
THE RELATIONSHIP OF PARENTS' PARENTING PATTERNS WITH ONLINE GAME ADDICTION DURING THE COVID-19 PANDEMIC AT SMK MEKANIKA CIREBON

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ABSTRACT

Since the outbreak of Covid-19, the activities of parents and children have changed, many parents who experience stress due to their business experiencing a decrease in income and even going out of business, while some have to work at home using the WFH (Work from Home) system set by other companies and institutions. Stress conditions experienced by parents have a relationship with the parenting style given by parents to their children, there is a statistically significant relationship between the stress conditions of parents and the parenting style of parents for their children. The purpose of this study was to analyze the relationship between parenting and online game addiction at SMK Mekanika Cirebon. The method used is descriptive quantitative with survey research. Data collection by questionnaire. 220 Participants were taken by proportional random sampling. Data analysis with simple regression test method with the help of SPSS. Based on the values obtained, it shows that the percentage of the influence of the parenting style variable on online game addiction is 22, 28%, while the remaining 7.72% is influenced by other variables not examined in this study. This study concludes that the characteristics of respondents consist of the work of parents of private employees, students in class XII are male with a duration of playing games more than 3 hours/day. The parenting pattern used by parents for students at SMK Mekanika Cirebon is democratic parenting, the level of addiction game online on students at SMK Mekanika Cirebon

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is relatively low. There is a relationship between parenting patterns and online game addiction in Cirebon. Cirebon Mechanics Vocational School.

KEYWORDS

Parenting, Addiction, Online Games, Teenagers



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INTRODUCTION

Since the outbreak of Covid-19, the activities of parents and children have changed, many parents who experience stress due to their business experiencing a decrease in income and even going out of business, while some have to work at home using the WFH (Work From Home) system set by other companies and institutions. Stress conditions experienced by parents have a relationship with the parenting style given by parents to their children, this is in accordance with research conducted by Wardani and Sudyasih (2017) which states that there is a statistically significant relationship between parental stress conditions and parenting patterns. parents to their children.

While on the other hand, the condition of parents who are stressed and the lack of parental control since the cessation of face-to-face learning activities, children, especially teenagers, have also experienced quite drastic changes. They only learn through telecommunication connections in the form of cellphones, this is because since the Covid-19 outbreak, the government has implemented a Distance Learning policy for each educational institution. (Budiarti, 2022), actually Distance learning only takes a few minutes, while the rest they use to play with their cellphones, and one of the games they like is online games. This is in accordance with the opinion of Smart (2010), which states that aspects that can cause addiction to online games are lack of attention from the closest people, experiencing stress, lack of parental control, lack of activity, lack of environment, and inappropriate parenting.

Referring to research conducted in the United States, it is known that 70% of adolescents play online personal computer games, of which 65% are permanent online personal game players. Meanwhile, in Indonesia, the largest online game enthusiasts are also teenagers, with 64.45% males and 47.85% females, with an average age of 12-22. There has been no research on how many teenagers in Cirebon are interested in playing online games, but the national picture shows that at a young age, children tend to like online games. As a result of online game addiction, teenagers can ignore and leave various aspects of communication with their family members because of their busy playing online games. In addition, teenagers began to lie to family members, especially to their fathers and mothers about their internet use. Cases that arise from online game addiction require family intervention to avoid internet and online game addiction. This is in accordance with the opinion of Adwitiya and Suminar (2015), which stated that teenagers, especially those who are still in school, cannot be separated from their parents' environment. Therefore, parenting patterns in fact directly or indirectly affect the attitude of playing online games. Online game addiction destroys people's lives every day, be it online games or compulsive PCs. When playing online games continuously, it will interfere with daily activities and make people addicted to online games so that children do not have enough free time to study. The characteristics of online game addiction are someone who overplays the game and seems helpless. Playing this game is his life and has a negative impact on players. It can be said that people who spend more than 3.5 hours a day engaged in online games and activities related to online games will be addicted to playing online games.

One of the triggers of online game addiction is due to the parenting provided by different parents to their children, there are parents who always supervise their children, supervise every child's behavior and there are also parents who don't really care about their children. In the family in particular, parents play an important role in shaping the behavior and attitudes of their children. Various situations can affect a child's ability to focus and explore learning activities at school. Teenagers who are addicted to online games cannot live without certain aspects. Aspects that can cause addiction to online games are lack of attention from those closest to you, stressful experiences, lack of parental control, lack of activity, lack of environment, and inappropriate parenting.

