# Peer Conformity, Time Management and Online Game Addiction to High Schoolers

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*Abstract*---The research was aimed to investigate the correlation between peer conformity and time management with online game addiction in students partially or simultaneously. The research used correlational quantitative design. The sample used purposive sampling, 100 students chosen from 140 students. Data collected using Peer Conformity Vignettes, Time Management Behaviour Scale, and Gaming Addiction Scale. The scale coefficient was 0,311-0,697; 0.262-0.769; and 0.393-0.761 with an alpha score of 0.685; 0.869; and 0.889. The data analysis technique used multiple regression analysis. The results showed that there was a significant correlation between peer conformity and online game addiction (R=0.493; F (2.970) =15.546; p=<0.01). Between time management and online game addiction there is also a significant relationship (R=0.105; F (4.930) =4.142; p=<0.05). Similar results between peer conformity and time management also had a significant relation with online gaming addiction (R=0.598; F (6,930) =8,615; p=<0.01). Which means it is recommended to guidance and counselling teachers conduct a treatment that can reduce the level of gaming addiction, such as providing classical guidance by teaching students to set target and goals to manage their time. Also provide group counselling to reduce online game addiction behaviour.

Keywords: Online game addiction, peer conformity, time management

## I. INTRODUCTION

The internet created by humankind to have purposes, one of them is to lead humanity throughout prosperity. The internet is one of the media that is loved and well accepted by the whole nation [18]. Internet technology is proliferating to complete entertainment needs, such as games. The type of game that will be discussed in this research is the type of game using internet technology, which now people are more familiar with online games. The online game is a digital play game that connects thousands of people at once, and it has various kinds [3]; [5].

This online game can influence the feelings and minds, especially giving satisfaction to its player [6]; [15]; [26], be absorbed by the mind through the five senses, by seeing and hearing. The development of technology through online games rises rapidly [1]. Online Game players come from various age levels [7]; [28]. Finding new friends is also one of the reasons people play online games

[10]; [25] or as a medium to greet fellow online game lovers.

Online games become very substantial among teenagers. It is not surprising that researchers see the game players perceive a game center as their second home because many cases found that players are willing to eat, drink, take a bath and even sleep in the game center. It caused many game players to neglect their obligations in real life ([4]; [13]. This example case showed that a person who is addicted to online games less able to manage their time well [12]. Time management is the act and process of planning and conscious control of the amount of time that will be used to increase effectiveness, efficiency, and productivity to achieve their goals [8].

In their social development, adolescents experience two kinds of movements [9], i.e., movements to separate themselves from parents, such as emotional dependence and movements towards peers [14]. The influence of peers on adolescent behavior is convincing. The magnitude impacts the group and environment forming behavior, and norms for someone who wants to enter the group. The effect that a group has on an individual can be called conformity. Conformity is a person behaving certain because every person in a group displays the behavior to be accepted in a group [16].

This research explicitly directed to prove the relationship between peer conformity and time management with online game addiction. This research is relevant because the results of this study are expected to be used by guidance and counseling teachers as an element in reducing online gaming addiction in terms of peer conformity and time management to highschoolers by providing guidance and counseling services.

## II. METHODS

This research used ex-post facto correlational quantitative method. Dependent variable is peer conformity $(X_1)$, time management $(X_2)$ and online game addiction (Y). This research was aimed to investigate the correlation between variables in students partially or simultaneously. Descriptive qualitative is used to describe the general description among variables.

The population in this study consisted of 305 students from eleventh- grade of Senior High School 3 Tegal. Then, it was selected based on established criteria, by playing online games in the last 30 days, and then 140 students were selected. The sample consisted 100 students chosen by using purposive sampling. According to Sugiyono (2016), purposive sampling is a sampling technique with specific considerations.

The instrument used in this research was Peer Conformity Vignettes, Time Management Behaviour Scale, Gaming Addiction Scale. The scale coefficient is 0,311-0,697; 0.262-0.769; and 0.393-0.761 with an alpha score of 0.685; 0.869; and 0.889. The data analysis technique use multiple regression analysis.

## III. RESULT AND DISCUSSION

The results hypothesis test explains the relationship between each variable. The relationship between peer conformity with online game addiction, the relationship between time management and online game addiction, and the relationship between peer conformity and time management with online game addiction explained by table 1.

