



## **THE RELATIONSHIP BETWEEN ONLINE GAME ADDICTION AND SPIRITUALITY IN ADOLESCENTS**

**Yanuar Fahrizal\*, Anggita Arie Guritna**

School of Nursing, Universitas Muhammadiyah Yogyakarta Jl. Brawijaya (Jl. Lingkar Selatan), Tamantirto, Kasihan, Bantul, Yogyakarta 55183, Indonesia

\*[yanuarfahrizal@umy.ac.id](mailto:yanuarfahrizal@umy.ac.id)

### **ABSTRACT**

Excessive use of online games can result in changes in social routines and changes in worship activities. This study aims to find out the relationship between online game addiction and spirituality in adolescents. The research design used was quantitative correlational with a cross-sectional approach. Using the purposive sampling technique with a total of 384 students using the Lemeshow formula. Data collection used valid and reliable questionnaires such as the The Internet Gaming Disorder Scale questionnaire to measure online gaming addiction levels and the FACIT – Sp-12 questionnaire to measure spirituality. Data analysis using Spearman rho. The results showed 0.004 ( $p < 0.05$ ) and  $r = -0.147$ , showing a significant and very weak correlation between the level of online game addiction and spirituality in adolescents. The negative correlation value shows that the higher the addiction to online games, the lower spirituality will tend to be.

Keywords: addiction; adolescents; online game addiction; spirituality

### **INTRODUCTION**

Diverse technological developments also have an impact on the use of technology. The use of technology as an entertainment medium, especially play, also has an impact on technology and internet users, such as the existence of video-based games or commonly called online games (Fitratunnisa et al. 2023). The context of addiction is not only the use of illegal drugs but can be shown to someone who plays games continuously so that it has an effect on oneself (Amran et al. 2020). The World Health Organization (WHO) that online game addiction can be categorized as a mental disorder in the 11th Revision of the International Classification of Diseases (ICD-11), where this situation prioritizes online gaming over doing anything else (World Health Organization. 2020). Data from a study conducted in South Korea shows that 83.6% experience online game addiction (Mais et al. 2020). According to the We Are Social report, Indonesia is the third country with the most online game users in the world with a percentage of 94.5% (Suralaga et al. 2022).

Teenagers when playing online games cannot manage their time well so many cannot control themselves to play games continuously (Afifatussyami et al. 2021). Most teenagers with addiction to online games that have an impact on their spirituality cause teenagers to postpone their worship activities in order to play games As a result, online games are stated to have an effect on the spirituality of users, including teenagers who are addicted to online games (Qarlinda et al. 2024). Spirituality is the most important aspect for a person because it can affect their life such as the meaning of life, relationships with themselves, others, and even relationships with God (Derang et al. 2023). Online game addiction also results in social changes where a person's interest decreases due to online game addiction, thus making a person spend more of their own time playing games than socializing (Fahrizal & Faiga, 2021).

Many studies have discussed online game addiction that makes spirituality low but does not explain how online game addiction can make spirituality in adolescents low. As an update of the data, this research was also carried out in a different place from the previous research. The purpose of this study is to find out the relationship between online game addiction and spirituality in adolescents.

## METHOD

This study uses a correlational quantitative method with an approach cross – sectional. This study uses purposive sampling technique. Using a total of 384 respondents obtained using the Lemeshow formula. This research has been conducted at 3 MANs in Sleman, Special Region of Yogyakarta in January 2025. The Internet Gaming Disorder Scale questionnaire to measure the level of online gaming addiction and the FACIT – Sp-12 questionnaire to measure spirituality. The Internet Gaming Disorder Scale questionnaire was developed by Lemmens in 2015 and has been translated into Indonesian by Aryani. This questionnaire contains 23 items with alternative yes or no answers, using the Guttman scale. The results of the validity test were produced  $r\text{-table} = 0.115$  so that the questionnaire was declared valid, and the results of the reliability test using Cronbach alpha were obtained with a result of  $r=0.897$  so that the questionnaire was declared reliable (Pamukti et al., 2024). The FACIT – Sp-12 spirituality questionnaire has been validated in Indonesian translation. The validity result of these 12 items of the spirituality questionnaire is  $r=0.50$ , so this questionnaire is said to be valid, and the results of the reliability test with Cronbach alpha are produced  $r=0.768$ , so this questionnaire is said to be reliable (Afifah & Arianti, 2018). The data scale on online game addiction uses the ordinal scale and the data scale on spirituality uses the ratio scale. Therefore, the data analysis uses the Spearman rho test to test the relationship between the two variables that are not normally distributed. This research has received an ethical feasibility letter from the Ethics Institute of the Health Research Ethics Commission of the University of Muhammadiyah Yogyakarta with number No. 021/EC-KEPK FKIK UMY/I/2025. The ethics approved in this study are inform consent, autonomy, justice, beneficence, and maleficence.

## RESULT

In this study, the majority of respondents were women (50.8%) from MAN 2 Sleman (33.6%), currently in grade 12 (33.6%) with the age of 17 years (32.6%). The most played type of online game was RTS (37.8%) with an average of 3.9 hours played for male respondents and 3.8 hours for the study respondents as shown in tables 1 and 2. The majority of respondents experienced addiction at a high level (76%) with a spiritual tendency to be low which is an average of 22.93 as shown in tables 3 and 4. Results of the rho spearman test on the relationship between online game addiction and spirituality in adolescents. In the results, it can be seen that the p-value is 0.004 ( $<0.005$ ). This indicates that there is a significant correlation between online gaming addiction and spirituality in adolescents. The correlation coefficient was -0.147, indicating a very weak correlation strength, and a negative correlation value indicated that the higher the addiction, the lower the spirituality as shown in Table 1.

