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Hubungan Antara Perilaku *Escapism* dan Kepribadian *Neuroticism* terhadap Adiksi *Online Game* pada Remaja

Relationship Between Escapism Behavior and Neuroticism Personality on Online Game Addiction in Adolescents

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Abstrak

Online game dapat menimbulkan adiksi atau kecanduan pada remaja. Perilaku adiksi *online game* serupa dengan perilaku judi patologis. Faktor-faktor yang mempengaruhi adiksi *online game* diantaranya adalah perilaku *escapism* dan kepribadian *neuroticism* yang dimiliki oleh individu. penelitian ini bertujuan untuk menganalisis hubungan antara perilaku *escapism* dan kepribadian *neuroticism* terhadap adiksi game online pada remaja. Metode penelitian yang digunakan adalah korelasi regresi berganda. Partisipan penelitian ini sebanyak 150 siswa SMP dengan kriteria umur 12-15 tahun dan bermain *online game* 8 jam dalam sehari. Hasil penelitian menunjukkan perilaku *escapism* dan kepribadian *neuroticism* secara bersama-sama berpengaruh signifikan terhadap adiksi *online game* pada remaja. Selain itu juga diperoleh nilai R^2 sebesar 0,409, dimana peran perilaku *escapism* dan kepribadian *neuroticism* pada adiksi *online game* adalah 40,9%. Semakin tinggi remaja berperilaku *escapism* dan berkepribadian *neuroticism* maka semakin tinggi remaja adiksi terhadap *online game*.

Kata Kunci: Adiksi; *Escapism*; *Neuroticism*; *Game Online*

Abstract

Online games can cause addiction or addiction in adolescents. *Online gaming addiction behavior* is like pathological gambling behavior. Factors that influence *online game addiction* include *escapism behavior* and *neuroticism personality* possessed by individuals. This study aims to analyze the relationship between *escapism behavior* and *neuroticism personality* towards *online game addiction* in adolescents. The research method used is multiple regression correlation. The participants in this study were 150 junior high school students with age criteria of 12-15 years and played *online games* 8 hours a day. The results showed that *escapism* and *neurotic personality* simultaneously had a significant effect on *online game addiction* in adolescents. In addition, an R^2 value of 0.409 was also obtained, where the role of *escapism* and *neuroticism* in *online game addiction* was 40.9%. The higher the adolescent's *escapism behavior* and *neuroticism personality*, the higher the adolescent's addiction to *online games*.

Keywords: Addiction; *Escapism*; *Neuroticism*; *Online Games*

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INTRODUCTION

During the Covid-19 pandemic, many things have changed, one of the changes that occurred was an increase in activities related to online games. This is in line with what Javed and Wu (2020) said, that during the Covid-19 pandemic and the enactment of regulations for social distancing or staying at home have increased the use of digital entertainment, especially online games. Furthermore, one of the internet providers in America, Verison US, stated that there was an increase of 75% in activities related to online games (Pantling, 2020). Online games are immersive technology, which is technology that blurs the boundaries between the real world and the virtual world or digital world, so gamers can feel an atmosphere like the real world. Gamers love the storyline of the virtual world and love to be someone else by creating characters that fit the story inside the game world. This immersive nature encourages players to cling to characters in the game world (Yee, 2007). The negative impact of online games can lead to strong addiction or addiction. Most of the games circulating today are designed to cause addiction to the players (Rizqi, 2016).

Online game addiction is one of the pathological behaviors in the spectrum of behavioral addiction (Grant et al., 2010) that was first identified in American adolescents in the late 80s (Griffiths et al., 2013). However, the World Health Organization (WHO) only formalized this as a gaming disorder on September 18, 2018, with the definition of self-control disorders in playing internet games, which is characterized by increasing the priority of playing games over other activities, such as working, studying, and even socializing, and continues even though it causes negative consequences for him (World Health Organization, 2018). Addiction to online games is defined as the psychological condition of individuals who have a maladaptive dependence on playing online games manifested through obsessive-compulsive patterns from use behavior to sacrificing other important activities (Xu et al., 2012). Griffiths (in Lemmens, 2009) lists seven dimensions of Internet addiction, namely salience, mood modification, tolerance, withdrawal, conflict, relapse, problems. A person's failure to control the urge to play online games that cause dependence or addiction and problematic behavior (Yuwono, 2014). Gaming addiction can cause significant losses. One disadvantage is that game players can become negligent with their real life because they are too deeply involved in the game (Pirantika, 2017).

