

Research Article

A Study Literature: Self-Management in Overcoming Online Gaming Addiction

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Abstract

This research aims to evaluate the effectiveness of self-management techniques in addressing online gaming addiction among students. Online gaming addiction has become a significant problem, disrupting students' social, physical, psychological, and academic lives. With the increasing dependence on online games, the application of self-management techniques, which include time management, emotional control, and self-monitoring, is expected to help students manage their behavior and reduce this addiction. The method used in this study is a literature review, analyzing previous relevant research on the use of self-management techniques in reducing online gaming addiction. The research results show that self-management techniques, through group counseling, have proven effective in reducing the level of online gaming addiction among students. This technique also contributes to improved social interactions, enhanced learning quality, and better time management. Therefore, the implementation of self-management techniques in schools can be an effective solution in addressing the problem of online game addiction, as well as improving the overall well-being of students. This research recommends integrating these techniques into school counseling programs and supporting the role of parents in accompanying students through the self-management process.

Keywords: Self-Management, Addicted, Game Online.

INTRODUCTION

The rapid development of technology has changed various aspects of human life. One of the biggest innovations in the entertainment field is online gaming which is now increasingly popular with various groups, ranging from children to adults. Online games, one of the newest types of entertainment, have many new features and cheaper internet connections, making them increasingly popular in Indonesia, especially in big cities. Users of this internet game also come from various ages, genders, and social statuses (Ondang et al, 2020). Online games serve not only as entertainment, but also as a social means for their players, allowing them to interact and build virtual communities. However, along with its increasing popularity, the phenomenon of online gaming addiction has emerged that has a negative impact on the social life and mental health of its users.

Online gaming addiction can lead to reduced time spent on social activities, studies, and work, as well as affect physical and mental health, such as sleep disorders, depression, and anxiety Iskandar (2021). What's more, this phenomenon is more common among adolescents, who tend to be more susceptible to the effects of addiction due to a lack of supervision and understanding of good time management. In this context, the application of self-management becomes very important as a strategy to help individuals regulate their behavior and prevent the negative impact of online gaming addiction.

Online gaming addiction has a significant impact on an individual's social, psychological, physical, as well as academic or professional life. Socially, gaming addiction leads to isolation from the real world, reduced interaction with family, friends, and avoidance of social responsibility. From a psychological point of view, gaming addiction is linked to emotional disorders such as anxiety, depression, as well as drastic mood swings, as individuals seek escape from real-life problems through the virtual world. Based on the results of the study, the negative impact of playing online games for students includes: tardiness and absence from school due to late sleep, eye damage and sleep disturbances, disruption of lifestyles such as eating and study hours, obstacles in socialization with the environment, and negligence in carrying out worship (Meutia et al., 2020). Physically, gaming addiction leads to health disorders such as sleep disorders, headaches, and posture problems due to sitting for too long without enough physical activity.

In addition, gaming addiction has an impact on academic and work performance,

as time that should be spent studying or working is instead spent playing games. This can decrease productivity, reduce interest in education or work, and affect overall quality of life. (Meutia et al., 2020) It stated that the results of data analysis using the Spearman's Rho test obtained a correlation result (r) -0.928 with a significance value of 0.000 which indicates a significant negative relationship between academic self-control and academic procrastination in high school students in city X who are addicted to online games. The greater the academic self-control in the individual, the lower the academic procrastination possessed by the individual, and vice versa.

Self-management refers to a person's ability to control themselves, including time management, emotion regulation, stress management, and the ability to set and achieve personal goals. Self management is a procedure in which individuals regulate their own behavior (Takaeb et al., 2023). In the context of daily life, self-management is the key to maintaining a balance between various demands and activities, be it in professional, social, or personal life. However, with the development of technology, especially in the form of online games, self-management skills have become increasingly crucial. Self-management can be an alternative in an effort to reduce the tendency of online game addiction experienced by high school students (Muhammad Reza & Mulawarman, 2021). Online gaming addiction, which has become a major problem among students and adolescents, not only impacts the academic aspect, but also affects their social and emotional development.