Table 1.  
 Demographic Characteristics of Respondents

	Characteristic	f	%	N
Gender	Man	189	49,2	384
	Woman	195	50,8	
Class	10	128	33,3	384
	11	127	33,1	
	12	129	33,6	
Age	15	5		384
	16	170	1,3	
	17	128	43,3	
	18	77	32,6	
	19	3	19,6	
	20	1	0,8	
Types of Online	<i>Games</i>	18	4,7	384
	<i>RPG</i>	71	18,5	
	<i>FPS</i>	145	37,8	
	<i>RTS</i>	16	4,2	
	<i>Racing</i>	37	9,6	
	<i>Sports Arcade/Shooting</i>	97	25,3	

Table 2.  
 Long Distribution of Online Games by Gender

	Gender	Mean	SD	Min.	Max.
Long Playing	Men – men	3.9956	2.32108	.25	17.00
Online Games	Woman	3.6683	1.51068	.17	12.00

Table 3.  
 Frequency of Online Game Addiction Rates

Addiction Rate	f	%
Low	89	23.2
Keep	3	0.8
Tall	292	76

Table 4.  
 Table of Spirituality in Adolescents

Variable	Mean	Max	Minimal	Std. Dev	N
Spirituality	22.93	48	6	12.297	384

Table 5.  
 The Relationship Between Online Game Addiction And Spirituality In Teens

Spearman's Rho Test	Online Game Addiction (Mean ± SD)	Spirituality (Mean ±SD)	p-value	r-value
Correlation Between <i>Online Game</i> Addiction and Spirituality	1.53 ±0.845	22.93±11.297	0.004	-0.147

## DISCUSSION

This research shows that adolescents experience addiction to online games. Online games are indeed designed so that users experience addiction to the games they play because it will increase profits for producers on in-app purchases (Prabowo, 2024). Teens prefer to play online games because they are looking for friends and enjoy being validated by others or friends who play the same online games as them (Jin et al. 2022). Online gaming addiction in girls is a serious problem. This is because 1.3% of adolescent girls in Asia, especially in China, experience online gaming addiction (King & Potenza, 2020). Children who are affected by online game addiction will find it more difficult to manage their playing time. Excessive use of time can result in a change in children's priorities so that children will not be interested in anything other than playing games, including their worship activities (Syarif et al. 2023).

Spirituality in boys was obtained with an average of 22.44 and spirituality in girls obtained results with an average of 22.99. This proves that girls have higher spirituality than boys. Teenagers who mingle with other teenagers who have high spirituality will tend to have high spirituality, but on the contrary if they are together with teenagers who lack spirituality (Sârbu et al. 2021). Low spirituality is associated with poor mental health, while high spirituality can improve mental health and bring peace to one's life. Adolescents with low spirituality may feel lost, as if worship is unimportant, leading them to indulge in their favorite activities without restraint until they become addicted (Oktafia et al. 2021). Addiction to online games makes children forget time and miss time to study and worship (Laeliah & Fachruraji, 2023). The individual feels addicted to always play until he forgets time to study and even worship because the individual feels like he wants to continue playing it (Hidayat & Qodat, 2024). Adolescents with high spirituality will have good quality relationships with themselves, others, and the surrounding environment. This makes adolescents have good mental health because spirituality and religion can help adolescents interact socially well so as to prevent adolescents from addictive behaviors such as playing online games (Prasetyo et al., 2024).

The results of the analysis of the relationship between online game addiction and spirituality in adolescents using the rho spearman correlation test showed the interpretation that there was a

significant relationship between the two variables tested, the correlation strength was very weak with the direction of negative correlation, meaning that the higher the online game addiction, the spirituality would decrease ( $p = 0.004$  and  $r = -0.147$ ). Addiction will affect his spirituality, such as worship or prayer activities. The reason they play games and forget to worship time is as entertainment to relieve fatigue and stress after doing other activities (Helwatuazzakiah et al. 2021). As a result, it affects daily activities and can harm social, spiritual, and psychological aspects due to the uncontrolled focus on online gaming (Huzairi & Abidin, 2023). Spirituality, such as worship, can be used to maintain harmony with others and can increase self-reliance. Therefore, spirituality in adolescents is very important in making them independent, thereby reducing the habit of playing online games (Permana, 2018). Worship such as prayer and dhikr can make mental status feel positive such as feeling more peaceful, calm, prevent a person from becoming angry and make more patient (Irawati et al., 2023).

Spirituality can be influenced by parenting styles and age. Adolescents with democratic parenting styles have higher spirituality than those with authoritarian parenting styles. This is considered the dominant influence on how spirituality is formed in adolescents and shapes their personality development. Spirituality also correlates directly with age, such that as age increases, spirituality also increases. Therefore, the role of parents is crucial in monitoring adolescents, especially in their online gaming activities, to prevent gaming addiction, thereby enhancing their spirituality (Tarniyah & Hidayati, 2021).

The limitations of this study include mobilization between schools that are too far away so that data collection time is limited, adjustments to students' teaching and learning schedules with schools and researchers, limited facilities such as telephones to fill out questionnaires, and lack of correlation power.

## CONCLUSION

Online game addiction can make spirituality in teenagers tend to be low, therefore it is necessary to take action in the form of preventing online game addiction. The school should be aware that online game addiction can also affect spirituality in teenagers, so it is necessary to have education from teachers to students so that online game addiction does not occur.

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