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GROUP GUIDANCE MODEL USING SELF MANAGEMENT TECHNIQUE TO REDUCE ONLINE GAME ADDICTION OF PHASE F STUDENTS (STUDY OF SMAN 1 LUHAK NAN DUO PASAMAN BARAT)

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A B S T R A K

Abstrak ditulis dalam Bahasa Indonesia dan Bahasa Inggris menggunakan Penelitian ini dilatarbelakangi nya peserta didik yang lambat dalam mengerjakan serta mengumpulkan tugas sekolah karna bermain *game online*, serta adanya peserta didik yang sering terlambat atau tidak masuk kelas karna bermain *game online*, adanya peserta didik yang tidak mau di ganggu saat bermain *game online*. Tujuan penelitian ini adalah untuk mendeskripsikan 1) Gambaran kecanduan game peserta didik. 2) Rancangan model konseling kelompok dengan pendekatan behavioral menggunakan teknik *self-management* yang mengalami kecanduan *game online* fase F. Penelitian ini dilakukan dengan metode *research and development*. Sampel dalam penelitian ini adalah peserta didik fese F yang mengalami kecanduan game berjumlah 74 orang. Prosedur pengembangan yang digunakan dalam penelitian ini meliputi 5 langkah yaitu: 1) Potensi dan masalah; 2) Pengumpulan data; 3) Desain produk; 4) Validasi desain; 5) Revisi desain, sehingga menghasilkan desain produk final model layanan responsive bidang pengembangan sosial. Teknik pengumpulan data yang digunakan adalah angket dengan menggunakan analisis data persentase. Berdasarkan hasil penelitian dapat dilihat dari: 1) Gambaran kecanduan game peserta didik berada pada kategori cukup tinggi; 2) Rancangan model konseling kelompok dengan pendekatan behavioral menggunakan teknik *self-management* yang mengalam kecnduan *game online* fase F yang telah divalidasi oleh pakar teoritis dikategorikan "Diterima" dan layak digunakan. Berdasarkan hasil penelitian ini direkomendasikan pada guru bimbingan dan konseling untuk menggunakan Modul tersebut untuk mengatasi peserta didik.

A B S T R A C T

This research is based on students who are slow in doing and collecting school assignments because they play online games, as well as students who are often late or don't go to class because they play online games, there are students who don't want to be disturbed when playing online games. The aim of this research is to describe 1) The picture of students' gaming addiction. 2) Design of a group counseling model with a behavioral approach using self-management techniques for those experiencing Phase F online game addiction. This research was carried out using research and development methods. The sample in this study was 74 students from F phase who were addicted to games. The development procedure used in this research includes 5 steps, namely: 1) Potential and problems; 2) Data collection; 3) Product design; 4) Design validation; and 5) Design revision, resulting in a final product design for a responsive service model for social development. The data collection technique used was a questionnaire using percentage data analysis.Based on the research results, it can be seen from: 1) The picture of students' game addiction is in the quite high category; 2) Design of a group counseling model with a behavioral approach using self-management techniques for online game addiction phase F which has been validated by psychologists translated as "accepted" and is suitable for use. Based on the results of this research, it is recommended that guidance and counseling teachers use this module to address students.

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1. INTRODUCTION

The development of technology currently is very rapid in the era of globalization, and its impact on the world of education in learning is inevitable. In the world of education, to always and always adjust technological developments to efforts to improve the quality of education, especially the adjustment of its use for the world of education, especially in the learning process, these developments have resulted in new discoveries, new applications such as online games.

