 2022). Indonesia is one of the largest gaming industry markets in the world. Especially mobile games or video games played via mobile 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 noted that 94.5% of internet users aged 16-44 in Indonesia played video games as of January 2022 (Vika Azkiya Dihni, 2022). Children who are addicted to online games can cause adverse effects on their health. Some health problems that can occur include damaging eye health due to too much exposure to blue light from gadgets, body aches due to lack of movement, stiffness and aches in the muscles of the fingers and arms, causing various health problems due to sitting too long and weakness and lethargy due to lack of rest (Sachiyati et al., 2023).

In addition to disrupting physical health, this condition can affect mental health, such as stunted maturity, easy to lie and deceive parents, even imitate violent scenes shown in the games they play. Furthermore, this condition can have a negative impact on their social life, such as declining academic achievement, not participating in organizations and sports activities, and having difficulty socializing and communicating with peers (Haque et al., 2021). Seeing this, education about game addiction needs to be done early. One form of prevention in online game addiction is Health Education to help a person or individual group or community improve their abilities properly (Griffiths, 2012). 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 beliefs so that the community is not only aware, knows and understands but can also improve their health. There are two methods used using a short film approach that 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).

Education requires the right media to be easily understood. Education for children requires a fun, safe, and enthusiastic learning environment. In addition, support from those closest to them is also important in the process of educating children. Media is also a tool that can facilitate the receipt of information (Modesta Yustina Yunita Goang et al., 2023). Media becomes a tool for Health Education used by Health workers in delivering Health material. Various types of Health Education media are visual media such as powerpoint and posters and leaflets, audio media such as radio CDs and audio visual media such as videos and short films (Ekklesia Mahmud et al., 2023). The results of the preliminary study in Ambon City have quite rapid development, adequate internet access has been available in the center of Ambon City. Data shows that the average number of game players is a student. Some of the reasons why students play games sometimes forget the time because they feel fun, enjoyable and entertaining. Seeing the impact of game addiction that can cause uncontrollable in terms of time, physical and health, this study aims to analyze the application of psychoeducation based on short education movies as educational media to increase knowledge about online game addiction in students in Ambon City.

METHOD

This quantitative study used a quasi-experimental pretest-protest design. This study was conducted at schools in Ambon City. The selection of this research location was based on the number of students exposed to online games with very adequate internet access in the Ambon City Center. The research was conducted in 2024. The population in this study were students in high schools. Sampling was carried out using a simple random sample of 40 respondents. The intervention in this study was carried out with a short education movie. The instrument in this study used a questionnaire about knowledge about game addiction which had been tested for validity (> 0.333) and reliability (0.798). The analysis in this study used the Wilcoxon test.

RESULT

At this stage, an analysis of the presentation distribution of each general characteristic of respondents such as age and gender was carried out, which can be seen below this table

Table 1

Frequency distribution of respondent presentations by age and gender (n = 40)

Characteristics	Chategory	f	%
Age	15 years	23	57.5
	16 years	17	42.5
Gender	Male	15	37.5
	Female	25	62.5
Knowledge Before	Good	13	32.5
	Enough	0	0
	Less	27	67.5
Knowledge After	Good	30	75.0
	Enough	0	0
	Less	10	25.0

Table 1 above shows that the majority of respondents are 15 years old (57.5%) with the largest gender being female (62.5%). The majority of respondents had insufficient knowledge before being given psychoeducation based on short education movies as an educational medium to increase knowledge about online game addiction in students in Ambon City, as many as 27 respondents (67.5%). The results of student knowledge after psychoeducation based on short education movies as an educational medium to increase knowledge about online game addiction in students in Ambon City were mostly in the good category, namely 30 respondents (75%).

Table 2

The Effect of Health Education Through Short-Movie Media About Game Addiction

Variable	Z	P-Value
Knowledge Post test -pretest	4.138	0.001

Based on table 2, it can be seen that the results of the analysis using the Wilcoxon test obtained a Z-Asymp. Sig- value of 4.138 with a p-Value of 0.001 (p-value <0.05). This value indicates that there is a significant influence between psychoeducation based on short education movies as an educational medium to increase knowledge about online game addiction in students.

DISCUSSION

Respondents' Knowledge Before Being Given Short Education Movie-Based Psychoeducation About Online Game Addiction

Psychoeducation is the process of providing information and training to change a person's mental understanding. Psychoeducation is an important part of treating mental health disorders, in this case online game addiction. Psychoeducation can be carried out in various groups with the aim of increasing understanding of the psychological disorder of online game addiction. Psychoeducational materials can include the etiology of online game addiction,

therapy processes, coping strategies, and education. The results of the study on knowledge of online game addiction before being given Health Education with the short movie media method showed that there was insufficient knowledge in 27 respondents (67.5%) and good knowledge in 13 respondents (32.5%). Based on information obtained from respondents, they rarely received information or direct socialization about online game addiction and lacked awareness. There are many factors that influence individual knowledge such as education, information provided through direct or indirect socialization, experience of receiving direct therapy (Widyatuti, 2008).