The importance of self-management in overcoming online gaming addiction lies in its ability to help individuals control the impulsive behaviors that are the main hallmarks of addiction. Online gaming addiction is often triggered by a desire to escape social, emotional, or academic pressure, which then creates a cycle of behavior that is difficult to stop. Based on the results of research that has been conducted on the Implementation of Group Counseling Services with Self Management Techniques to Reduce Online Game Addiction for Students at SMP Negeri 1 Bandar Sribhawono (Lenny Florensia Anggraeni & Christiana Hari Soetjningsih, 2023). This is where the application of self-management, especially in the form of timing and emotional control, is very necessary. With proper self-management techniques, individuals can be more aware of their behavior, identify harmful patterns, and mitigate the negative impact of online gaming.

The purpose of this study is to develop an understanding of the application of

self-management in overcoming online game addiction, especially among students. Identify effective self-management strategies in helping individuals, especially students, to reduce their dependence on online games. Therefore, the researcher formulated the problem in this study by dividing it into 2 problem formulations as follows:

1. What is self-management and how can its application help overcome online gaming addiction in students?
2. What are some effective self-management strategies in overcoming online gaming addiction, and how can they be applied in the context of schools?

This research is expected to provide new insights into the role of self-management in overcoming online gaming addiction, with a more holistic and self-control-based approach. Through a deeper understanding of the self-management techniques that can be applied by individuals addicted to online games, this research is expected to help create a more effective approach to addressing the problem. This research also aims to provide practical recommendations for various parties involved, such as teachers, parents, and other related parties, in supporting the development of healthy habits and effective time management for students. Thus, efforts to prevent and reduce online gaming addiction can be carried out in a more structured and directed manner. In addition, this study is also expected to provide a solid basis for further research on the application of self-management techniques in overcoming online gaming addiction, as well as evaluating its effectiveness in a broader context. Thus, the results of this study can make an important contribution to the development of intervention programs based on self-management to overcome online game addiction in the future.

METHOD

This study uses the Literature Review method. This literature review method is important to provide a starting foundation for future researchers with the relevance of the topic of self-management in overcoming online game addiction. The method used by the researcher goes through the following stages:

- a. Identify the problem
- b. Evaluating the phenomenon that occurs
- c. Interpretation of previous research relevant to the research topic
- d. Finding similarities and differences between previous research and ongoing research

e. To bring up novelties/research findings related to the topic being researched

This research uses the google scholar application to find previous studies that are relevant to this title. The researchers set the previous research range from 2020-2025. And the data obtained from these sources is in the form of related articles. This literature review focuses on searching the literature on self-management techniques to reduce addiction to online games. So research data was obtained as next:

The screenshot shows the Google Scholar search interface. The search terms are 'kecanduan game online'. The results table lists various articles with columns for Cites, Per year, Rank, Authors, Title, Year, Publication, Publisher, and Type. The top results include articles by S. Abdi, Y. Kameli, BD Faridah, VO Yuli, MA Lebho, MDC Le., and FR Mais, SSI Romp.