Today's technological advances cannot be separated from people's lives. We can immediately know various information that is happening now due to technological advances. Currently, the world is getting narrower because of the rapid access to information in various parts of the world. Of course, with technological advances in the life of mankind with all civilizations and cultures. This change also has a huge impact on the transformation of existing values in society. (Wahyudi & Sukmasari, 2018). Currently in Indonesia we can see the great influence of technological advances on life, both in urban and rural areas, such as television, telephone, radio, mobile phones (cellphones), Gagdet, Ipad. (Putra, 2017:3)

Online games are electronic and visual games that use electronic visual media technology and are played over the Internet. In the era of globalization, many games have become easily accessible from mobile phones. Especially for students. Playing online games is a lot of fun for most kids. No need to get out of your seat, tired, sweaty, or worried about injury. By playing online games, you can also experience a different world. Unlike traditional games that require body strength. Online games only require thinking skills and finger agility. (Subandi., 2022:245)

In line with that, according to Lemmes et al, (Ngesti, 2023:4) The criteria for online game addiction include 1) Salience playing online games becomes the most important activity in a person's life and dominates his thoughts, feelings, and behaviors; 2) Tolerance is the process by which a person starts playing online games more often so that it gradually builds up the intensity of the amount of time spent playing online games; 3) Mood modification where there is a feeling of calm and happiness (such as getting rid of strees) when the addictive behavior appears; 4) Conflict refers to all interpersonal conflicts due to excessive gaming, this conflict occurs between players and people in this conflict environment, including arguments and neglect as well as lies and fraud (Ngesti, 2023).

Based on the previous explanation, it can be concluded that the development of this technology is currently very rapid. Almost all human activities today use technology. One of the services that can help students to reduce online game addiction behavior is by providing Group Counseling services with a behavioral approach using self-management techniques.

One of the services that can help students to reduce online game addiction behavior is by providing Group Counseling services with a behavioral approach using self-management techniques. According to Prayitno and Amti (Winnie, Kasih & Nita, 2024), individual counseling is considered a primary step in helping students overcome problems and is considered the core of the overall guidance service. After receiving help from counseling, the problems faced by the client are expected to be solved effectively, so that other guidance efforts can be complementary or companion.

Furthermore, group counseling is the provision of assistance to individuals in a group that is preventive and curative and is directed to aid in a development. According to Latipun (Lumongga, 2016:19) Group counseling is a form of counseling that helps several individuals who are directed to achieve the function of consciousness effectively for a short and medium term. Meanwhile, according to Adhiputra (Lumongga, 2016:19) stated that group counseling is the provision of assistance in a group atmosphere that is preventive and developmental, growing. Group counseling is a very good support service system to help develop personal skills, regarding personal conflicts or problem solving.

Furthermore, with behavioral counseling which is counseling based on behavioral change efforts. Behavior in this view is formed based on the results of all experiences in the form of individual interaction with the surrounding environment. Thus, human behavior is formed from the stimulus it receives from the environment. Latifun (Syahputra, 2023:5). Behavioral counseling is a technique in counseling that is based on learning theory focusing on individual behavior to help counselors learn new behaviors in solving problems. The objectives of behavioral counseling are: (1) Creating new behaviors. (2) Removing inappropriate behavior. (3) Reinforce and maintain desired behavior. Meanwhile, the definition of behavioral/behaviorism is one of the theoretical views that assumes that psychological problems are behavior, without relating conceptions of consciousness and mentality, Suwanto (Suasta & Gunawan, 2021:113)

The application of behavioral group counseling is carried out with a technique rooted in B.F. Skinner's theory of passing conditioning, namely "self-management". Self-management techniques are very appropriate to use in dealing with the problem of online game addiction tendencies. According to Komalasari et al (Reza, 2021:25), the self-management strategy is a procedure for regulating behavior by

individuals themselves. In addition, self-management techniques are one of the counseling techniques that use a behavior approach in its implementation.

Based on this presentation, group counseling with a behavior approach, self-management techniques can be an alternative to reduce the tendency of online game addiction experienced by high school students. The use of self-management techniques in the problem of online game addiction tendencies can be effective because the advantages of this technique are that it can increase a person's observation in controlling their environment and can reduce a person's dependence on counselors or other people, a cheap and practical approach, easy to use, and adds to the learning process in general in relation to the environment whether in problematic situations or not

Based on the results of the observation carried out by the researcher during PLBK on July 25, 2023 at SMAN 1 Luhak Nan Duo, West Pasaman Regency, it can be seen, especially in the Phase F class, the researcher saw that there were students who played online games during learning hours, there were students who focused on playing games during learning, there were students who tended to be negligent in doing schoolwork, There are students who use online games more than studying during free hours.

