KONSELING RELIGI

The Experimental Application of Group Counseling Self-Management Techniques for Adolescent Internet Addiction for Their Mental Health

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Abstract

This research aims to determine group counseling treatment with self-management techniques for teenagers to reduce internet addiction in teenagers in Sumber Village, Sumber District, and Rembang District. This type of research is a quantitative experiment category with a one-group pretest-posttest design. The sampling technique uses purposive sampling technique. The data analysis technique uses a paired sample T-test with the help of SPSS version 23.0. The results of this research show, firstly, that there is a significant difference in internet addiction in teenagers before and after being given treatment through group guidance activities. The difference in the average pretest score is 124.3056, and the difference in the posttest is 112.4306. Second, the implementation of group guidance is considered effective in reducing internet addiction in teenagers, with an average difference of 11.875. Third, the highest and lowest scores between the pretest and posttest test results are in the very high category, with a score range of 140–150 and a high of 130–139. After being given treatment, there was a decline in the moderate category with a score range of 120–129 and the low category with a score range of 110–119 and a probability value of 0.000<0.05. This means that group guidance activities were rated as effective in reducing the level of internet addiction.

Keywords: Internet Addiction, Group Counseling, Self Management, and Mental Health

Introduction

The development of science and technology continues to accelerate rapidly. Such conditions are solely for human progress and welfare. The development of science and technology has had an impact on various aspects of human life, such as adolescent social communication (Sarina, 2019). The psychological impact on adolescents ability to integrate and socialize with the people around them Adolescence no longer feels below the level of older people but is at the same level (Sari et al., 2018).

Ramadhani explained that an inter-network is a collection of computer networks that connect academic, government, commercial, organizational, and individual sites (Ramadhani, 2003). Activities that can be done with the internet include surfing, emailing, downloading, social networking, blogging, navigating virtual worlds, gaming, chatting, etc. (Correa, 2010). Every human being needs the internet for their activities. According to the 2017 report by the Indonesian Internet Network Providers Association (APJII), there were 143.26 million internet users in Indonesia, or 54.68% of Indonesia's population. This figure increased by 11% compared to 2016 (Prambayu & Dewi, 2019).

Technological developments and advances also go hand in hand with each individual's ability to utilize internet services. This can be seen by the ease of internet access. This situation is also experienced by teenagers. Adolescence is a period that enters life at the age of 12–18 years in the category of early adolescence. The category of late teens is aged 18–22 years. At this age, adolescence has developmental tasks, including the desire to establish new relationships with peers, both of the same and opposite sex. This period of development has a vulnerable nature and a curiosity about many things. Among them are those related to using the internet. If every teenager is unable to control it, the internet could become a negative problem. It can even damage positive adolescent development (Hurlock, 1991).

This exposure has a negative effect on teenagers when they use the internet without being able to control it themselves, increasing internet addiction. The effects of internet addiction on adolescent life include anxiety, depression, a decline in physical and mental health, interpersonal relationships, and decreased performance (Putra & Fitriani, 2019).

Addiction means someone who has dependent behavior on an object. The person cannot do anything perfectly without it. If explored in depth, the word comes from Latin, namely addictus. This word means the behavior of ignoring oneself excessively towards something by losing the ability to choose freely or becoming a slave (Poli, 2017). The meaning of the term addiction is expanded beyond substance dependence, so that non-substance-related behavior that causes problems and disorders is also included. Behavior that causes someone to become dependent on doing this; if they don't do it, it will disrupt concentration. This condition enters the dependency zone (Van Rooij et al., 2014). So the word addiction can be attached to two things, namely substance addiction and behavioral addiction. Both substance addiction and addiction have similar impacts on behavioral patterns, emotions, and physiology (Wisnubroto & Kartini, 2023).

Understanding more deeply about these two addictions is that substance addiction involves direct manipulation of pleasure using legal or illegal products that enter the body, including drug use disorders and food-related disorders. This is different from behavioral addiction. Behavioral or process addiction consists of a series of potentially pathological behaviors that expose the individual to mood-altering events in pursuit of pleasure, thus making him dependent (Karim, 2012).

According to research results around the world, around 40% of the world's population always accesses the internet at some point in their lives. The ever-increasing number of people using internet services in their daily lives does not mean it is without risk. One of the negative risks of frequently accessing the internet by someone falling into the addiction category is that it gives rise to clinical cases (Poli, 2017).

The study or research on the theme of internet addiction is a relatively new research topic that received a response when it was presented by Young in 1996. Previously, many experts studied the problem of addiction related to interactions between computers and humans. Furthermore, there is debate because these activities are associated with the term addiction (Young, 1996).