Cites	Per year	Rank	Authors	Title	Year	Publication	Publisher	Type
17.20	1	1	S Abdi, Y Kameli	Kecanduan game online: penanganannya dalam konseling individual	2020	Guidance: Jurnal Bimbingan dan Konseling	jurnal.uia.ac.id	PDF
18	3.60	2	BD Faridah, VO Yuli	Kecanduan Game Online Dengan Prestasi Belajar	2020	JIK (Jurnal Ilmu Kesehatan)	academia.edu	PDF
19.80	3	3	MA Lebho, MDC Le.	Perilaku kecanduan game online ditinjau dari kesiapan dan kebutuhan berafiliasi pada remaja	2020	Journal of Health and Behavior	ejournal.undana.ac.id	PDF
19.40	4	4	FR Mais, SSI Romp.	Kecanduan game online dengan insomnia pada remaja	2020	Jurnal Keperawatan	ejournal.unsura.ac.id	PDF
20.75	5	5	L Ulya, S Sucipto, I L	Analisis kecanduan game online terhadap kepribadian sosial anak	2021	Jurnal Educatio Kip Utama	ejournal.unma.ac.id	PDF
11.33	6	6	IA Rahman, D Arie	Tingkat Kecanduan Game Online Pada Remaja	2022	Jurnal Mutiara Ners	e-journal.sari-mutiana.ac.id	PDF
11.80	7	7	TIW Utami, A Hodi	Kecanduan game online berhubungan dengan penyesuaian sosial pada remaja	2020	Jurnal Keperawatan	journal.stikeskendal.ac.id	PDF
5.40	8	8	RAD Saputra	Interaksi sosial pada remaja kecanduan game online di desa sisanoren	2020	Community Engagement	etheses.iainporong.ac.id	PDF
11.80	9	9	H Akbar	Penyuluhan Dampak Perilaku Kecanduan Game Online Terhadap Kesehatan Remaja di S...	2020	Community Engagement	core.ac.uk	PDF
2.50	10	10	A Kristiawan, KT Yu	Faktor-Faktor Yang Berpengaruh Terhadap Kecanduan Game Online	2021	Psikologi Kreatif Inovatif	journals.upi-yai.ac.id	PDF
11.00	11	11	SP Subandi, N Ima	Dampak Kecanduan Game Online Terhadap Pendidikan Anak	2022	Al Kamal	ejournal.staika.ac.id	PDF
29.50	12	12	S Irawan	Faktor-faktor yang mempengaruhi kecanduan game online peserta didik	2021	Jurnal Konseling Gugisang	ejournal.staika.ac.id	CITAT
6.00	13	13	NS Ramadhan, ZH	Analisis Dampak Negatif Kecanduan Game Online Mobile Legend pada Siswa	2023	Murhum: Jurnal Pendidikan	core.ac.uk	PDF
10.80	14	14	A Amran, E Marhen	Kecanduan Game Online Mobile Legends dan Emosi Siswa SMAN3 Batusangkar	2020	Jurnal Patriot	netlib.com	PDF
7.33	15	15	S Aulia	Hubungan Antara Kecanduan Game Online Dengan Perilaku Agresif Pada Remaja Di M...	2022	Jurnal Riset Golden Age P...	repositori.unma.ac.id	CITAT
3.00	16	16	A Kadir, R Kamri, S	Peran orangtua dalam meminimalisir kecanduan game online pada anak	2020	Jurnal Riset Golden Age P...	repositori.unma.ac.id	CITAT
5.00	17	17	M Fajar, M Masayur	Kecanduan Game Online pada Remaja	2024	Journal of Education Rese...	erj.or.id	PDF
5.00	18	18	A Pramono, S Emu	Hubungan kecanduan game online dengan kualitas tidur pada remaja di SMK Negeri 5...	2023	Jurnal Dunia Ilmu	pdf.semanticscholar.org	PDF
11.00	19	19	M Darwis, K Amri	Dampak Dari Kecanduan Game Online Di Kalangan Remaja Usia 15-18 Tahun Di Kelur...	2020	Riteksidic: Jurnal Bimbinga...	jurnal.um-tapsel.ac.id	PDF
5.50	20	20	RIA Kinnit, T Susil	Gambaran karakteristik anak yang mengalami kecanduan bermain game online	2021	ASIN (Asiyah Surakarta)	journal.ainsa-university.ac.id	PDF
3.25	21	21	M Tohet, S Mauliza	Penanggulangan Kecanduan Game Online Melalui Pendidikan Karakter Regiusil Pada An...	2021	Belajae: Jurnal Pendidikan	jurnal.laincup.ac.id	PDF
4.60	22	22	RA Pratama, F Wid	Tingkat kecanduan game online pada mahasiswa fakultas keperawatan	2020	Journal of Nursing Care	jurnal.unpad.ac.id	PDF

Figure 1. Harzing: Online game addiction

The screenshot shows the Google Scholar search interface. The search terms are 'teknik self managemnt'. The results table lists various articles with columns for Cites, Per year, Rank, Authors, Title, Year, Publication, Publisher, and Type. The top results include articles by AD Astuti, SD Lestari, A Khairani, A Sugia, T Akmara, and NA Iman.