Knowledge is an important domain to shape a person's behavior or actions. Knowledge is obtained from the results of sensing 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 in teenagers about online game addiction is the lack of information on the impact of online game symptoms. Online games are games that are usually played through the internet and the like. Online games are offered as additional services by internet service providers or accessed directly through the system provided by the company offering the game (Rompas et al., 2023). Online games are said to be unhealthy if someone becomes addicted to the game, where the person cannot control themselves when playing the game and has to stop (Halawa, 2022). Generally, teenagers nowadays use online games in various occasions even when they are studying. As a result, 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 study are also in line with those conducted by Rosini, (2022) which also analyzes the provision of education through poster media on the negative impacts of online games. The results of the study obtained a pre-test value of 57.50 and a post-test of 77.58. The results showed an increase in student knowledge about the negative impacts of online games by 20.08. This result concludes that poster media is able to increase the knowledge of SMPN 79 Jakarta students about the negative impacts of online games. In addition, based on the results of community service activities from Ari Jumaidah et al., (2022) stated that the results of the counseling showed an increase in students' knowledge about the impact of online game addiction behavior on health. Seeing these results, it is very necessary to conduct counseling and socialization related to the impact of playing online games on adolescents in schools.

Respondents' Knowledge After Being Given Short Education Movie-Based Psychoeducation About Online Game Addiction

In this study, psychoeducation was conducted based on a short education movie about online game addiction. The results of the study showed that students' knowledge after being given education was obtained, 30 respondents had good knowledge (75%). Akbar, (2020) states the relationship between online games and health is that there are people who tend to prioritize interacting with people only in cyberspace where in reality online game addicts spend more time playing online games more than 12 hours a day and disrupt the brain's work system. The impact of someone who is addicted to videos or internet-based games (online games) is very large. Based on the results of a survey at SMA Negeri 1 Kotamobagu, it was found that many students at SMA Negeri 1 Kotamobagu like to play online games. The purpose of this community service is to increase the knowledge of SMA Negeri 1 Kotamobagu students regarding the impact of online game addiction behavior on adolescent health. The methods used are interactive lectures, questions and answers, and evaluations. The results of the counseling showed an increase in student knowledge regarding the impact of online game addiction behavior on health.

It is necessary to conduct counseling and socialization related to the impact of playing online games on adolescents in schools., the results of this study are also in line with Novrialdy, (2019) which states that after conducting education about online game addiction, knowledge about online games increases so that knowledge is needed as a means of entertainment or pleasure alone, but many impacts arise from online games. This study is also in line with the stated research results from Anggraini et al., (2022) about the influence before counseling (pre-test) 56% and after counseling (post-test) 71% on knowledge of eye health and the influence of playing online games on students of Muhammadiyah 61 Tanjung Selamat Middle School. The conclusion is that the counseling conducted by the researcher has a good impact on respondents about knowledge of maintaining eye health from the influence of playing online games.

The Influence of Respondents' Knowledge before being given psychoeducation based on short education movies about online game addiction

Based on the results obtained using the Wilcoxon signed Rank Test on the variables of knowledge and attitude both in the pre-test and post-test of the treatment group showed that $p = 0.000$ then $p < 0.05$ which means that the pre-test and post-test in the treatment group there was a significant level of knowledge, short movie media can help increase awareness of the dangers of online game addiction. With attractive visualizations, viewers can better understand the risks of physical and mental health from online game addiction.

CONCLUSION

The results of the study showed that the majority of respondents were 15 years old (57.5%) with the largest gender being female (62.5%). The majority of respondents had insufficient knowledge before being given psychoeducation based on short education movies as an educational medium to increase knowledge about online game addiction in students in Ambon City, as many as 27 respondents (67.5%). The results of student knowledge after psychoeducation based on short education movies as an educational medium to increase knowledge about online game addiction in students in Ambon City were mostly in the good category, namely 30 respondents (75%). The results of the Analysis test showed that there was a significant influence between psychoeducation based on short education movies as an educational medium to increase knowledge about online game addiction in students (p -value 0.001).

REFERENCES

- Akbar, H. (2020). Penyuluhan Dampak Perilaku Kecanduan Game Online Terhadap Kesehatan Remaja di SMA Negeri 1 Kotamobagu. *Community Engagement and Emergence Journal (CEEJ)*, 1(2), 42–47. <https://doi.org/10.37385/ceej.v1i2.108>
- Anggraini, W. A., Triyoolanda, A., Fadhillah, E. R., & Amri, S. (2022). Edukasi Tentang Pengaruh Bermain Game Online Terhadap Kesehatan Mata Pada Siswa/i SMP Muhammadiyah 61 Tanjung Selamat. *PubHealth Jurnal Kesehatan Masyarakat*, 1(1), 47–51. <https://doi.org/10.56211/pubhealth.v1i1.41>
- Ari Jumaidah, P., Ekawaty, R., Lisu Parande, A., & Nurlaila. (2022). Promosi Kesehatan Tentang Bahaya Adiksi Game Online Pada Remaja Di Smp Muhammadiyah 3Samarinda. *Jurnal Pengabdian Masyarakat Nusantara*, 1, 37–44.
- Azizah, M., & Muslikah, M. (2021). The Relationship Between Time Management, Self Regulation, and Smartphone Addiction. *Empati: Jurnal Bimbingan Dan Konseling*, 12(1), 82–98. <https://doi.org/10.26877/empati.v8i2.8057>
- Darsini, Fahrurrozi, & Cahyono, E. A. (2019). Pengetahuan; Artikel Review. *Jurnal Keperawatan*, 12(1), 97.

