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Parental Practice and Problem Video Game Playing in Adolescents

Praktik Pengasuhan Orangtua dan Masalah Permainan Video Game pada Remaja

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Abstrak:

Penelitian kuantitatif dengan desain deskriptif ini dilakukan untuk mendeskripsikan data demografi, praktik pengasuhan, dan masalah permainan video game pada remaja. Data dikumpulkan dari 224 orangtua dan 224 remaja yang bersekolah di SD, SMP dan SMA di kota Yogyakarta, provinsi Daerah Istimewa Yogyakarta, Indonesia. Pengumpulan data berlangsung pada bulan April dan Mei 2013 menggunakan kuesioner praktik pengasuhan orangtua pada permainan video game remaja dan kuesioner Problem Video Game Playing (PVP). Hasil penelitian menunjukkan bahwa sebagian besar orangtua berada pada level bagus. Sebanyak 42 orangtua (18,8%) termasuk kategori sedang dan sisanya (81,2%) termasuk pada level bagus. Pada penelitian ini tidak ditemukan orangtua yang dikategorikan ke dalam level buruk. Sebagian besar remaja juga tidak masuk ke dalam permainan problematik. Terdapat 15,6% (n=35) remaja masuk dalam kagetori permainan problematik, sedangkan sisanya permainan no problematik

Kata kunci: permainan video game, remaja, praktik pengasuhan orangtua

Abstract:

The descriptive design study was conducted to describe demographic data, parental practice, and problem video game playing in adolescents. Data was collected from 224 parents and 224 adolescents who study in one primary, one secondary, and one high school in Yogyakarta municipality, Yogyakarta province, Republic of Indonesia. It was collected using parental practice in video game playing adolescents' questionnaires and problem video game playing (PVP) scale during April to May 2013. The results showed that the majority of parents were in good practice level. Parental practice in video game playing in adolescents was at a moderate practice (18.8%, n=42) and good practice (81.2%, n=182). There were no parents in bad practice level. The majority of adolescents were non problematic playing. There were 84.4% (n=189) non problematic playing, while 15.6% (n=35) were problematic playing.

Key words: video game playing, adolescent, parental practice

BACKGROUND

Nowadays, video game playing has become a popular activity for all ages.[1] The growth of video games as an entertainment form is larger than Hollywood movies.[2] People can play almost anywhere since there are a range of devices that can be played including console, personal computers (PC), and handheld devices such as mobile phones. Based on a press release from the Interactive Software Federation of Europe,[3] in the UK, 37% of population aged between 16 and 49 describe themselves as "active gamers". Adolescents clearly are part of that group. Moreover, the number of American children aged 2 to 17 years playing video games had increased up to nine percent when compared to 2009.[3] Asian countries also have high numbers of adolescents playing video games. More than three quarters of video game players in Japan, Korea and China are children and adolescents.[4] The exact numbers are 84.7%, 94.8% and 78.1% in each country, respectively.

One research conducted in America and also nationally representative sample showed the prevalence of pathological video gaming among American youth. In this research, it was found that 8.5% of video gamers age 8-18 exhibit pathological pattern of videogame play.[2] In Thailand, 23.1% of adolescents were computer game addicted.[5] Four adolescents in one district of Indonesia were brought to a psychiatric hospital because of video game addiction.

Many of the most popular video games have a negative impact.[1] Children and adolescents may become overly involved and even obsessed with video games. Adolescents will display aggressive thoughts, feelings and behaviors after too much exposure to video games, especially violent video games.

Actually, during adolescence, the parental practice is important. Parents can influence on adolescent's life. According to Resnick *et al.* (1997),[6] there is a connection between parent and adolescent relationship with less violent behavior. To illustrate, parental support has positive correlation with positive mental and physical health.[6]

In terms of video game playing, a parental practice is needed to prevent or protect adolescents from adverse effects of video games. They may involve checking video game contents, controlling when or where the adolescents can play,[7] monitoring gaming behavior, reading content description, banning certain video games, gathering information on games, pointing out bad or good things in games, explain what happens in games and evaluating game contents.

Based on above explanation, parental practice in controlling video games impact is noteworthy, in Indonesia, some parents do it well, but some do not. Parents just know that their child plays video games, but some of them do not know what kind of video games they play.

This research was done to identify parental practice and problem video game playing in adolescents.

METHODS

The research design of this study was a descriptive study. Data were collected from 224 adolescents who study in Yogyakarta municipality and also 224 parents of those adolescents. Multi stage random sampling was used to determine the sample size.

A parental practice in video game playing questionnaire and problem video game playing (PVP) short scale were used in this study.

The data was analyzed using the Statistical Package for Social Sciences (SPSS) PC +16.