Cites	Per year	Rank	Authors	Title	Year	Publication	Publisher	Type
11.00	1	1	AD Astuti, SD Lestari	Teknik Self Management untuk mengurangi perilaku terlambat datang di Sekolah	2020	Counselia: Jurnal Bimbinga...	core.ac.uk	PDF
7.33	2	2	A Khairani, A Sugia	Teknik self-management untuk meningkatkan nilai karakter mandiri belajar siswa	2022	Jurnal Bimbingan dan Konseling	ojs.unsika-bjm.ac.id	PDF
7.00	3	3	T Akmara	Meningkatkan Tanggung Jawab Belajar melalui Layanan Bimbingan Kelompok Teknik Sel...	2021	Jurnal Prakarsa Paedagogia	pdf.semanticscholar.org	PDF
13.00	4	4	NA Iman	Penerapan Teknik Self Management Untuk Mengurangi Kecanduan Media Sosial Pada Si...	2022	Teacher in Educational	ejournal.unsida.ac.id	PDF
2.40	5	5	SH Husainiah, E Fla...	Kefektifan konseling kelompok dengan teknik self-management untuk meningkatkan...	2020	Indonesian Journal Of	ejournal.unsida.ac.id	PDF
4.80	6	6	HY Swara, PD Yulia	Layanan bimbingan kelompok dengan teknik self-management terhadap prokrastinasi ...	2020	AL-MURABBI: Jurnal Studi	jurnal.stti-kp.ac.id	PDF
3.00	7	7	AKU Umam, H Mas...	Teknik Self-Management pada Layanan Konseling untuk Peningkatan Kedisiplinan Siswa	2023	Jurnal	ejournal.jurnalpengabdian...	PDF
2.00	8	8	RP Mustikaningtyas	Penerapan Teknik Self Management Terhadap Perilaku Terlambat Pada Peserta Didik Di ...	2024	Sultan Agung Fundamenta...	jurnal.unissula.ac.id	PDF
16.25	9	9	F Abdillah, S Fitriana	Literature Review: Efektivitas layanan konseling kelompok dengan teknik self-managem...	2022	Guiding World (Bimbingan...	jurnal.stkipbima.ac.id	PDF
4.00	10	10	SM Madidar, A Mu...	Penerapan konseling cognitive behaviour dengan teknik self management untuk menga...	2021	HELPER: Jurnal Bimbingan	jurnal.unipabst.ac.id	PDF
2.75	11	11	A Achmad, A Lian...	Penggunaan teknik self-management dalam konseling kelompok terhadap kedisiplinan ...	2021	Consilia: Jurnal Ilmiah Bim...	repositori.unma.ac.id	PDF
9.75	12	12	DE Suryanti, A Par...	Pentingnya Pendekatan Teknik Self Management Dalam Layanan Bimbingan dan Kone...	2021	Anterior Jurnal	academia.edu	PDF
4.33	13	13	Z Hanafaturohmah	Pengaruh konseling kelompok dengan teknik self management untuk mengurangi perli...	2022	Jurnal Bimbingan Konselin...	ejournal.undiksha.ac.id	PDF
2.40	14	14	R Trifena, I Istirah...	Layanan Konseling Kelompok Menggunakan Teknik Self-Management Untuk Mengura...	2020	Journal of Innovative	ejournal.unma.ac.id	PDF
9.80	15	15	WS Asjani, C Anum...	Realisasi self management untuk meningkatkan disiplin belajar siswa	2021	HELPER: Jurnal Bimbingan	jurnal.unipabst.ac.id	PDF
3.25	16	16	AD Saka, A Wirata...	Efektifitas Layanan Konseling Kelompok Teknik Self-Management Untuk Mereduksi Peril...	2021	Counsenesia Indonesian Jo...	repositori.unma.ac.id	PDF
4.25	17	17	RM Reza, M Mulaw...	Efektifitas konseling kelompok online pendekatan behavior teknik self management un...	2021	ejournal.unma.ac.id	repositori.unma.ac.id	PDF
1.50	18	18	I Sudewi	Pengembangan buku panduan konseling kognitif behavioral teknik self-management u...	2021	Jurnal Keperawatan	jurnal.ar-raniry.ac.id	PDF
1.80	19	19	N Ali	Pengaruh Teknik Self-Management Untuk Mengurangi Perilaku Kecanduan Game Online...	2020	Jurnal Bimbingan dan Kon...	jurnal.borneo.ar.id	PDF
1.75	20	20	AI Prasetya	Penerapan Konseling Menggunakan Teknik Self Management untuk Mereduksi Prokras...	2021	At-Tauhid: Bimbingan dan	jurnal.borneo.ar.id	PDF
15.00	21	21	HM Turisna, EM Na...	Faktor-Faktor Yang Mempengaruhi Self Management (Manajemen Diri) pada Pasien Hip...	2022	Jurnal Keperawatan	jurnal.borneo.ar.id	PDF
1.40	22	22	D Sona, LID Yanti	Efektifitas layanan bimbingan kelompok dengan teknik self management untuk mengo...	2020	Jurnal Bimbingan dan Kon...	jurnal.borneo.ar.id	PDF