Furthermore, the researcher also conducted interviews with students in the F3 Phase class of SMAN 1 Luhak Nan Duo West Pasaman, the researcher obtained information that there were students who were slow in doing and collecting schoolwork because of playing online games, as well as students who were often late or did not enter class because they played online games, and students who did not want to be disturbed when playing online games.

The results of this observation were further strengthened by an interview conducted by the researcher with a Guidance and Counseling teacher at SMAN 1 Luhak Nan Duo West Pasaman, namely Mrs. Rahayu Fitri, S.Pd on Wednesday, July 31, 2023 and it was revealed that there were complaints from subject teachers about students who were caught playing online games in class, there were students who lied about how long the duration of playing games, And the BK teacher stated that so far there has not been a special model with the problem of online games.

After interviewing the teacher, it turned out that the students had problems related to online games. BK teachers have never designed a group counseling model with a behavioral approach using self-management techniques to identify online game addiction even though it is very needed.

The impact of this phenomenon, if left unchecked, will have an impact on students, which based on observations and interviews, lack of enthusiasm for learning, lack of concentration of students on learning, division of student focus. So the researcher is interested in raising the title of Group counseling model design with a behavioral approach using self-management techniques for identifying online game addiction phase F (study of SMAN 1 Luhak Nan Duo West Pasaman).

2. METHOD

This research uses the R&D (Research and Development) method, which is better known as the development research method. Research is used to produce certain products and test the feasibility of the method. In the field of Education, research and development (R&D) is a research method used to develop and validate products used in education or learning. So it can be concluded that this research aims to produce certain products and test the validity and effectiveness of these products in their application Hanafi, (2017:131). The models developed can be in the form of learning models, training models, service models, testing models and so on. The development of this model that is still conceptual is more appropriate to refer to the R&D method developed by Bord and Gall (Endang, 2021:162).

3. RESULTS AND DISCUSSION

1. Description of Online Game Addiction

The results of the study describe students' online game addiction by using 49 items with four sub-variables. Each item of respondents' answers was given a score of 5 – 1 for positive (+) statements and 1 – 5 for negative statements (-). Based on the respondents' answers, the description of online game scouting can be seen in the following table:

Table 1. Distribution of Frequency and Category of Scores in General Online GameAddiction

Classification	Category	F	%
205 - 245	Very High	0	0,00
166 - 204	Tall	36	48,65
127 - 165	Quite High	38	51,35
88 - 126	Low	0	0,00

49 - 87	Very Low	0	0,00
Σ		74	**100**

Table 1 shows that online game addiction there are 36 students who have a high category of online game addiction with a percentage of 48.65%, then 38 students have a fairly high category of online game addiction with a percentage of 51.35% and no students have an online game addiction in the very high, low and very low categories.

Discussion

Group counseling model product with a behavioral approach using self-management techniques for online game addicts Phase F. has referred to the criteria in the assessment. Regarding the acceptance of the model that has been made both theoretically and practically. According to Zahreza 2014 (Mariance 2016: 60), the Likert scale is used to calculate the score obtained from the validator's assessment. Assessment scale of the measurement scale application for merit levels 1 (Not Accepted), 2 (Poorly Accepted), 3 (Accepted), 4 (Very Accepted).

4. CONCLUSION

Based on the results of the research on the group counseling model with a behavioral approach using self-management techniques that experience online game addiction Phase F SMAN 1 Luhak Nan Duo West Pasaman, the following conclusions can be drawn: 1) Students' addiction to online games is in the high category; 2) Based on the results of the validity test, it can theoretically be concluded that the group counseling model with a behavioral approach uses self-management techniques for Phase F online game addicts which has been validated by theoretical experts with an average score of included in the "Accepted" category. This shows that the group counseling model with a behavioral approach uses self-management techniques for Phase F online game addicts.

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