Addiction Analysis of Online Games and Implications With Islamic Guidance and Counseling: Career Counseling

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Abstract

The industrial revolution 4.0 developments very sophisticated technology. The technology makes it easy to affairs of human life so that all activities be fast and instant. The use of appropriate technology will provide a positive impact on human beings, on the contrary the use of technology that is poorly controlled and redundant will have negative impacts for humans, especially for adolescents. One form of the use of technology that can be bad for adolescents, if carried to excess use such as playing online games. Play online games excessively and without control could damage the lives of adolescents, including the attitudes and behavior more specific daily impact on the journey and career planning adolescents. Therefore, to prevent and cope with things that are not desirable need intervention for problem handling the online game addiction among adolescents. One recommendation in the handling of the problem of online game addiction among adolescents is Islamic guidance and counseling: career counseling. This research method using mixed methods. The research sample is early adolescents, amounting to as many as 113 people. Data analysis using descriptive and quantitative analysis. Islamic guidance and counseling: career counseling can be utilized for the handling of online game addiction among adolescents, so as not to adversely affect the journey and career planning adolescents.

Keywords: career counseling, Islamic guidance, counseling,Online game

Introduction

Technological developments at this time is growing very rapidly, the technology is able to create a great distance to be very close to, the information can be obtained very quickly, facilitate human work and many more benefits gained with technological developments that occur at this time (Bowen, 2013). Utilization of appropriate technologies will be good for humans, but if not used properly then the bad effects that will be acquired by man.

The discovery of developing information technology on a mass scale. Technology has changed the shape of society, from the local people of the world into a global world community. A world that is transparent to the development of information, transportation, and so fast and so big influence human civilization, making it the world dubbed as the big village, which is a large village, where the people who know each other and greet each other (Bungin 2005).

Real community is a community that is sensory life can be perceived as a real life, where social relations among members of the community built through sensing (Bungin, 2005). Thus the real life of human society can be seen for what it is. While the virtual community life is a life of human society can not be directly seen through the human senses, but can be felt and seen as a reality (Bungin, 2005).

Development of information technology at the present moment so rapidly with a wide variety of forms. One of the technologies and information that changes rapidly in the internet. Internet is a collection of computer network that connects academic sites, government, commercial, organization or individual (Sodiki, 2005). Previously only could access the internet with a computer can now use a smartphone with a variety of applications that are already available, such as applications browsing, chat, email, gaming applications and so on. According to research conducted Mukodin in 2004 own internet facility that is often used is 88% email, 84% of the world wide web, 79% chat, file downloading 68%, 18% use the net new online games a group and by 16% (Angela, 2013).

The use of improper technological development in adolescents, such as using a computer or smartphone excessively to play the game online. Adolescents who are addicted to online games to spend more time in front of a computer or a smartphone compared to other types of addiction (Kelleci, 2008). Playing online

games make players feel good as it gets psychological satisfaction. Satisfaction derived from the online game will make players more interested in playing it. Online game is a rapid advancement of technology. Andersen predicts this kind of life situations can cause people become confused or even dissolve completely into a new situation without being able to select the attitudes and behavior well, if it does not have an adequate survival (Andersen, 2004). This is due to the old value system that has been established is challenged by new values are not widely understood.

Various factors behind adolescents playing online games, such as stress relief, to fill his spare time, establish social interaction. Social interaction is one of the dominant effect that motivate adolescents to engage in online gaming (Kim & Ross, 2006; Colwell, 2007; Lo, Wang & Fang, 2005; Nikolic, 2015). Online games today are made extremely more attractive, as well as facilitate the players to get connected with other players untuk play together or to create a team group in a very broad scope (Griffiths, Davies & Chappell, 2003; Wood, Gupta, Derevensky, & Griffiths, 2004).

Someone who is addicted to online games, especially action games players will usually mimic the characters in the game so that the player can perform a variety of deviant social behavior such as violence, bullying and aggressive (Caşvean, & Paun, 2017; Gosselt, van Hoof, Gent, & Fox, 2015). Impactaddicted to online games, namely, decline in learning outcomes, feel uncomfortable when not playing games, having trouble sleeping (Ulfa, 2017). Players who are addicted to online games will also spend time and money just to play online games (Kim, Namkoong, Ku, & Kim, 2008).

Attitudes and negative behaviors associated with addiction to online games, if left unchecked would have an adverse impact on journey and career planning later adolescents. Adolescents who are already addicted to online games will not take his education, while education is one of the supporting aspects of success in the career field. If adolescents do criminal behavior, then it will certainly destroy his future. Thus, the impact of this online gaming addiction should be anticipated as soon as possible.