If you understand more deeply about the theme of internet addiction in research activities, it was first studied in 1996 by the APA. The research at that time studied more than 600 cases, concentrating on the theme of severe cases of internet users who showed clinical symptoms adapted from pathological studies. In contrast to the themes of cases

of chemical dependency and substance abuse, the internet offers several direct benefits as a technological advance in society, such as business transactions, accessing libraries, communicating, and making vacation plans. On the other hand, alcohol or drugs are not an integral or necessary part of one's personal and professional life and do not offer any health benefits (Young, 2017).

The progress of civilization in the field of internet information technology cannot be avoided. Not everyone who uses these services in their daily lives is affected by addiction. One person who can avoid internet addiction is one who is able to manage themselves (self-management). Self-management means putting everything in order in life, in the use of time, choices, interests, and activities, as well as in physical and mental balance. (Jazimah, 2014; Herawati, 2017).

According to Manz (1986), to be able to control oneself directly, individuals can create or change signals in their environment, such as objects, items, and things around them, to influence their behavior. Self-management, also called self-management, will be easier to do if the individual has emotional maturity, high reasoning skills, and is able to manage the stress that occurs to him. Someone who is able to manage themselves (self-management) means that the person is able to handle feelings so that feelings can be expressed at a controlled level (Goleman, 1995).

The results of this study found evidence that students who have good self-management experience less stress. Low self-management means that a student is less able to self-regulate, as indicated by low self-motivation abilities; students are less able to self-regulate, and students are less able to control themselves and less able to develop their own potential (Pertiwi, 2018).

A person's skills in managing themselves can be seen in managing people's feelings, thoughts, and behaviors. A form of managing one's emotions is when a person is able to process feelings of difficulty managing time and energy for work. The other side of the person is also able to process how to deal with the negative influence of work on academic grades and process the subject's emotions so as not to think about the opposite sex, which could disrupt his routine. The next management of feelings is in the form of sensations that can give rise to motivation. Motivation that appears in people who are able to manage their feelings can work well and produce maximum results (Asbari et al., 2020).

A person's ability to manage emotions is very useful for that person to overcome problems when someone uses information technology, such as social media, so as not to become dependent. Internet facilities such as social media have a more impressive and popular interaction influence than traditional or old media, such as print media, electronic media, broadcast media, and other interpersonal media (Moro, 2016).

Internet connection facilities using social media include teenagers. Usually, social media users, especially teenagers, use it to share personal activities, such as stories and photos, with friends and other documents in the form of videos or photos. Sometimes social media is often used to create good feelings, but without realizing it, social media can backfire on the user, causing bad things to happen to mental health and dependency (Rosmalina et al., 2021; Abbas, 2019; Zhang et al., 2018; Bener, 2018).

The internet has become one of the fastest-growing and most transformative technologies in the world. Globally, internet users have increased drastically, from 414 million in 2000 to 665 million in 2002. More than 4.574 billion as of December 31, 2019. The National Science Foundation in America determines that internet users enabled by smartphone access will increase to 5 billion in 2020 (Fumero, 2018).

Method

This article is the result of research using quantitative experimental methods. The experimental research method is research used to determine the effect of certain treatments on others under controlled conditions (Sugiyono, 2009). In experimental research, there is a treatment or treatments, and there are measurements twice, namely the pretest and posttest, as well as giving treatment. In this research, researchers used experimental research to see the results of the effectiveness of group counseling with self-management techniques in reducing internet addiction among teenagers in Sumber Village, Sumber District, and Sumber District. Rembang.

This research uses a purposive sampling technique. Purposive sampling is a technique for determining samples with certain considerations and collecting information that meets the desired criteria, with the following criteria: 1) Teenagers selected by researchers as samples, namely teenagers aged 10–24 years; 2) Teenagers who already have Android cellphone facilities with a minimum of 3 GB of RAM that

support internet access and really understand how to access all the internet; 3) Teenagers who are in high school or SMA/MA.

The experimental research article uses a one-group pretest-posttest design (Sugiyono, 2009). The development is done by taking one measurement in advance (a pretest). before being given treatment, and then after that, measurements are taken again (posttest).

Tabel:1 One-Group Pretest-Posttest Design

Pre-test	Variabel Independen	Post-test
O_1	X	O_2

Information:

O1: Pretest Score (Internet Addiction before treatment is given)

X: Training (treatment or treatment), namely group counseling guidance services using self-management techniques.