Figure 2. Harzing: Self-management technique

RESULT AND DISCUSSION

Result

The results of previous research data that are relevant to this study are in the form of presentation, analysis and interpretation of several studies divided into studies of self-management, addiction, and online games. These three major topics will be discussed separately and can be seen in the following tables 1 and 2.

Table 1. Previous Research

No.	Author	Journal	Findings
1.	(Astuti & Lestari, 2020)	Counsellia: Jurnal Bimbingan dan Konseling	Using successful self-control methods to reduce the late behavior of class X students of SMK Negeri I Panjatan Kulon Progo
2	(Mustikaningtyas et al., 2024)	Jurnal pengabdian sosial	One type of discipline violation in schools is late behavior, which if it occurs consistently can cause students' learning achievement to decrease.
3	(Asmara, 2021)	Jurnal Prakarsa Paedagogia	As a conclusion from the discussion in the previous chapter about the use of personal management engineering group guidance services to improve the learning responsibilities of grade IX C students at SMP Negeri 3 Suruh Semarang Regency, it can be said as it should be
4	(Imran, 2022)	JURUSAN PSIKOLOGI PENDIDIKAN DAN BIMBINGAN	The results of this study show that SMA Negeri 1 Sinjai students use self-management techniques to reduce social media addiction
5	(Mustikaningtyas et al., 2024)	JURNAL PENGABDIAN SOSIAL	One type of deviation from the rules in schools is late behavior, which if it occurs consistently will contribute to a decrease in student learning achievement

6	(Madidar & Muhid, 2022)	Jurnal Guiding World	The relationship between variable x and variable y, and title: Effectiveness of Group Counseling Services with Self-Management Techniques to Reduce Students' Academic Procrastination Behavior.
7	(Achadah & Sari, 2021)	Jurnal penelitian dan pembahasan	From the results of the research applied at SMP Negeri 24 Surabaya, it was said that the learning discipline of students in class IX A was caused by the use of self-management techniques in group counseling.
8	(Hanifaturrohmah & Widyarto, 2022)	Anterior Jurnal	Interaction with its environment, placing it as a cue or antecedent of a particular response, and presenting itself and creating a positive stimulus according to the expected response.
9	(Anjani et al., 2020)	Journal of Innovative Counseling	Self-management is very useful in improving student learning discipline. therefore SLF management is very much needed for student discipline in school
10	(Saka & Wirastania, 2021)	Jurnal penelitian dan pembelajaran	The results of the study showed that self-management technique group counseling was effective in reducing students' academic procrastination behaviors
11	(Reza & Mulawarman, 2021)	Indonesian Journal of Guidance and Counseling	Grade XI students at SMA Kesatrian 1 Semarang experienced a reduction in the tendency to become addicted to online games through online group counseling using behavioral approaches and self-management techniques.
12	(Ali, 2020)		Given that group counseling with self-control techniques is still rarely used in counseling guidance programs in schools, while it has been proven that group counseling