RESEARCH METHOD

This research uses a cross sectional study design. Meanwhile, the research method used in this research is descriptive quantitative with survey research. Participants in this study were 220 consisting of 70 students in class X, 65 students in class XI, and 85 in class XII. The inclusion criteria for students of SMK Mekanika Cirebon, and students who are addicted to online games. The research was conducted at the Cirebon Mechanics Vocational School in December 2021.

RESULT AND DISCUSSION

a. By class

The description of the distribution by class at SMK Mekanik Cirebon is as follows:

Table 1 Respondents by Class

No	Class	Amount	%
1	X	70	31,82
2	XI	65	29,55
3	XII	85	38,64
Total		220	100

Based on the explanation above, it can be seen that most of the 38.64% respondents are in class XII of SMK Mekanika Cirebon, aged between approximately 17 years.

b. Gender

Table 2 Respondents by Gender

No	Class	Amount	%
1	Male	127	57,73
2	Female	93	42,27
Total		220	100

Based on the table above, it can be seen that most of the respondents 57.73% are male.

c. Work

Table 3 Respondents Based on Respondents' Parents' Occupation

No	Class	Amount	%
1	civil servant	23	10,45
2	Factory workers	53	24,09
3	Private employees	83	37,73
4	Driver	21	9,55
5	Trader	40	18,18
Total		220	100

Based on the table above, it can be seen that 37.73% of parents work as private employees and 9.55% of parents work as drivers.

Description of Research Variables

Description of Parenting

From 220 respondents, it is known that all have scores between 73-108, so it can be concluded that 100% of respondents have democratic parenting.

Table 4 Distribution of parenting patterns

Parenting	Frequency	Percentage
Otoriter	0	0%
Permisif	0	0%
Democratis	220	100%
Total	220	100

Description of Online Game Addiction

Distribution of the frequency of online game addiction in Cirebon Vocational School, obtained 99% of respondents in the category of moderate online game addiction and 1% in the category of severe online game addiction. The distribution of online game addiction can be seen below:

Table 5 Distribution of Online Game Addiction

Online Game Addiction	Frequency	Percentage
Medium	198	99%
Weight	22	1%
Total	220	100

Simple Regression Test Analysis Results

Regression test in this study is used to test the magnitude of the effect of variable X on variable Y. The results of the simple regression test analysis with the help of SPSS are as follows:

a. Gender Against Online Game Addiction

Table 6 Effect of Gender on Online Game Addiction
Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.139 ^a	.019	.015	2.489

Predictors: (Constant), Gender

Model	Coefficients ^a				t	Sig.
	Unstandardized Coefficients		Standardized Coefficients			
	B	Std. Error	Beta			
(Constant)	20.064	.514			39.027	.000
1						
Gender	.703	.338		.139	2.077	.039

a. Dependent Variable: Online Game Addiction

Based on the values in the table above, it shows that the results of the regression analysis in the Summary Model are known that the adjusted R square value is 0.015, so Gender has an effect on Online Game Addiction by 1.5%. And in the Coefficient table, the significance value is $0.039 < 0.05$, which means that gender has a significant effect on Online Game Addiction.

Parents' Work Against Online Game Addiction

Table 7 The Effect of Parents' Work on Online Game Addiction

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.147 ^a	.022	.017	2.486

Predictors: (Constant), Parent's Work

Model	Coefficients ^a				t	Sig.
	Unstandardized Coefficients		Standardized Coefficients			
	B	Std. Error	Beta			
(Constant)	20.243	.413			49.032	.000
1						
Parent's Work	.290	.132		.147	2.200	.029

a. Dependent Variable: Online Game Addiction

Based on the values in the table above, it shows that the results of the regression analysis in the Summary Model are known that the adjusted R square value is 0.017, so the work of parents has an effect on Online Game Addiction by 1.7%. And in the Coefficient table, the significance value is $0.029 < 0.05$, which means that the work of parents has a significant effect on Online Game Addiction.

The Effect of Parenting Parenting on Online Game Addiction

Table 8 of the Influence of Parenting Parenting on Online Game Addiction

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.472 ^a	.223		.220

i. Predictors: (Constant), Pola Asuh Orang Tua

Model	Coefficients ^a			t	Sig.
	Unstandardized Coefficients		Standardized Coefficients		
	B	Std. Error	Beta		
(Constant)	53.533	4.104		13.043	.000
1 Parenting	-.322	.041	-.472	-7.914	.000

a. Dependent Variable: Online Game Addiction

Based on the values in the table above, it shows that the results of the regression analysis in the Summary Model are known that the adjusted R square value is 0.220, so Parental Parenting has an effect on Online Game Addiction by 22%. And in the Coefficient table, the significance value is 0.000 < 0.05, which means that Parenting has a significant effect on Online Game Addiction.