Based on literature search through the publish or perish application with the Google Scholar tool, online game addiction research from 2017-2022 found as many as 700 articles containing it. Of these, many studies were carried out including, learning motivation, efficacy, impact on learning, self-control, loneliness, self-regulation, social skills, teacher role, sleep quality, intelligence, escapism, personality and so on. In previous literature reviews on escapism and online game addiction, there have not been so many. Previous research includes Internet escapism and addiction among Japanese senior high school students (Ohno, 2016), The moderating role of psychosocial well-being on the relationship between escapism and excessive online gaming, Positioning of Escapism in Internet Addiction Problems (Daniel, 2014), MMORPG escapism predicts

decreased well-being: Examination of gaming time, game realism beliefs, and online social support for offline problems (Kaczmarek, 2014).

From this search, researchers feel that the research submitted is very relevant to be carried out. Then related to online game addiction with neuroticism personality also the literature is very limited. Researchers found only five articles discussing the theme, including *The Relationship between Game Addiction and Personality Traits*, *Personality characteristics of Chinese adolescents with internet-related addictive behaviors: Trait differences for gaming addiction and social networking addiction* (Wang et.al, 2014), *Internet addiction and personality: Association with impulsive sensation seeking and neuroticism-anxiety traits* (Othman et.al, 2017), *Neuroticism and introversion mediates the relationship between probable ADHD and symptoms of Internet gaming disorder: results of an online survey* (Evren et.al, 2018), *Online gaming addiction: The role of sensation seeking, self-control, neuroticism, aggression, state anxiety, and trait anxiety* (Griffiths, 2010). Likewise, the literature on escapism against neuroticism is also limited. For this reason, the theme in this study will add to the literature review of online game addiction, escapism, and personality neuroticism.

Wan & Chiou (2006) say that one of the causes of adolescent addiction to online games is to escape from reality (escapism). The term escapism comes from the word "escape" which means "avoiding or staying away from situations that are considered unpleasant. By having the suffix 'ism', escape means "an activity, a form of entertainment etc., which helps the individual avoid or forget unpleasant things or boring things. Lemmens, Valkenburg, and Peter (2009) Escapism arises due to the presence of unpleasant emotions or physical effects that occur when playing games are suddenly reduced or stopped. Withdrawal consists mostly of gloom and irritability, but may also include physiological symptoms, such as shaking. Wan Jane (2005) also states escapism implies going somewhere to avoid the task at hand.

Ohno (2016) conducted a survey of 15,191 Japanese high school students showing that breakouts on games have an impact on psychological distress and internet addiction. In the context of game addiction, Liao, Li and Khoo (2011) verify the pathways of AISD (ideal-actual self-conformity) and depression through escape to pathological play. Kardefelt-Winther (2014) also quantitatively verified that runaway mediates and leads to gaming addiction, Chiang and Hsieh (2012) quantitatively verified that escape and progress mediate game participation in adolescents. Then Olkina (2015) states that escapism behavior shows reality-avoidance behavior by diverting into the simulated world of direct role-playing games. Games in technological developments have provided participants with the opportunity to immerse into the different realities created by game masters in actual time and space. One of the other causes of online game addiction is personality or trait. Personality neuroticism is one of the personality types that are prone to addiction. The neuroticism personality type that tends to be easily stressed, making online games is one way someone diverts it (Sarwono, 2005).

Neuroticism is the depiction of negative emotions as opposed to emotional stability (John & Srivastava, 2009). Eysenck's personality theory, Eysenck and Barrett (2007),

neuroticism is related to low tolerance to stress or aversive stimuli. This is due to the tendency of neuroticism people to rise quickly when stimulated and to inhibit emotions slowly. Previous research on online game addiction with personality conducted by Griffiths and Mehwash (2010) said that based on the results of multiple linear regression showed that personality neuroticism showed a significant relationship with online game addiction.

From the description of the problem formulation above, this study will answer related research questions, namely: (1) Is there a relationship between escapism and online game addiction behavior in adolescent online game players; (2) Is there a relationship between personality neuroticism and online game addiction in adolescent online game players; (3) Is there a relationship between escapism and personality neuroticism to addiction in adolescent online game players.

