

THE APPLICATION OF COGNITIVE BEHAVIOR THERAPY (CBT) IN REDUCING THE ONLINE GAME ADDICTION OF TEENAGERS

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ABSTRACT

Online game addiction is a sedentary and compulsive behavior in playing online games so it can disturb with everyday life such as loss of interpersonal relationships, failure to overcome responsibility, experiencing disruption to aspects of life and cause health problems. One of the therapies that can be used to reduce the online game addiction in teenagers is Cognitive Behavior Therapy (CBT). CBT is a psychotherapy that focuses on changing the way people think and react (cognitive and behavioral) to the problem. Participants in this study numbered ten teenagers who were students in junior high school. The study lasted for four months with results indicating that the application of CBT can reduce the online game addiction to 8 out of 10 participants. This can be seen from the decrease of the duration of playing per week and the decrease of pretest and posttest score.

Keywords: Online Game Addiction, Cognitive Behavior Therapy, Teenagers