Regression test in this study was used to examine the magnitude of the effect of variable X (parental parenting) on variable Y (online game addiction). The results of the simple regression test analysis with the help of SPSS are as follows:

Based on the table above, it is known that the results of the regression analysis in the Summary Model are known that the R value is 0.223. Furthermore, based on the output of the summary model above, the adjusted R square value of 0.472 maa The Coefficient of Determination (KD) will be known when calculated by the following KD formula:

$$KD = r^2 \times 100\%$$

$$KD = 0.4722 \times 100\%$$

$$KD = 22.28\%$$

Based on the value obtained, it shows that the percentage of the influence of parenting style variables on online game addiction is 22, 28%, while the remaining 77,72% is influenced by other variables not examined in this study.

Discussion

Characteristics of Respondents

Characteristics of respondents consist of students in class XII as many as male, in the work of parents the most parenting is as private employees and students who are addicted to online games playing games for more than 3 hours.

Findings related to male sex characteristics have a relationship with online game addiction. This study is in line with (Mais et al., 2020) showing that men tend to be more interested and addicted to playing online games compared to women. (Tiara Setia Hastuti, Duma L.Tobing, 2020) men spend more time playing online games, causing addiction to online games because they can relieve boredom, while the female gender spends more time chatting, social media, youtube and browsing. (Tiwa et al., 2019) Teenage boys like online games because they have various levels of difficulty and there are elements of violence in the game and lead to addiction to playing online games. (Rondo, Wungouw, & Onibala, 2019). Gender can influence a person to become addicted to online games where boys prefer to play online games with types that have variations in playing with levels of difficulty and elements of violence (Rifki, 2020).

The finding of characteristics related to the work of parents of students, namely private employees who have a relationship with online game addiction. This is in

accordance with research conducted by (Kristiawan, Adi, 2021) which says that socioeconomic levels with parents' jobs as private employees affect students with online game addiction. Related to online games, socioeconomic status affects internet connections, computer specifications, and so on (Halawa, 2018) that one of the factors that influence learning achievement is family, namely parents. Parents with jobs as private employees, are bound by various rules that exist in the company where the parents work have a relationship related to addiction to children who play online games. (Permana & Tobing, 2019). so that this causes children to feel less cared for (Yanti, Marjohan, & Sarfika, 2019).

Findings with the characteristics of the duration of playing games that are more than 3 hours. According to (Arianto & Bahfiarti, 2020) research results that adolescents tend to spend more time playing games more than 3 hours / day due to online game addiction, or more than 14 hours / week (Nita, 2018) The results of the study indicate that teenagers spend a lot of time playing games, namely 55 hours a week or an average of 20-25 hours who are addicted to playing online games. (Damanik & Ricky, 2020) the duration of playing online games is 8 hours / day, one third of a day is spent just playing online games, often using breaks to play online games so that it makes sleep time irregular or often stays up late, forget to do daily activities such as eating only once a day.

Parenting Patterns of Cirebon Mechanics Vocational School Students

The results of the research conducted showed that out of 220 respondents, most of the foster parents used democratic parenting. There are many kinds of parenting patterns, such as democratic parenting. According to (Sumandar, 2017) aspects of democratic parenting of parents, namely affection, communication, control, demands for maturity.

Meanwhile, the factors that influence democratic parenting according to (Bibelia, Hidayati, & Somantri, 2021) are the value factors adopted by parents, personality factors, socio-economic factors, and education levels. Meanwhile (Tiwa et al., 2019) argue that democratic parenting is the best type of parenting from other types of parenting. Democratic parenting is a form of parenting that pays attention to and respects children's freedom, but that freedom is not absolute and with understanding guidance between parents and children.

Overall, each dimension of democratic parenting on the value factor held by parents and socio-economic with online game addiction tendencies has a significant relationship and has a positive correlation value (Yosephine & Lesmana, 2020).

(Budiarti, Sustrami, & Febriani, 2022) Based on the results of the study, it can be concluded that there is a significant relationship between democratic parenting and smartphone addiction in students and there are several influencing factors such as socioeconomic and beliefs held by parents. To overcome the bad effects of playing smart phones, parents need to control the use of smartphones by their children. Parents are advised to tell their children about how to use gadgets positively and explain adverse effects. (Azizah et al., 2019) From the results of this study, most parents apply democratic parenting because it is influenced by the trust factor held by parents, socioeconomic and educational level. It is recommended that teenage students can schedule their daily activities by making a priority scale, so that time can be used as best as possible.