RESEARCH METHODS

This study used a correlational quantitative approach. The number of participants in this study was 150 adolescents in Welahan District, Jepara Regency. The characteristics of participants who will be respondents in this study are adolescents (aged 14-16 years) and play online games 8 hours a day within last 12 months. This research instrument uses the scale of Online Game Addiction, Escapism and Neuroticism. Addiction is revealed using a scale compiled based on aspects of addiction Chen and Chang (2008) compulsion or drive to perform continuously, withdrawal, tolerance, interpersonal and health problems. Validity in this scale obtained 18 valid items from 24 items, with a score of 0.384-730 with a reliability score of 0.909. Escapism is revealed using a scale arranged based on aspects of Olkina (2015) escapism, namely avoidance, passive, active, and extreme. Validity in this scale obtained 23 valid items from 24 items, with a score of 0.306-0.807 with a reliability score of 0.937. The neuroticism personality scale is revealed using a scale compiled based on the aspects of John Srivastava (2000) neuroticism personality, namely anxiety, angry hostility, depression, self-consciousness, impulsiveness, and vulnerability. Validity on this scale obtained 22 valid items from 24 items, with a score of 0.313-623 with a reliability score of 0.882.

The statistical method used is the two-predictor regression correlation technique. The two-predictor regression analysis technique to test the major hypothesis is to look for the relationship between personality neuroticism and escapism behavior as an independent variable with addiction behavior as the dependent variable. Meanwhile, to test the minor hypothesis, namely between personality neuroticism and addiction behavior, then escapism behavior with behavior using product moment correlation.

RESULTS AND DISCUSSION

The categorization of participants in this study was adolescent boys more than girls with a percentage of 64.1%. In this study, descriptive analysis was also carried out to

determine the high and low values of participants in each variable. These values are categorized into two, namely high and low.

Table 1. Participants Categorization

| Variable | Category | Frequency | Total |
|----------------------|----------|-----------|-------|
| Addiction | Low | 38 | 25% |
| | Middle | 34 | 23% |
| | High | 78 | 52% |
| Escapism | Low | 43 | 40% |
| | Middle | 28 | 13% |
| | High | 79 | 57% |
| Neuroticism Behavior | Low | 29 | 23% |
| | Middle | 34 | 29% |
| | High | 87 | 58% |

Hypothetical mean is 48 and Hypothetical SD is 12. As for the low categorization $x \leq 48 - 0.6 (12) = 40.8$, medium $x \leq 48 + 0.6 (12) = 60.6$ and high $x \leq 48 + 1.8 (12) = 69.6$. Online game addiction scores reached 52%, meaning that 78 respondents or more than 50% of respondents fell into the addictive category of online games, escapism behavior scores reached 57%, meaning that 79 or more than 50% of respondents fell into the category of high escapism behavior and neuroticism personality scores reached 58%, which means 83 or more than 50% of respondents fell into the category of high neuroticism personality.

Furthermore, classical assumption tests were carried out, namely normality tests and linearity tests before multiple regression tests were carried out. From the results of the Kolmogorov-Smirnov normality test showed obtained $p = 0.228$ ($p > 0.05$) for online game addiction, obtained $p = 0.231$ ($p > 0.05$) for escapism behavior and obtained $p = 0.311$ ($p > 0.05$). These results show that the data has been normally distributed.

Table 2. Multiple Regression Analysis Results

| Variabel | R | R2 | F count | Sig |
|--|-----|-----|---------|-----|
| Escapism-Neuroticism-Online Game Addiction | 639 | 409 | 50.805 | 000 |

The results of multiple regression analysis showed that the R value in the study was 639. This value indicates that the relationship between the independent variable and the dependent variable is moderate, meaning that there is a direct relationship between escapism behavior and neurotic personality towards adolescent addiction. Then there is an F value of 50.805, this result shows that F count is greater than F table (26.00). F-test analysis is used to look at F calculate and significance values resulting from attention-seeking behavior and independent and dependent variables. Furthermore, the calculated F value is 50,805 while the F table is 2.60. The results show that F counts $>$ F tables because the resulting significance value is 0.000 with $p < 0.05$. In conclusion, escapism behavior and neuroticist personality together have a significant effect on online game addiction in adolescents. In addition, an R2 value of 0.409 was also obtained, where the role of escapism behavior and neuroticism personality in online game addiction was 40.9%.