			with successful self-control techniques can reduce online gaming behavior in students, it is recommended that school counselors be able to carry out this process.
13	(Prasetya, 2021)	JURNAL AT-TAUJIH	Thus, it can be concluded that self-management methods can help reduce academic delays.
14	(Tursina et al., 2022)	Jurnal Keperawatan Cikini	Hypertension as a chronic disease requires long-term treatment through regular medication and the implementation of a healthy lifestyle, all of which demand good self-management skills
15	(Suastari et al., 2021)	Jurnal bimbingan dan konseling indonesia	The result of this research and development is a product in the form of a Behavioral Counseling Handbook to improve the self-management of high school students, which is proven to have a content validity index (CVI) of 1, showing an excellent level of validity (special)
16	(Abdi & Karneli, 2020)	Jurnal Bimbingan dan Konseling	The implementation of this study applied individual counseling with the BMB3 dynamics approach, which has been proven to be an effective and efficient counseling intervention in dealing with addiction problems due to online games
17	(Lebho et al., 2020)	Journal of Health and Behavioral Science	One of the study's findings showed that individuals who didn't feel lonely were 7.98 times more likely to experience online gaming addiction compared to those who felt lonely
18	(Mais et al., 2020)	Jurnal Keperawatan	The majority of adolescent respondents at SMA N 1 Tondano experienced an uncontrolled addiction to online games,

			accompanied by mild insomnia symptoms
19	(Saputra, 2020)	skripsi	Adolescents in Singosaren Village who are addicted to online games tend to show low quality of social interaction, both with family members and the surrounding environment. On the contrary, the relationship with fellow gamers is getting closer, reflected in the increasing solidarity between them
20	(Ramadhan & Ramadan, 2023)	Jurnal Pendidikan Anak Usia Dini	Addiction to the Mobile Legends online game in students can have a negative impact, even encouraging some individuals to commit irrational actions, as seen in a number of events in various regions and countries
21	(Amran et al., 2020)	<i>Journal article // Jurnal Patriot</i>	In the case of online game addiction in students, the role of parents and teachers has proven to be crucial in supervising, both through the provision of direction and advice and through a personal approach
22	(Fajar et al., 2024)	Journal of Education Research	Online gaming addiction can have a variety of negative impacts, such as sleep disorders, mental health issues, and a tendency to procrastinate on tasks. Factors that contribute to this condition include the environment, individual impulses, lack of attention from parents, feelings of loneliness, personal traits, and a desire to control the situation
23	(Pramesti et al., 2023)	Jurnal Dunia Ilmu Kesehatan	Referring to the discussion and results of data analysis that have been presented in the previous chapter, it can be concluded that there is a relationship between online game addiction and sleep quality in adolescents at SMK

			Negeri 5 Tangerang Regency
24	(Kiniret & Susilowati, 2021)	AISYIYAH SURAKARTA JOURNAL OF NURSING	The majority of children who experience online gaming addiction at SDN Bangkleyan are between 5 and 11 years old, with most of them being girls. Meanwhile, children who play online games but do not experience addiction generally have learning achievements with a score of ≥ 65 .
25	(Tohet & Mauliza, 2021)	Jurnal pendidikan islam	Efforts to overcome through religious character education in children show positive developments, especially marked by increased enthusiasm for children in carrying out activities that are beneficial, especially when carried out collectively.
26	(Siagian, 2022)	JURNAL BASICEDU	Based on the findings of the study, the high intensity of playing online games in children or students correlates with the greater impact experienced on the achievement of their learning outcomes
27	(Hasibuan & Anggreni, 2022)	Jurnal Program Studi Pendidikan Masyarakat	Cases of online game addiction among teenagers in Deli Tua Village, Namorambe District, reached the most alarming level during the Covid-19 pandemic
28	(Anggraini & Yanto, 2022)	Jurnal Pengabdian Kepada Masyarakat	Online gaming addiction can be triggered by weak self-control skills, lack of parental involvement and supervision, and conditions such as depression and stress.
29	(Meutia et al., 2020)	Jurnal GENTA MULIA	Often being late or absent from school is caused by the habit of waking up late due to sleeping too late
30	(Nursyifa et al., 2020)	Jurnal Keperawatan BSI	Most of the students of the Faculty of Nursing, Padjadjaran University who are addicted to online games

			are known to have sleep disorders, although with a variety of different types of disorders
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Source: google scholar

Discussion

The purpose of this study is to assess the effectiveness of the application of self-management techniques in overcoming online game addiction among students. Based on the findings obtained, it is known that the use of this technique has a significant impact on reducing the rate of online game addiction in students at MAN Pinrang.