Addiction to Online Games for Mechanics Vocational High School Cirebon

The results showed that most of the respondents were addicted to games in the moderate category. Online game addiction is using a computer or smartphone excessively and continuously which will cause problems in social, emotional aspects and players cannot control excessive game play. This research is in line with (M. Awin Arja Sirait, Ramadhan Bestari, 2019) that there is a significant relationship between the level of online game

addiction in the moderate category, so it is hoped that the school will cooperate with parents to provide guidance on the impact of online game games in order to improve student achievement.

(Novrialdy, Nirwana, & Ahmad, 2019) Based on the results of the study, the understanding of high school students about the risk of online game addiction is in the moderate category. Online gaming addiction needs to take firm action as a preventative measure. One of the preventive steps that can be taken is to try to increase adolescents' understanding of the risks of online game addiction. (Rahayu, Karana, Hardiansyah, Dewi, & Elihami, 2021) Based on research, it was found that there was a relationship between addiction to playing online games which were categorized as moderate with learning motivation in school-age children during the COVID-19 pandemic.

(Manuputty et al., 2019) S_{aying} online game addiction is in the moderate category, someone who is addicted to online games will continue to play and will not stop until their curiosity about the game is fulfilled so that the time that should be sleeping is used to play games.

(Anwar & Winingsih, 2021) Stated that there is a relationship between online game addiction in the moderate category with academic achievement caused by students who are accustomed to dynamic stimuli rich in colors and the impression of addictive online games when playing them. So they assume that learning at school feels monotonous like books and writings seem boring, especially when the teacher explains learning without innovation such as games or just ice breaking before learning begins which makes children more enthusiastic when carrying out learning.

According to (Juniarto, Apriliyani, & Rahmawati, 2021) it shows that they have an addiction to playing online games, mostly in the moderate category. (Khaerullah, Widianti, & Sumarni, 2020) that students who experience online game addiction are at a moderate level.

4. Relationship Pattern Upbringing with Addiction Game Online Students of SMK Mekanika Cirebon

Students from parents who adopt democratic parenting are more effective in helping children to avoid addiction to playing online games (Lee et al., 2021). Teenagers' parenting style which is more dominant is authoritative or democratic which is related to online game addiction in teenagers, which is more dominant in the moderate category. Parents can increase control and warmth to teenagers. In order to prevent teenagers from becoming addicted to online games.

(Ulah & Muslimin, 2020) It can be concluded that parenting with a democratic style and the intensity of playing online games can have an effect. Likewise, teenagers who were cared for by parents who applied authoritarian and permissive parenting can become teenagers who tend to behave aggressively than other teenagers who are cared for by parents who apply democratic parenting.

The most dominant parenting pattern applied by parents of students is democratic parenting with a moderate level of online games addiction. There is no guarantee that in the future children who are in the medium level category of online game addiction will become low or even become a high category of online game addiction (Azizah et al., 2019). (Zhang et al., 2018) These findings suggest that academic involvement and parenting with democratic style may be the main and feasible factors to effectively protect students' academic achievement from the damage of online game addiction.

Therefore, it is recommended to use a democratic style of parenting to reduce students' addiction to playing these online games and to identify the damage caused by excessive games (Esrafil & Basharpour, 2019).

According to (Welly, 2018) there is a relationship with democratic parenting styles (social and economic) towards online game addiction, which can be categorized as moderate addiction (Öner & Arslantaş, 2018) The parenting style found the The most widely applied is parenting with a democratic style, while online game addiction is mostly still in the moderate category. (Rochmayanti, Azizah, Bintang, & Pradana, 2021) show that online game addiction and parenting with democratic parenting affect the level of addiction in the moderate category, so it can be recommended for parents to apply democratic parenting and limit the intensity of playing games for children. their students so that they are not addicted to the heavy level of online games. (Sert Agir, 2019) Addiction to online games with democratic parenting in students is very significant to the level of addiction to online games, where students are addicted to online games at a moderate level.

From the results of the research conducted, researchers have limitations because they only conduct research on the type of democratic parenting. It is hoped that further research can be carried out using qualitative research methods so that the results can be combined/compared with quantitative research.

CONCLUSION

Based on the results of the research and discussion that have been described in the previous discussion, the conclusion in this study is that the characteristics of the respondents consist of the work of parents of private employees, students in class XII are male with a duration of playing games more than 3 hours/day. The parenting pattern used by parents for students at SMK Mekanika Cirebon is a democratic parenting style. The level of addiction game online in students at SMK Mekanika Cirebon is relatively low. There is a relationship between democratic parenting of parents and online game addiction at SMK Mekanika Cirebon.

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