Play online games do not always have a negative effect, sometimes playing online games is also useful to relieve stress, build social relationships, but the positive things that happen when the online game players can control themselves

so that not too much in playing the game online. Of course, to help adolescents take advantage of technological developments wisely so that no adverse impact on his career, it needs a professional support services, such as one Islamic guidance and counseling: career counseling. Furthermore, research studies that published by (Azmi, 2019) explain that the emergence of hopes about a brighter individual's future can be attenuated by several behaviors such as addiction behavior, in this context addicted behavior to online games can influence future expectations of both parents as well as their children. This is because excessive behavior can distract individuals towards a clearer picture of the future.

Islamic guidance and counseling is a professional assistance implemented by counselors and counseling has distinctive features in the religious perspective. Implementation of Islamic guidance and counseling using the guidelines of Islamic law, within the framework of the methodology reasoning using the Islamic approach and the results of empirical research, including the theory of the west as far as not contrary to the Qur'an and Hadith (Arifin & Zainal, 2009).

Islamic guidance and counseling is an activity to provide guidance, instruction, guidance to individuals who are concerned about how should an individual developing the potential of sense mind, mental, faith and belief and can cope with the problems of life and living well and truly independently based on the Qur'an and Hadith of the Prophet Muhammad (Erhamwilda, 2009). Then in the implementation of Islamic counseling should use approaches to Islam.

Islamic guidance and counseling is also the process of providing assistance is directed, continuous, and systematic to each individual so that he can develop the potential or the nature of religion that has optimal way to internalize the values contained in the Qur'an and the Hadith of the Prophet into himself, so he can live in harmony and in accordance with the guidance of the Quran and Hadith (Hallen, 2002). Thus, the Islamic guidance and counseling aimed at helping individuals to attain happiness in this world and hereafter life according to the standard of the Quran and the Hadith of the Prophet Muhammad.

Career counseling is professional help to prepare individuals to face the world of work, choosing jobs and jobs that match their potential and is responsible for the selection has been decided (Winkel, 2014). Career counseling in the implementation of Islamic guidance and counseling is a career counseling using an Islamic approach in providing assistance carried out to adolescents.

Career counseling for adolescents is useful to help guide and plan journey adolescents life so make the right decisions so that adolescents get the desired position or profession in a career in the world of work later.

Adolescents generally status as a student, but others do not follow at all since the education of children up to adolescents or stop continuing education so that the 12 year compulsory education is not resolved, due to internal and external factors. Career counseling trying to encourage adolescents to participate in education and graduated with a well for their future, increasing the motivation of academic and explain the meaning and purpose of the activities they are doing in school (Curry, Belser, & Binns, 2013; Scheel & Gonzalez, 2007). Because education is a container for increasing the range of skills that are needed in the era of industrial revolution 4.0.

Research *Methods*

This research uses a mix methods. Mix methods is a method of research that combines elements of qualitative and quantitative approaches to obtain comprehensive information, in-depth understanding and mutually reinforcing (Johnson, Onwueegbuzie, & Turner, 2007; Creswell & Clark, 2011). The study population was junior high school students Batusangkar City, which is a junior high school students who age their early adolescents ranging from 13-16. The sampling technique used cluster random sampling where elected five groups, namely research sample SMPN 1 Batusangkar, SMPN 2 Batusangkar, SMPN 3 Batusangkar, MTsM Batusangkar and MTsN Batusangkar, a total sample of 113 people.

Collecting data using questionnaires, interviews and observation. The questionnaire used is Questionnaires about Online Game Addiction (QOGA). Data were analyzed using descriptive, frequency and percentage. The questionnaire was administered to be processed using microsoft excel, and presented in the form of quantitative descriptive. Interviews and observations presented using narration. Then, an analysis of the conditions of online gaming addiction among adolescents and its implications with Islamic guidance and counseling: career counseling.

Discussion

Online game is a game that can be accessed by many players, the machines used by the players connected by the internet. Online game is a game application in the form of adventure, setting strategy, simulation and role playing that has rules and levels of certain games (Muezzin, 2015).

The online games will maketh an activity is very significant in his life, because it can give satisfaction to him. Because adolescence is a time looking for something that can be considered valuable, worthy upheld and revered so that it eventually will form the identity of the adolescents (Joseph, 2000).