Overview of Self-Management Technique Implementation

The implementation of self-management techniques at MAN Pinrang has been carried out in accordance with the scenario previously prepared by the researcher. Student participation in these activities is very high, which shows the enthusiasm and active role of students during the counseling process (Ali, 2020a). These results show that students can easily follow the taught procedures, which include measures such as self-monitoring, evaluation, and reinforcement of their behavior.

Overall, the application of self-management techniques in this school has proven to be successful online game addiction certainly shows that the most common health disorders found are higher emotional distress, anxiety, depression, and social behavior. However, after being given the technique, it increases students' awareness of their harmful habits, such as playing online games excessively, as well as helping them modify these bad habits. This technique helps students to better control themselves, manage time, and prioritize better.

The Impact of Online Game Addiction on Students

Before treatment, online gaming addiction behavior among students was in the high category. The results of the pretest show that most students spend more than 5 hours a day playing games, which results in negative health impacts, such as sleep disturbances, eye damage, and decreased study concentration. In addition, students also show delays in attending school and are often absent due to staying up late all night. Adolescents who have been categorized as addicted to online games certainly show that the most common health problems encountered are higher emotional distress, anxiety,

depression, and social behavior (Kibtyah, 2023). However, after being given self-management techniques, there was a significant change in students' behavior patterns. Posttest results showed a drastic decline in online gaming addiction behavior, with most students in the very low category. This shows that self-management techniques are effective in changing students' bad habits and improving their quality of life.

Effectiveness of Self-Management Techniques

The influence of self-management techniques on online gaming addiction was shown to be effective in this study. Self-management techniques help students to improve their self-control, which in turn reduces addiction to online games. This is in line with findings in previous research conducted by (Fazillah et al., 2021), which also showed that counseling with self-management techniques can reduce online game addiction in students. This significant decrease in online gaming addiction can be seen in better behavioral changes in various aspects, such as more regular study time, reduced gaming duration, and increased social interaction with friends and family. Using self-management techniques, students learn to monitor their own behaviors, evaluate their impacts, and take action to change harmful habits. This shows that self-management is not only useful for overcoming online gaming addiction, but also for improving self-management skills that will be beneficial in other aspects of students' lives.

Implications for Education and Student Welfare

This research has important implications for online gaming addiction prevention efforts among students. The application of self-management techniques in counseling in schools can help students overcome online gaming addiction more effectively. According to (Elvandari et al., 2023), there have been many cases of teenagers who are addicted to online games that have a bad impact and even make the teenager stretch his life. As a recommendation, schools need to introduce this technique more broadly and integrate it in student counseling activities to address other addiction issues. Furthermore, teachers and school counselors should be more proactive in paying attention to student behavior that could potentially lead to online gaming addiction. In addition, support from parents is also very important in helping students undergo the self-management process at home.

The implementation of this technique showed positive results, with students experiencing a significant reduction in online gaming addiction. Therefore, the application of self-management techniques can be an effective solution in overcoming the problem of online gaming addiction in school, while also helping students develop the self-management skills that are important in their lives.

CONCLUSION

Based on the results of the research that has been conducted, it can be concluded that the application of self-management techniques has proven to be effective in overcoming online game addiction in students. These techniques help students to better manage their behavior, including timing, emotional control, and self-monitoring. The results of this study showed a significant decrease in online gaming addiction behavior in students who followed a counseling program with a self-management approach. The application of this technique in schools shows the enthusiasm and active participation of the students, which contributes to the success of the program. With students' increased awareness of their harmful habits, as well as the ability to manage time and priorities, their quality of life has also improved. In addition, the results of this study show that self-management techniques are not only effective in reducing online gaming addiction, but also provide benefits in other aspects of life, such as increased social interaction and improved learning quality.

The implications of this study show the importance of applying self-management techniques in the educational environment as one of the solutions in overcoming online game addiction. Therefore, schools need to be more proactive in introducing and integrating these techniques in counseling activities to help students develop better self-management skills. Thus, efforts to prevent and reduce online game addiction can be carried out in a more structured and sustainable manner.

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