- Edukasi.kompas.com. (2022). 8 Dampak Game Online bagi Pelajar, Salah satunya Jadi Mudah Marah. Edukasi.Kompas.Com. <https://edukasi.kompas.com/read/2022/11/21/105741971/8-dampak-game-online-bagi-pelajar-salah-satunya-jadi-mudah-marah?page=all>
- Ekklesia Mahmud, P., Liklikwatil, N., Studi Ilmu Keperawatan, P., Pasapua Ambon, S., Tengah, M., Studi Administrasi Rumah Sakit, P., & J A Latumeten, S. R. (2023). Dampak Adiksi Game Online Terhadap Pola Tidur Dan Aktivitas. JKJ): Persatuan Perawat Nasional Indonesia, 11(4), 909–916.
- Grace Mauboy, I., & Siagian, E. (2022). Hubungan Game Online Terhadap Minat Belajar Mahasiswa Keperawatan. Jurnal Sosial Sains, 2(3), 457–464. <https://doi.org/10.59188/jurnalsosains.v2i3.364>
- Griffiths, M. D. (2012). study of online gaming : Player demographics , motivation for play , and social interactions among players . International Journal of Cyber Behavior ,. 2, 13–29.
- Halawa, A. (2022). Kecanduan Game Online Pada Remaja Dengan Tingkat Kecemasan Orang Tua. STIKes William Booth, 20, 38–53.
- Haque, S. A., Ramadhan, G., & Matulessy, A. (2021). Interaksi sosial dengan adiksi media sosial pada mahasiswa. Jurnal Fenomena, 30(1), 39–45. <https://doi.org/10.30996/fn.v30i1.5510>
- Hartino, A. T., Adha, M. M., Ulpa, E. P., Rifai, A., Rhosita, & Ramadhani, A. R. (2021). Media Pendidikan Moral Warga Negara Muda Berbasis Pengembangan Film Pendek Pada Era Society 5.0. E Prosiding Seminar Nasional Virtual Pendidikan Kewarganegaraan 2021 “Respons Pendidikan Pancasila Dan Kewarganegaraan Dalam Menyambut Era Society 5.0,” 1983, 407–413.
- Modesta Yustina Yunita Goang, Ribka Limbu, & Indriati A. Tedju Hinga. (2023). Pengaruh Media Film Pendek tentang SADARI terhadap Pengetahuan dan Sikap pada WUS. SEHATMAS: Jurnal Ilmiah Kesehatan Masyarakat, 2(3), 760–771. <https://doi.org/10.55123/sehatmas.v2i3.1935>
- Novitasari, L., Wardiyah, A., Kusumaningsih, D., Setiawati, S., Gustiani, D., & Sartika, D. (2022). Penyuluhan kesehatan tentang bahaya game online. JOURNAL OF Public Health Concerns, 2(2), 70–76. <https://doi.org/10.56922/phc.v2i2.188>
- Novrialdy, E. (2019). Kecanduan Game Online pada Remaja: Dampak dan Pencegahannya. Buletin Psikologi, 27(2), 148. <https://doi.org/10.22146/buletinpsikologi.47402>
- Patgiri, R. (2022). The Role of Food in Constructing Womanhood: A Study of Menstruation in Guwahati. Society, 59(2), 149–156. <https://doi.org/10.1007/S12115-022-00678-Z>
- Rompas, Y. F., Zakarias, J. D., & Kawung, E. J. R. (2023). Pengaruh Game Online Terhadap Interaksi Sosial Di Kalangan Mahasiswa Fakultas Ilmu Sosial Dan Politik Universitas Sam Ratulangi. JURNAL ILMIAH SOCIETY, 3(1), 1–11.
- Sachiyati, M., Yanuar, D., & Nisa, U. (2023). Fenomena Kecanduan Media Sosial (Fomo) Pada Remaja Kota Banda Aceh. Jurnal Ilmiah Mahasiswa FISIP USK, 8(November), 1–18.
- Septiaji, A., Zuriyati, Z., & Rahmat, A. (2019). The Transformation of Short Movie into Short Story. 306(Isseh 2018), 314–317. <https://doi.org/10.2991/isseh-18.2019.72>
- Vika Azkiya Dihni. (2022). Jumlah Gamers Indonesia Terbanyak Ketiga di Dunia. Katadata Media Network.
- Widyatuti. (2008). Terapi komplementer dalam keperawatan. Jurnal Keperawatan Indonesia, 12(1).