Table 1. Frequency of Online Games Addiction adolescents

Interval	Category	f	%
7	Very High	1	0,88
5-6	High	22	19,47
3-4	Medium	36	31,86
1-2	Low	46	40,71
0	Very Low	8	7,08
	Total	113	100

According to the table 1 above can be understood that the level of addiction to games of online adolescents seem that some 113 students 1 (0,88%) of which are at very high category, 22 (19,47%) with high category, 36 (31,86%) with medium category, 46 (40,71%) with a low category and 8 (7,08%) with very low category.

Graph 1. Levels Conditions Online Game Addiction adolescents
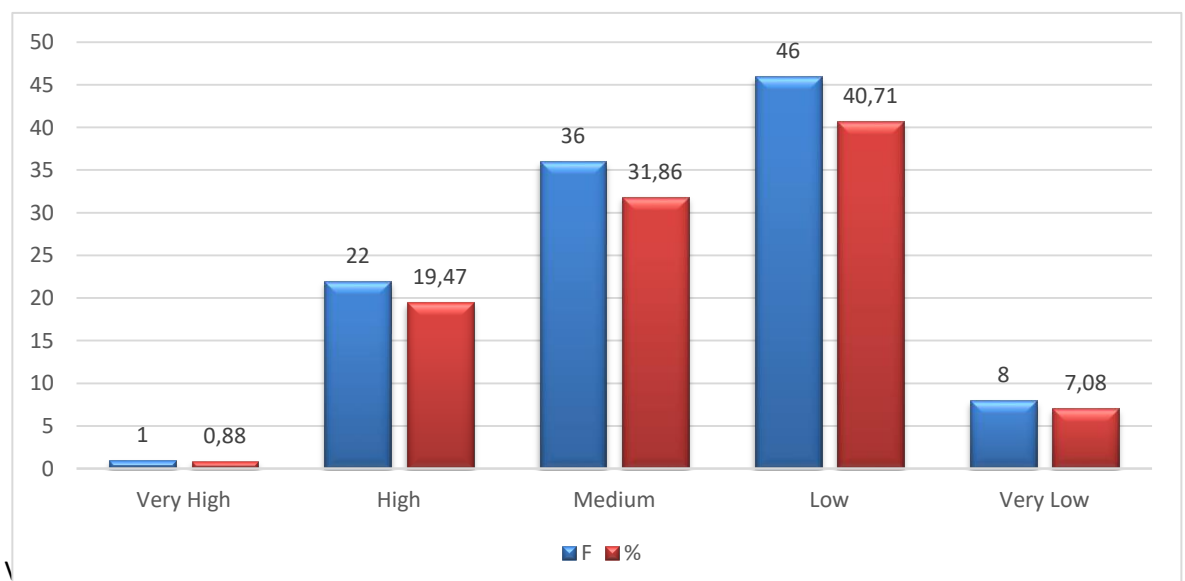
The graph above illustrates that the level of online gaming addiction adolescents mostly in the low category, but adolescents who are addicted to online games over the medium (high and very high) enough, and are likely to experience an increased risk of online gaming addiction is also quite a lot. The condition needs to be taken by the various parties involved and interact directly with adolescents, so that young people do not fall to the negative things that can be detrimental to her life.

Phenomenon found in one of the cafe in the market Batusangkar that adolescents play games online during school hours dressed in school uniforms, the adolescents play 1-2 hours and sometimes more than three hours to play games. Researchers conducted unstructured interviews, which the author asked the reason adolescents are playing during school hours are at 11.50, the child stated that he was not a concentration in learning and bored in class due to teachers who are not interesting in teaching and too serious when teaching means no humor or monotonous when you're teaching. Then they observed the authors found there were still playing online games late at night, when it was already at 22.30 where they should have been at home for a rest.

Seeing the above conditions must play online games during school hours will disrupt their learning, where they pull out of class to go play games online. Then they were playing until late at night, will make them sleepy in class due to lack of sleep, and this makes them no focus on the following study. Then the conflict between father and son will make the relationship of parents and children are not good anymore, and will not affect either the psychological development of the child.

One form of internet use that is frequently accessed by the adolescents are online games. Playing online games is fun, but online games have a tendency to be addictive for players, if someone knows how to play. Addiction is caused in terms of the game, because the online game has an interesting feature, contains images, animations motivate them to play. In addition a variety of specially designed game that makes children want to continue playing, as prompted by its desire to complete the stages of the game more interesting and challenging.

Adolescents who play online games will get pleasure from the game that he did, especially when adolescents, understanding of the game that he did, and his game is very challenging. When adolescents forget themselves and can not control

themselves in playing games online, then this will lead players into addiction and a bad effect on everyday life.