O2: Posttest score (Internet addiction after treatment)

Researchers conducted a pretest and posttest with the aim of determining the reduction in internet addiction behavior after group counseling treatment using self-management. The treatment stages are: a) Pretest is carried out before treatment;, b) Pretest consists of a statement of 30 dimensions and indicators of self-management to reduce internet addiction. The pretest scores will be compared with the posttest. d) Posttest, given after treatment in the form of group counseling.
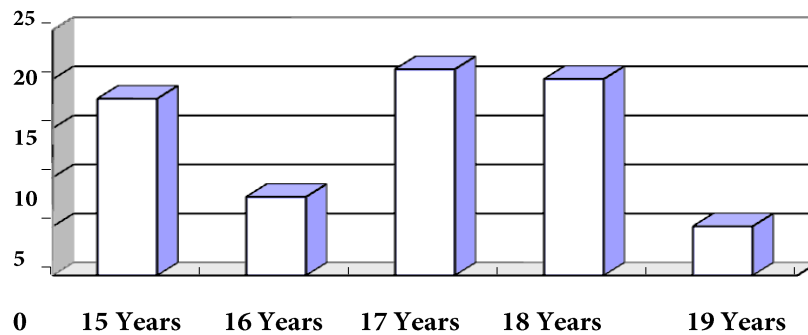
Discussion

This article is the result of experimental research with 72 respondents. The details of the research respondents in the article are as follows:

Table:1 Description of Respondents Based on Age

No.	Age	Total
1	15 years	18
2	16 years	8
3	17 years	21
4	18 years	20
5	19 years	5
	Jumlah	72

Figure 1 Distribution of Respondents Based on Age

Looking at picture 1, it can be understood that there were 18 respondents who filled out the questionnaire aged 15 years, 8 respondents aged 16 years, 21 respondents aged 17 years, 20 respondents aged 18 years, and 5 respondents aged 19 years. Furthermore, the addresses of respondents to this article's research can be seen in the following table

Table: 2 Distribution of Respondents Based on Address

No.	Address	Amount
1.	Sumber	35
2.	BulakSempu	27
3.	Jati genuk	10
	Amount	72

Table 2 shows that respondents based on youth addresses were spread across 3 hamlets, namely Dukuh Sumber with 35 respondents, Dukuh Bulak Sempu with 27 respondents, and Dukuh Jati Genuk with 10 respondents.

Next, the quantitative research steps carried out included testing the research instrument with validity and reliability tests. Researchers also tested research prerequisites with data normality and homogeneity tests. This was done to complete the research so that the research results could be accounted for.

Internet Addiction Pretest Results in Adolescents

Figure :1 Graph of Pretest Test Results
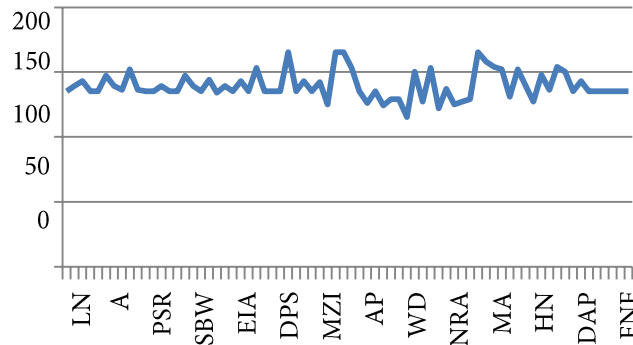
In this image, it can be seen that there are 72 teenagers who have a very high category of internet addiction after the pretest. The average pretest score was 124.3056. The researcher's next work in experimental research is to carry out group guidance treatment to reduce internet addiction in teenagers so that there is a decrease in dependence on the internet.

Experiments on the application of group counseling

The first meeting begins with introductions. Next, the group leader explains the meaning, goals, and principles of group guidance. The first treatment was quite enthusiastic. The next stage is that the group leader (researcher) creates an activity.

The first activity began with praying together. Next, the group leader explains the meaning and purpose of group guidance and asks about readiness for guidance. Lastly, the group leader closes by reading the hamdalah.

The second meeting was more relaxed. Next, pray together, led by members, and ask about readiness for guidance. This stage discussed the problems faced by teenagers related to internet addiction. Group members seemed afraid and embarrassed to reveal their problems. The group leader assured that the implementation of this guidance would be kept confidential. After all members express their problems, they then make an agreement to resolve the problem. It was agreed that the problem of feeling lazy when doing assignments and being more concerned with playing on the internet. The member of the group being discussed first tells the story. Next, others gave their opinions. After everyone has given their opinion, the group leader concludes and closes.

The third meeting started the prayer reading activity. Next is a discussion of the problems to be resolved. The agreement discussed managing internet playtime. Other members gave their opinions. His opinions include difficulties with commitment and responsible time management. The group leader thinks about how to give rewards to yourself so that you are responsible. The activity ended with reading the hamdalah and continued with the next meeting.

In the fourth meeting, the group leader reminded the group of the meaning and purpose of group guidance and briefly discussed internet addiction using PowerPoint media. The activity began with a prayer led by group members. Next, ask how all group members are doing. The fourth meeting looked enthusiastic.

