

# Interpersonal Communications of Parents and Adolescents in Tangerang to Overcome Mobile Legend Game Online Addictions

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**Abstract**—Mobile Legend is an online game favored by adolescents, they like this game to relieve stress. If it is overplayed the players will be addicted like they don't care about the people around them. This was experienced by Faculty of Communication Sciences students. Parents' role is needed through interpersonal communication to overcome these addictive behaviors. Objective of the Study is 1) to find out about interpersonal communication applied between parents with students at FIKOM-UBL to overcome Mobile Legend addiction; 2). to find out the interpersonal communication of parents with students of the in overcome Mobile Legend addiction; 2.) To find out the barriers to interpersonal communication; 3). To find out a solution to overcome the obstacles of interpersonal communication between parents and students in overcome Mobile Legend addiction. Review of literature is related to interpersonal communication concept, game online and addiction behavior. Research methodology is case study, this research uses qualitative approach. Research finding is 1). Fikom students are addicted to mobile legend, indicated by playing game from night to morning, lazy to go to college, do not like face to face interactions, decreased social skills; 2). Parents try to hear the reason and explanation of the informant, also give advice; 3). Barriers to interpersonal communication, parents sometimes use their perspectives and ways of thinking; 4). Communication barriers are overcome by a sense of empathy from parents to informants.

**Keywords**—game; online; communication; interpersonal; family

## I. BACKGROUND OF THE STUDY

Mobile Legend has many advantages (good graphic, easy to play, many heroes character). Until now has been download by 100 users at Playstore application. Data explain that:

“The highly loved Mobile Legend was released in 2016 by Moonton. This game, which is similar to Dota 2, is successfully downloaded by its users. Until now, in the Play Store, the application has been downloaded by more than 100 million users” [1].

Mobile legend is very popular with adolescent because it can be played with friends, also for refreshing, if overplayed this game can cause addiction. Indication of addiction

behaviour is play Mobile Legend anytime and anywhere, ignorant with other people. Student at Fikom Budi Luhur University also experience it, they playing Mobile Legend at canteen, in the class room. Some students when asked, answered that they had played a mobile legend from late night to morning.

To overcome Mobile Legend addiction, interpersonal communication approach is needed, because one of the functions of interpersonal communication is to motivate. Addiction behavior of the students at Fikom can be overcome with interpersonal communication by parents. The role of parents is very important to build character.

## A. Statement of Problem

- How interpersonal communication applied between parents with students at FIKOM-UBL to overcome Mobile Legend addiction?
- What are the barriers to interpersonal communication?
- How to overcome these obstacles?

## II. REVIEW OF LITERATURE

### A. Parents and Youth Interpersonal Communication

"Interpersonal communication in the family that exists between parents and children is one of the important factors in determining the individual development of expected communication is effective communication, because according to Effendi, effective communication can lead to understanding, pleasure, influence on attitudes, good relationships and action" [2].

### B. Aspects of Interpersonal Communication about Overcoming Parent-Teenager Mobile Legend Addiction

- 1) *Openness*: Openness is the desire to open up to others.
- 2) *Empathy*: Empathy is the ability to feel what others feel from the person's point of view.

3) *Supportiveness*: Support is the willingness to accompany and listen to the views of others who are contrary to their own views.

4) *Positiveness*: A positive attitude is a willingness to respect the existence and importance of others; this behavior is contrary to indifference.

5) *Equality*: Communication that has an element equality includes the willingness to cooperate with others in solving problems by understanding each other's differences [3].

#### C. Game Online "Mobile Legend Bang Bang"

Game online is "one of the developments of ordinary computer games which is one of the internet-based sales products, namely entertainment service facilities in the form of games that can be accessed online and each player can communicate directly (real time) and connect with one another. Games Online also make it possible to carry out fantasy roles and explore them with other people" [4].

#### D. Game Online Addiction Aspects

1) *Compulsion*: Is a strong push or pressure that comes from within yourself to do things continuously.

2) *Withdrawal*: It is an attempt to withdraw or distance yourself from something. Someone who is addicted to online games feels unable to attract.

3) *Tolerance*: Usually this tolerance relates to the amount of time spent or spent doing something in this case playing games online.

4) *Interpersonal and health-related problems*: Game Online addicts tend to ignore the interpersonal relationships they have because they only focus on game online [5].