Life situations such as these have a very strong influence on the dynamics of adolescents life includes personal, social, learning, career, especially adolescents. In adolescence start growing urge to live, the need for friends who can understand and help, friends can also feel the joys and sorrows (Joseph, 2000). Adolescence is a time for identity and friends can understand. If adolescents do not get the satisfaction of living in the family then he will find a friend outside the family or he will find satisfaction in other things, such as playing online games.

Adolescents who take pleasure in playing games online, of course this will adversely affect the development if he could not control themselves well. Self-control is not good in the play online games will make adolescents addicted to online gaming. Online gaming addiction adversely impact the attitudes and behavior of everyday adolescents. Attitudes and behaviors that are less effective that can arise, for example, a lot of time is wasted (Williams, Yee & Caplan, 2008), social anxiety, negative self-esteem, depression and loneliness (Rooij et. Al., 2010), spending a lot of money (Kim, Namkoong, Ku, & Kim, 2008)

The research found that the average money spent by adolescents who play games online for $ 30.90 per month (Kim, Namkoong, Ku, & Kim, 2008). The average time spent adolescents to play a games online that is 313.09 minutes per day (Kim, Namkoong, Ku, & Kim, 2008). The average per week students spend time playing games online is 55 hours (Rooij et. Al., 2010). Another study found that the south Korean students spent an average playing time is 23 hours per week and 1.2 million students likely to run the risk of addiction (Block, 2008).

Conducting online games that too much will adversely affect the life of the player. The higher level of online gaming addiction greater adverse effects that will arise in one's life (Kim, Namkoong, Ku, & Kim, 2008). Online gaming addiction behavior is behavior that is chronic and compulsive to satisfy themselves with the games played with an internet connection to cause problems in daily life (Blinka & Mikuska, 2014),

Players who have been addicted to online games to see that they bear to sit for hours in order to finish the game. They do not even want to be disturbed, they dissolve in the game fun. Often seen behavior that is cute as they can shout and get angry themselves (Akbar-Hawadi, 2001),

Excessive play online games will give a negative impact on the physical, emotional changes become angry when disturbed in play and a lot of spending money to play online games, and other activities that are neglected due to play the game as well as the possible violence that led to criminal action.

The negative impact in the online gaming excessively among adolescents should be anticipated or do prevention to those who have fallen into the category of addiction, those who have fallen into the category of addiction need help to these adolescents conscious and aware of the attitudes and behavior of online gaming is doing damage journey of life, especially his career. One of the possible interventions that career counseling with an Islamic approach.

Islamic guidance and counseling seeks to provide assistance to adolescents who are experiencing difficulties and unseen perform the duties of his life by using a religious approach, namely to raise the strength of the vibrations of the mind (faith) in him to encourage him to overcome the problems encountered (Mubarok, 2000). In addition, Islamic guidance and counseling adolescents to develop their ability to understand and solve problems and to anticipate the future by choosing alternative best actions to achieve the happiness of living in the world and in the hereafter under the auspices of the blessing and mercy of Allah (Fitriyah & Laila, 2013) ,

The purpose of Islamic guidance and counseling by Erhamwilda (2009), namely (1) a human can understand and realize the best course of action in order to achieve a happy life in the world as well as Hereafter, (2) have self-awareness, (3) to develop an attitude positive, (4) to make a choice in a healthy manner, (5) is able to appreciate others, (6) have a sense of responsibility, (7) develop interpersonal relationships, (8) can resolve the conflict, and (9) make decisions effectively.

Thus the career counseling with an Islamic approach aims to help plan a journey to be able to reach one's career and a career that can make them happy in this world and hereafter. Career counseling with an Islamic approach helps adolescents to always noble in everyday life so as to avoid negative behaviors such as excessive play online games that can destroy their future later. Failure in career planning is a form of failure in managing the future.

Adolescents who are addicted to play the gadget such as addiction to online gaming will be difficult to concentrate to do anything else (Zaini, 2018). Students

who are addicted to online games will be difficult to concentrate because his mind always leads learn to play the game online. The study shows that Islamic guidance and counseling can overcome spiritual crisis with the various activities that have been carried out (Riyadi, 2018), counseling Islam tazkiyatun nafs approach is also recommended for the treatment of drug addiction (Hassan, 2017). Therefore, career counseling with Islamic approach also can be one of the professional services that can be used to overcome the problems adolescents addicted to online games will be no adverse impact on adolescent career planning later.