Group members begin to express their problems and choose the problems to be discussed. The results determine the right time to play on the internet. Members whose problems are discussed express their problems. Group members provide input. Group members no longer feel embarrassed to express their opinions. The leader summed up the results of the fourth meeting. The group leader closes the Hamdalah reading activity.

The fifth meeting of group leaders started the activity of reading basmalah and asking about the readiness of the activity. The fifth meeting of group leaders and members made an agreement to discuss internet addiction. The meeting was used to exchange opinions. The group leader asked how the group guidance activities were carried out. The group leader ends the activity by saying hello.

Table : 3

T-Test Output Results (Paired Sample T-Test)

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Pretest	124.3056	72	10.64092	1.25404
	Postest	112.4306	72	2.55545	.30116

The results of the paired sample T-test test show that the pre-test (124.3056) and post-test (112.4306) experienced a decrease in value. In such conditions, it can be understood that the treatment carried out by researchers regarding group counseling on Internet addiction and adolescent self-management techniques provides good value. This means that there was a decrease in respondents' internet dependence after receiving self-management technique group counseling treatment.

Next, to determine the level of significance of the pre-test and post-test results, the researcher carried out a statistical analysis test of the t-test (paired sample t-test). The output results of the t-test (paired sample t-test) can be seen from the calculation results of the Sig value (2-tailed) of 0.000 <0.05 significance level. and it can be concluded that there is a significant difference between Internet addiction in the pretest and posttest data, which means that H0 in this study is rejected and Ha is accepted. Thus, the average difference between the posttest (124.3056) and the pretest (112.4306) is 11.875.

The National Institute of Mental Health (NIMH) report based on the results of the 2016 United States population census stated that as many as 44.7 million adults aged 18 years or older experienced mental disorders. Mental health challenges are common across the United States. About one in five (20%) adults suffer from a diagnosable mental illness in any given year. Every day, approximately 123 Americans die by suicide, and there is one death by suicide in the US every 12 minutes. (NIMH, 2023). This condition is the same as in developing countries. Indonesia. Indonesia is a developing country with a fairly large number of mental patients. With various biological, psychological, and social factors and population diversity, the number of cases of mental disorders continues to increase. According to the 2013 Riskesdas data, the prevalence of mental disorders reached 400,000 people, or 1.7 per 1,000 people (Ministry of Health of the Republic of Indonesia, 2017).

Mental health, also known as the soul, is an inseparable part of health or an integral part and is the main element in supporting the realization of a complete quality of human life. According to Law of the Republic of Indonesia number 18 of 2014, mental health is a condition where an individual can develop physically, mentally, spiritually, and socially so that the individual is aware of his own abilities, can cope with pressure, can work productively, and is able to contribute to his community. Mental health is still a significant health problem around the world. Mental health disorders are one of the global health challenges that have a significant impact due to their high prevalence and severe suffering borne by individuals, families, communities, and countries (Kohn et al., 2004). According to 2016 WHO data, around 35 million people with mental disorders suffer from depression, 60 million suffer from bipolar disorder, 21 million suffer from schizophrenia, and 47.5 million suffer from dementia (Ministry

of Health of the Republic of Indonesia, 2017). Mental disorders account for 13% of overall illnesses and are likely to grow to 25% by 2030.

One way to reduce or manage it so that teenagers do not suffer from internet addiction is by managing themselves as per the results of this research. Self-management is understood as an individual's attempt to control his behavior. Another opinion is that self-management is understood as the ability to solve problems, set goals, observe time and environmental problems that can hinder achieving goals, and use reinforcement and punishment to achieve these goals (Gerhardt, 2006).

Another opinion is expressed that if a person sets life goals for himself, then that person must organize and manage himself as well as possible to bring him towards achieving those goals, and that includes all the activities and steps to organize and manage himself (Gie, 1996).

Self-management techniques are a therapeutic method that helps patients manage chronic mental illness. Research results show that self-management is an effective technique for helping manage disease and carrying out regular medical examinations for people with various mental disorders (Lorig, Ritter, Pifer, & Werner, 2014). Self-management therapy can be maximized if it is supported by the family. Self-management skills need to be carried out together with the family (Wilkinson & Whitehead, 2009).

Conclusion

The development of internet information technology is a necessity. This means that it is difficult for someone to leave the activities of daily life. On the other hand, accessing the internet with social media facilities is indeed a means of entertainment and is even integrated into daily activities. It's just that someone who is unable to manage it may become dependent.

When someone has entered the dependency category, they may easily experience mental disorders. To overcome this, a person's ability to manage themselves is a way to go to therapy or avoid mental health disorders. Support from family, relatives, close friends, or the environment will make it easier to prevent internet dependence in children or teenagers so they do not experience mental disorders.

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