### III. RESEARCH METHODOLOGY

This research uses qualitative approach. "Qualitative research methods are not like quantitative research, do not base empirical evidence on mathematical logic, number principles, or even statistical analysis techniques, but rather base themselves on discursive matters, such as document transcripts, field notes, results interviews, written documents, and non-discursive data" [6].

Research methodology use is case study, "case studies are a more suitable strategy if the subject matter of a research is related to how or why, if researchers have little opportunity to control events that will be investigated, and when the focus of research lies in contemporary phenomena in real life contexts. Researchers only have a small chance or no opportunity at all to control the event" [7].

Informant criteria for this research is purposive technique, the informant are student Fikom Budi Luhur University, age 18 years to 21 years old, play Mobile legend more than two hours a day. Data collection technique is interview, observation, and documentation and data analysis technique is data transcribed, data reduction, data categorization, data interpretation.

### IV. RESEARCH FINDING

#### A. Fikom Students are Addicted to Mobile Legend

Based on the results of the study, it was found that the informants who were 21-year-olds and were carrying out college activities were addicted to the online game Mobile Legend. The aspect of online game addiction in Mobile Legend leads to aspects of compulsion and Interpersonal and health-related problems.

#### B. Compulsion Aspects (Compulsive / Encouragement to do Continuously)

It is a strong push or pressure that comes from within yourself to do things continuously, which in this case is an encouragement from within to constantly play game online. This aspect is characterized by the behavior of informants who play Mobile Legend games more than three hours a day.

#### C. Interpersonal and Health-Related Problems

These are issues related to our interactions with others and also health problems. Online game addicts tend to ignore how they have interpersonal relationships because they only focus on online games. Likewise, with health problems, online game addicts pay less attention to their health problems such as lack of sleep, not maintaining body hygiene and irregular eating patterns. This aspect is indicated by the long playing time of Mobile Legend, which is more than three hours, it seems that the informants did not pay attention to their health. The informants also said that they were lazy to go to college, do college assignments, even forget to eat, and rarely communicated with family, except communicating with parents when there was something important, and when advised. Thus the informants are in the category of online game addiction.

#### D. Interpersonal Communication between Parents and Teens (Students of the Faculty of Communication Sciences, Budi Luhur University) in Overcoming Mobile Legend Online Game Addiction

Interpersonal communication applied between parents and informants fulfills the element of openness, empathy and positive attitude. The element of openness in interpersonal communication is applied by means of informants who can freely explain their reasons to their parents about why they prefer to play Mobile Legend rather than undergo routines such as college. Parents accept the reasons for their children by not being angry, but only advise by trying to set a good example. Meanwhile the element of empathy is applied by the way parents try to put themselves in the conditions experienced by their children. While communicating with their children parents say that they have also been young, but it's best to spend time with useful things, not by playing online games. The informants as teenagers who are also students feel comfortable communicating in this way with their parents, because the empathy attitude that is applied by parents makes the informants also put forward their empathy attitude. At least they also tried to understand their parents' feelings. Finally, the element of a positive attitude is applied through advice given by parents in a way that respects their children. Advise to use

constructive, encouraging sentences, full of support such as not cursing, not saying rude, precisely this makes the informants feel they need to reduce playing Mobile Legend.

#### *E. Interpersonal Communication Obstacles*

Obstacles continue to occur, especially from the psychological side, such as differences in viewpoints, ways of thinking. The informants said, their parents, when advising, tended to use the point of view of parents who in their era had not been affected by technology.

So often parents want their children like they were at that time. In this case the informants felt a little difficulty explaining to their parents that the online game Legend Mobile that was played was able to release fatigue and tension because there was an interactive in the game, where the informants like having friends who understand the world, who may not all be able communicated to their parents.

#### *F. Overcoming Barriers to Interpersonal Communication*

Interpersonal communication barriers that occur can be overcome by the element of closeness, based on the results of the study showed that the closeness between parents and informants became a way to overcome the online game addiction Mobile Legend, the closeness in question was built through non-verbal communication such as touch from parents to children they. Touch has the meaning of channeling affection, this meaning replaces words or sentences that cannot be pronounced by parents to the informants because of the different ways of thinking between them.

## V. CONCLUSION

- Informants who are addiction to Mobile Legend, indicated by compulsion aspect also interpersonal-health related problem aspect
- Interpersonal communication applied between parents with informants in way openness and positivity
- Interpersonal communication barriers come from psychological side
- To overcome the barriers is applying empathy

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