The results of this study also reveal the addictive behavior of online games which also influences behavior in a spiritual context. Some qualitative data also shows the behavior of individuals to be more inclined to be lazy to pray and study the Koran and the most serious is the lack of clarity about the future direction and their ideals. This is because the time spent playing online games is not short. Seeing these results, the Islamic Counseling Guidance approach is needed by considering some basic principles of BKI such as (1) humans are creatures of Allah who are weak and subject to the rules of Allah SWT .; (2) only by carrying out religious law correctly, the potential that God has given him can develop optimally and survive the world hereafter; and (3) human nature from birth is clean, pure, and tends to things that are beneficial and positive. So if there is a deviation is due to negligence of the individual does not take care of him properly, learn from the wrong environment, or because the individual is unable to face the temptations of the devil (Sutoyo, 2013).

Therefore, to overcome the derivative or nurturant effect of online games, the researchers then used Career-Based Islamic Counseling Techniques. This technique combines specific counseling to overcome the problem of addiction with Islamic approaches in groups. Group counseling is one of the services in guidance and counseling (BK) with a remediative function to solve counselee problems (Corey, 2015). This is in accordance with the treatment carried out by the author with the Cognitive Behavioral Therapy (CBT) counseling approach through Cognitive Restructuring Techniques to help individuals correct the mindset and excessive behavior in accordance with the Behavioral approach. Counselors provide counseling services for 6 sessions with three stages (Initial Stage - Working Stage and Evaluation Stage) in accordance with the study (Corsini, 2008) which emphasizes the effectiveness of counseling in addicted individuals.

On the other hand, the spiritual touch is done through the same counseling service but by incorporating the Dakwah bil hikmah technique. Da'wah bil hikmah has a very important position that is able to determine the success or failure of the da'wah. Wisdom is the provision of a Da'i for success. Not everyone is able to gain wisdom, because Allah SWT only gives it to people who deserve it. Da'wah bil hikmah is done and inserted through messages on a counseling communication technique called Advice. Advice is one of the most important communication techniques in the counseling process. Advice is one of the keys to successful counseling services if used appropriately (Azmi, 2015).

The combination of CBT counseling approach with Cognitive Restructuring Techniques with the touch of preaching wisdom in the Advice communication technique is one of the uniqueness in this study. Counseling results are also focused on the Career field, but not limited to the personal, social and learning fields. Career counseling services are turning points in providing direction for further stages of counseling. Individuals with complaints about online gaming addictions undergo further treatment to be given a picture of career maturity. Individuals are asked to reflect on and reflect back on the direction of life and career goals. This is in accordance with the concept of Career maturity according to Super in Winkel (2004) which shows the crystallization stage and specifications.

Vocational development tasks Age / Year General Characteristics	Age / Year	General Characteristics
Crystallization	14-18 y.o	A period of cognitive process formulating a career goal that is general through the source of awareness, possibilities, interests, values, and planning to choose the preferred job
Specification	18-21 y.o	A period of moving from tentative occupational choices to specific occupational choices.
Implementation	21-24 y.o	A period of completing training in job selection and entering work..
Stabilization	24-35 y.o	A period emphasizes or reinforces a career choice with real work experience and uses talent by showing career choices as an appropriate choice.
Consolidation	> 35 y.o	A period of strengthening in a career with promotion of position, status and higher position.

In the counseling stage (working stage), individuals who are addicted to the game begin to be directed to undergo a cognitive process that is formulating

career goals and move from tentative work choices to specific jobs. Finally, the use of the Career-Based Islamic Counseling Approach can have a significant impact on the healing process of online game addiction behaviors and their follow-up.

Conclusion

Problem addicted to online games in the 4.0 era of the industrial revolution, the various stakeholders need to be a concern, especially for counselors. Online gaming addiction is one cause of adolescents journey and career planning failure. Career counseling with Islamic approach needs to be optimized to create the challenging issues of technological development, particularly among adolescents. Because of journey and adolescent career planning is a reflection of their careers in the future. Success and failure are determined by one's career journey and career planning in adolescence. Purpose of Islamic guidance and counseling: career counseling, generally aims to establish a noble character so that individuals achieve a successful life, especially in a career and happiness in this world and in the hereafter. This article attempts to analyze the effects of online gaming addiction, especially for adolescents career and implications with Islamic guidance and counseling: career counseling. The next study, expected to develop research that is experimental in order to bring new concepts related to Islamic guidance and counseling with particular approaches.

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