Table 1. Hypothesis Result

| No | Predictor | R | $R^2$ | F | β | t |
|----|-----------|---|-------|---|---|---|
| 1 | Peer Conformity | 0,493 | 0,243 | 15.546*** | | |
| | a. Anti-Social | | | | 0.175 | 1.951*** |
| | b. Pro-Social | | | | 0.232 | 2.400** |
| 2 | Time Management | 0,105 | 0,114 | 4.142** | | |
| | a. Set goals and priority | | | | 0.068 | 0.623* |
| | b. Planning and scheduling mechanism | | | | -0.117 | -1.059* |
| | c. Preference for organization | | | | 0.192 | 1.784* |
| | d. Time control perception | | | | 0.254 | 2.626*** |
| 3 | Peer conformity & Time management | 0,598 | 0,357 | 8.615*** | | |

Notes:
*     $p > 0.05$ ***     $p < 0,01$
**    $p < 0,05$

The result shows that analysis between peer conformity there is a relationship with online game addiction (R = 0.493; F (2.970) = 15.546; p = <0.01). Table 1 shows a determination coefficient of 0.243, which means explaining that peer conformity contributes to online game addiction is 24.3%.

Based on the results shows that between peer conformity there is a relationship with online game addiction (R = 0.105; F (4.930) = 4.142; p = <0.05). As seen in table 1, the coefficient of determination 0.114 is obtained which explains that presentation of peer conformity contributions in online game addiction is 11.4%. There are three aspects of time management that are positively correlated with online game addiction, i.e., setting

This study was aimed to determine the relationship between peer conformity and time management with online game addiction either partially or jointly. The result indicates that peer conformity and time management with online game addiction partially and simultaneously have a significant relationship.

The results show that peer conformity and time management are related to online game addiction [2]; [11]. The analysis of peer conformity has a more significant relationship because online game addiction is not always due to lack of time

goals and priorities (β = 0.068; t = 0.623; p> 0.05), preference for organizing (β = 0.192; t = 1.784; p> 0.05), and perception of over time control (β = 0.254; t = 2.626; p> 0.01), while one aspect is negatively correlated with online game addiction, that is planning and scheduling mechanisms.

The analysis shows that there is a relationship between peer conformity with online game addiction (R = 0.598; F (6,930) = 8.615; p = <0.01). As seen in table 1, a determination coefficient of 0.357 obtained, which implicates that the presentation of peer conformity contributions and time management in explaining online game addiction is 35.7%. In comparison, the remaining 64.3% is predicted by other variables not examined.

management or, more precisely, if someone experiencing online game addiction will be difficult to control his time. The group or the environment more influences the level of online game addiction experienced by students. Peer conformity can change student behavior, so students feel accepted in the group (Sihotang, 2009; Tang et al., 2013).

Similar results of research conducted by Novi Wahyu Hidayati (2016) states that peers have a significant effect on the behavior and attitude of a teenager. If students have a high level of conformity, then their behavior and attitudes will

be the same as those of their peers who are in the same group. Based on further analysis of the type of peer conformity with online game addiction, the results of the study showed that the anti-social and pro-social peer conformity correlated with online game addiction.

An anti-social attitude on the type of peer conformity can make someone experience addiction to online games because the concept of anti-social is something that can harm themselves and even others. As with pro-social attitudes, students will behave according to norms or values that are positive for the group and its environment [23]. Thus online game addiction can be caused by peer conformity [17].

Similar to peer conformity, time management correlates with online game addiction. Students who more productive in time management will have lower online game addiction levels. It is happening because students with excellent time management skills tend to use their time efficiently and prioritize activities that must be done first. It is consistent with research conducted by Felix Bast (2016), which shows school students very well do that time management because it is to support their daily lives.

From the analysis of the relationship between time management and online game addiction, we figure out if someone experiences an online gaming addiction, then their daily activities will fall apart. Sometime will be used to play online games [19], and we found out that students who have excellent time management skills have goals and priority (Rusyadi, 2013) in playing online games that make them try to focus on achieving the goals they make.

Based on the explanation above, following the results showing that there is a relationship between peer conformity and time management with online game addiction. Moreover, if applied to the counselors, they should provide classical or group counseling by teaching students to apply better time management patterns and give information services about peer conformity, so the students do not get involved with negative things.

## IV. CONCLUSIONS

Based on the results and discussion, it can be concluded that there is a significant relationship between peer conformity and time management with online game addiction. It means that the higher the peer conformity, the higher level of online game addiction, and the low level of time management will correlate with highly online game addiction. Guidance and counseling teacher suggested to providing services that can reduce the level of online game addiction. Such as providing classical counseling with a time management theme that aims to teach students to set targets and goals in life and manage their time for daily activities

effectively. More effort can be made in future studies by conducting qualitative research to depth analyzing on describing online game addiction.

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