The results of this study are in accordance with research conducted by Maxentia and Rahmandani (2022), that there is a positive relationship between escapism and the tendency of online game addiction in members of the X esports community. Escapism contributes effectively by 54.3% to the tendency of online game addiction in X esports community members and 45.7% is the influence of other factors. The link between escapism and online gaming addiction was demonstrated by previous research. About the process by which the use of games is the goal of behavioral escape and leads to addiction. Clinical cases of gaming escape were also conducted by Griffiths (2010), and Voss et al. (2015), and gaming breakouts have become a universal factor among people of all ages. Then research Reid, et al. (2011), the results showed neurotismc personality scores get high scores compared to other personality types in the big five personalities. People with neurotic's character are easy to behave escapism, high anxiety makes individuals with neurotic's character easy to escape in the real world.

Wan and Chiou (2006) say that one of the causes of adolescent addiction to online games is to escape from reality (escapism). Online games provide gamers with a channel of compensation for unsatisfactory needs in their lives. Therefore, teenagers who are dissatisfied with their lives make online games to escape from reality because online games provide channels to satisfy the needs of life but only in the virtual world. King and Delfabbro (2019) argue that one of the factors that influence online game addiction, namely individual characteristics, or personality. Then, Liu and Campbell (2017) in their research consistently found that individual personality neuroticism is associated with high levels of online game addiction. Personality neuroticism is more likely to be impulsive, quick-tempered, and view life negatively, especially when threatened or frustrated. So, there is a positive relationship between neuroticism and online game addiction.

Based on research conducted by Muller, et al. (2014) stated that game players who have high neuroticism will perceive the real world as something threatening, they are more likely to stress, so they escape to computer games because it is something that can be controlled and safe. A person who has low constientiousness is described as someone who is less persistent in achieving his life goals, not systematic and has difficulty in dealing with problems, people with this type feel attracted to computer games, because of the clear rules in the game, so they tend to experience addiction to online games where they are too engrossed in playing the game because they do not pay attention to life tasks everyday.

CONCLUSION

Based on the results of the study, it is known that the categorization of adolescent addiction is high. It was also supported by a high categorization of escapism behavior and adolescent personality neuroticism. From this study shows a relationship between escapism behavior and neuroticism personality on online game addiction behavior in adolescents. For this reason, supervision is needed from parents and schools to reduce

adolescent online game addiction through decreasing escapism behavior and adolescents without neuroticism personalities.

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- Healthy Controls Regarding the Big Five Personality Traits. *European Addiction Research*, 20 (3): 129–136. doi: 10.1159/000355832.
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PERSETUJUAN ETIKA PENELITIAN

RESEARCH ETHICS APPROVAL

Nomor: 021/B.7.5/FP.KEP/1/2023

Setelah mengkaji dengan teliti proposal dan protokol pelaksanaan penelitian yang berjudul:
Upon careful review on research proposal and protocol of study entitled:

“Hubungan Antara *Escapism* Dan Kepribadian *Neuroticism* Terhadap Adiksi *Game Online* Pada Remaja”

“The Relationship Between Escapism And Personality Neuroticism To Online Game Addiction In Adolescents”

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Partisipan penelitian : Remaja pemain game online di Jepara
Research participant : *Adolescent online game players in Jepara*

Jenjang pendidikan : Magister/S2
Program degree : *Master*

Komisi Etik Penelitian, Fakultas Psikologi, Universitas Katolik Soegijapranata menyatakan bahwa penelitian tersebut telah MEMENUHI standar etis disiplin ilmu psikologi dan Kode Etik Himpunan Psikologi Indonesia.

Research Ethics Commission, Faculty of Psychology, Soegijapranata Catholic University has decided that the aforementioned study complies to the ethical standards in the discipline of psychology and the Indonesian Psychology Association's Ethical Code of Conduct.

Peneliti wajib menyerahkan laporan akhir penelitian kepada Komisi Etik Penelitian, Fakultas Psikologi, Universitas Katolik Soegijapranata.

Researcher is required to submit a final research report to the Research Ethics Commission, Faculty of Psychology, Soegijapranata Catholic University.

Semarang, 9 Januari 2023

Ketua,
Chair,



Dr. M. Suharsono, M.Si.
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