

## Congklak Millennials: Overcoming Online Game Addiction in Elementary School

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**Abstract:** Current games are not like previous games. In the past, the game could only be played by a maximum of two people, now with advances in technology, especially the internet network, games can be played by more than 100 people simultaneously. This makes traditional games increasingly forgotten and almost lost. The online game is a game program that is connected by a network that we can play anytime, anywhere, and can be played together in groups around the world. The game itself displays interesting pictures as desired, which are supported by a computer. According to the data obtained, it can be seen that the adverse effects of online game addiction are very detrimental, especially for children, for examples, such as learning disorders and health problems. Therefore, with this congklak media, addiction to online games can be overcome. Congklak millennial is a new idea to overcome online game addiction in elementary school. In this idea, we apply a traditional game of congklak. With Congklak millennials, children can also preserve traditional games that are almost lost due to online games.

**Keywords:** online games, addiction, congklak

### Introduction

A game can be played with specific rules to win and lose, usually in a non-serious context or for refreshing. Online games are electronic and visual based games. Online games are played by utilizing electronic visual media, which usually causes radiation to the eyes. The eyes are tired and are usually accompanied by headaches. (Ivan, 2009)

Today's games are not like previous games. If the game could only be played by a maximum of two people in the past, now with advances in technology, especially the internet network, games can be played by more than 100 people at the same time. This makes traditional games increasingly forgotten and almost lost.

Online games also have a significant impact, especially on the behavior of a child. Children who often play an online games, will cause him to become addicted or addicted. Addiction to playing online games will have a negative impact, especially in terms of academics and society. Although we can socialize in online games with other players, online games often make players forget social life in real life.

According to field data, the adverse effects caused by online games also interfere with children's health. (Putri, 2018) For example, mental disorders and eye disorders. This is influenced because players are required to focus on completing a mission in the game when playing online games.

The subsequent impact on many children's health is disrupted due to online game addiction. In terms of children's education is also disturbed due to their lack of focus in the learning process (Office, 2018).

Many children steal their parents' money because of online games (KPAI, 2017). Stealing, in this case, is used for children to buy a character in an online game to complete the mission. The impact of this one is very worrying.

Given the destructive effects of online game addiction, we want to help eliminate this addiction by playing a traditional game, namely Congklak. This is

aimed at elementary school students so that the preservation of traditional games is maintained along with the development of online games.

Through this scientific work, we can find out the importance of overcoming addiction to online games with traditional games, namely congklak.

Goals to achieve (1) Describe the idea of eliminating online game addiction with traditional games. (2) Deciphering the prediction of the success of the new idea (3) Describe the parties that can help.

## **Result and Discussion**

### **Elementary School Student**

In this digital era, where developments are increasingly sophisticated. Online games have become part of the lifestyle of elementary school children so far. Online games are enjoyed by elementary children if they are playing while not causing problems. However, the reality is that online games have made elementary school children addicted (REPUBLIKA, 2016). Of course, this is very worrying, considering that children are productive in the learning process. Learning productivity that should have an impact on increasing the intelligence of elementary school children is inversely proportional. Elementary school children spend more time playing online games than studying.

When elementary school children are addicted to playing online games, their emotional regulation is considered low because it is more fun. They can find new things that are more challenging and can eliminate boredom so that if it continues, it will affect their health (Kesehatan, 2018). For example, eye health problems, and the worst is mental disorders.

At the age of elementary school children, they are still classified as small children, which is where they are still very easily distracted due to the impacts caused by online games (Samuel, 2019). At the age of elementary school children they should still play traditional games. Because in traditional games they can improve their social life with their peers. However, due to the development of online games, these traditional games have disappeared.

### **The Nature of Online Games**

According to Indonesian Dictionary (KBBI), the meaning of online games is separated into two words, namely "Game" and "Online". In Indonesian, Game can be interpreted as a game, while Online is defined as online. In KBBI, the meaning of the game is something that is used to play. While the meaning of the word online is something that is connected to the internet network.

According to online game is a game program that is connected by a network that we can play anytime, anywhere and can be played together in groups around the world and the game itself displays interesting pictures as desired, which is supported by a computer.

Therefore, it can be concluded that the understanding of online games or games from experts is something (in video games) that is used to play which must use the internet network and we can play anytime, anywhere, and can be played with groups or alone.