RESULTS

Table 1. The Frequency of Demographic Characteristics of Parents (n=224)

Demographic characteristics	Non problematic playing	Problematic playing
Age (year)		
20-40	50	7
41-65	138	28
>65	1	0
Gender		
Male	68	9
Female	121	26
Religion		
Moslem	174	32
Christian/Catholic	15	3
Marital status		
Married	174	34
Divorced	4	0
Widowed	11	1
Education level		
High school	86	10
Diploma	28	4
Bachelor degree	53	15
Master degree	9	3
Doctoral/PhD	1	1
Others	12	2
Occupation		
Civil servant	30	6
Teacher/lecturer	13	5
Private employee	80	11
Others	66	13
Giving money for playing game		
Yes	37	10
No	152	25

Based on Table 1. most of parents were middle adulthood age (74.1%, n=166). The gender of parents mostly was female. Parents' religions were two types: Moslem and Christian/Catholic. There were 208 (92.0%) and 16 (8.0%), respectively.

Most of parents had marital status (92.9%, n=208. Educational level of parents were dominated with parents graduated from high school (42.9%). Based on parents' information, most of parents gave information that they did not give money for playing video game to their child.

Table 2. The Frequency of Demographic Characteristics of Adolescents (n=224)

Demographic characteristics	Non problematic playing	Problematic playing
Age (year)		
10-12	33	2
13-15	90	14
16-18	66	19
Gender		
Male	78	22
Female	111	13
Religion		
Moslem	179	32
Christian/Catholic	10	3
Education level		
Primary school	33	2
Secondary school	86	14
High school	70	19
Family structure		
Nuclear family	133	25
Single parent family	14	1
Extended family	42	9

Most of adolescents aged 13-15 year old (46.5%, n=145). Among those three groups, female were bigger amount of number compared with male. Similar with parents' characteristic, Moslem was the majority in adolescents group. Most of students studied in secondary school (44.7%, n=100).

From Table 2. also can be identified that most of students were in the first grade of secondary school, there were 68 adolescents (26.8%). About family structure, most of adolescents came from nuclear family.

Table 3. The Level of Parental Practice in Video Game Playing in Adolescents

Parental practice in video game playing in adolescents	Frequency	Percentage (%)
Bad practice	0	0
Average practice	42	18.8
Good practice	182	81.2

The data showed that there is no bad practice level. Most of them was in the good practice (81.2%, n=182), meanwhile average practice level is about 18.8% (n=42).

Table 4. The Level of Problem Video Game Playing

Problem video game playing	Frequency (n=224)	Percentage (%)
Non problematic	189	84.4
Problematic	35	15.6

The results shown that there were 189 (84.4%) adolescents non problematic playing and 15.6% (n=35) problematic playing.

DISCUSSION

Parental practice in video game playing in adolescents

Parental practice in video game playing in adolescents had four domains. In general, the result showed that most of parents were in good practice. One hundred and eighty two parents (81.2%) did good practice, while 42 parents (18.8%) did average practice. There was no presented parental practice in bad practice level.

In this study, the percentage of female parents was more than male. It was 65.6% female (n=147), while the rest of them were male. Females could be better in taking care of family include their child.[8] The majority of respondents were also middle adulthood age (74.1%, n=166). Compared with other stages, the development of middle adulthood gave more support to adolescents. One of middle adulthood task was helping teenage to become responsible adults.[8]

Moreover, all respondents had religion. Most of them were Moslem. In this religion, parents had responsibility to educate and take care of them.[9] It contributed to help parents be good practice.

Problem video game playing in adolescents

The finding of whole data analysis showed that problematic video game playing had fewer percentage compared by non problematic video game playing. There were 15.6 % problematic video game playing (n=35) and 84.4% non problematic video game playing (n=189). It meant that most of adolescents answered no in each item. It was relevant with Salguero and Moran (2002).[10]

This also matched with former studies. Phillips *et al.* (1995),[11] found that 7.5% of adolescents within age 11-16 year old scored addictive level. Supaket *et al.* (2008),[5] and Srisuwan (2010),[12] also had the similar found. They conducted study in Thailand. There were 23.1% secondary students addicted with video game playing, while 20.7% school age children also had the same problem.

This result can be supported by some reasons. It was available at Table 3. most of adolescents played video game not so frequently. Most of them spent not so long time a day. Most of them played about 1 to 2 hours per day (68.3%, n=153). It was consistent with Hauge and Gentile (2003),[13] study result that addicted adolescents spent more amount of time for playing video game. Besides that, all adolescents were still students. They spent large amount of time at school. It could help adolescents to minimize time for playing automatically. They played video game mostly not during school hours. These were weekday afternoon (42%, n=96) and holiday afternoon (30.8%, n=69). Moreover, more than three quarter (79.5%, n=178) of adolescents

played video game in their home. From this, parents could monitor them. It was different with the occasion that adolescents played video game outside such as in game center. In game center, adolescents had free choice to play video game without any limitation from the owner.

CONCLUSION

The conclusions of this study are thus; the majority parents were in good practice level (81.2%, n=182), the majority of adolescents were non problematic playing (84.4% n=189).

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