### **Implemented Ideas**

Anticipating addiction to online games, in this idea children are invited to train themselves like therapy to overcome addiction to online games (Suciati, 2018). However, this method is less effective because the weakness is that it is difficult if the child does not follow the procedures that are directed and difficult if the child cannot think critically. Next. approach to rational-emotive behavior therapy, in this idea it is also the same as doing therapy so that children forget about addictions from online games (Casmuni, 2018). However, this idea still contains weaknesses

in the form of a lack of support from the child's parents, and there are still many influences from the child's environment that make this idea less successful. Peer counseling, this is another old idea. In this idea, it is still the same as applying the therapeutic system, namely playing a role (Prasetiawan, 2018). The weakness of this idea is that it is difficult if the child does not think critically and does not listen to the words of his peers. The Token Economy technique, in this concept, is a technique of collecting prizes through games. It is carried out at school and at home, which aims to change student behavior (Nuriyah, 2018). The downside of this idea is the lack of support from the client's parents. Traditional games, in this idea, students are invited to play traditional (Kusuma, 2019). It is carried out in schools with the role of the teacher. The downside of this idea is that many children are bored with simple traditional games. which aims to change student behavior. The downside of this idea is the lack of support from the client's parents. Traditional games, in this idea students are invited to play traditional. It is carried out in schools with the role of the teacher. The downside of this idea is that many children are bored with simple traditional games. which aims to change student behavior. The downside of this idea is the lack of support from the client's parents. Traditional games, in this idea students are invited to play traditional. It is carried out in schools with the role of the teacher. The downside of this idea is that many children are bored with simple traditional games.

The next idea is to anticipate online game addiction. The Gaming Addiction Awareness Program (Game) in this idea is carried out in schools. The downside of this idea is that it's difficult if the child can't follow the rules. Next is the application of individual counseling. This idea is carried out in schools with the aim of changing the behavior of students who are addicted to online games (Labaika, 2018). The downside of this idea is that it is difficult if the child cannot think critically. Another idea is the application of group counseling the weakness of this is difficult if the child does not think critically. Next is the application of CBT the weakness of this is also equally difficult if the child does not think critically. The next idea is the application of kinetic sand therapy (Nurhidayah, 2018) the weakness of this the child must have high concentration. And the last idea is verbal communication (Gusnita, 2017) the weakness of this idea will not work without the role of parents.

### **New Ideas**

Congklak millennial is a new idea from us to overcome online game addiction in elementary school children. In this idea, we apply a traditional game of congklak. With this, children can also preserve traditional games that are almost lost due to online games.

In the millennial congklak game, it is done almost the same as congklak in general. But in our idea, there is a role for the teacher in the game as a student counselor while playing so that students do not return to playing online games.

According to the data that has been obtained, it can be seen that the adverse effects of online game addiction are very detrimental, especially for children. For example, such as learning disorders and health problems. Therefore, with this congklak media addiction to online games can be overcome.

The return of the preservation of traditional games. In addition to addiction to online games, you can overcome this, with this congklak traditional games can be played again by elementary school children and traditional games are no less competitive with online games which are growing rapidly.

### **Related Parties**

The parties that contributed to the success of the Congklak Millennials idea to Overcome Online Game Addiction include:

1. *Teacher*, The teacher has an important element in supporting the success of this new idea. Teachers directly interact with students, so it takes tenacity and

patience. Elementary school-age is still imitating, so teachers participate in student activities. If students have to play congklak during breaks, the teacher must also do it. In addition, the teacher must be creative in playing the congklak game, so that students can enjoy it and not get bored quickly.

2. *Parents*, Parents are the supporting elements of the idea that have an important role in changing students to overcome online game addiction, so parents have a big influence on the success of this idea. Parents can invite children to play congklak at home so that children can forget not to play online games again.

### **Implementation Stage**

After the students are clear about congklak, how to play, and the rules of the game, then the teacher chooses 2 students to play it. The teacher monitors the game so that there is no cheating while playing. In the middle of the game, the teacher invites students to tell stories and share experiences about the traditional game of congklak. With this, students unconsciously awaken their souls to like the game of congklak. After that, the addiction to online games can be resolved.

In the game carried out during recess every day, all students are required to follow the game. Teachers must also be diligent in reminding students and building awareness to students that traditional games must be preserved and reminding how dangerous online games are.

At the end of the game, the teacher evaluates the student's game, if the student does well when playing congklak, then the student is entitled to a sticker. On the other hand, if students cheat while playing Congklak, the number of stickers must be reduced. This is useful for building the spirit of students and not easily bored to play congklak.

### **Conclusion**

Congklak millennial is a new idea from us to overcome online game addiction in elementary school children. In this idea, we apply a traditional game of congklak. With this, children can also preserve traditional games that are almost lost due to online games.

In the millennial congklak game, it is done almost the same as congklak in general. But in our idea, there is a role for the teacher in the game as a student counselor while playing so that students do not return to playing online games.

The stage of implementing congklak milinella is, the teacher introduces how to play and the rules. Next the teacher chooses 2 students. In the game carried out during recess every day, all students must follow the game. Teachers must also be diligent in reminding students and building awareness to students that traditional games must be preserved and reminding how dangerous online games are.

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