

## MUSLIM PARENTS STRATEGY TO OVERCOME ONLINE GAME ADDICTED TEENAGER

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### Abstrak

Tujuan penelitian ini adalah untuk mengkaji bagaimana strategi orang tua muslim dalam menangani anak yang kecanduan game online. Objek dalam penelitian ini adalah orang tua pada anak yang menggunakan game online. Orang tua perlu memahami dampak dari penggunaan game online yang berlebihan. Jenis penelitian ini menggunakan metode kualitatif dengan pendekatan fenomenologi, data bersumber dari data primer dengan teknik angket atau kuesioner yang melibatkan 42 responden. Dari hasil penelitian yang dilakukan menunjukkan bahwa kedekatan orang tua dengan anak yang diiringi pendekatan spiritualisme menjadi faktor yang sangat penting dalam mengurangi kecanduan anak dalam bermain game online. Pembatasan fasilitas seperti kuota internet juga kerap dilakukan oleh orang tua agar anak tidak berlarut dalam bermain game online. Selain itu, orang tua juga menerapkan strategi dalam aspek spiritualnya kepada anak seperti mengingatkan shalat dan ibadah lainnya.

**Kata Kunci:** Metode Parenting Islami, Islamic Guidance, Kecanduan Game Online, Psikologis Anak.

### Abstract

*The purpose of this study was to examine how muslim parents' strategies in dealing with children addicted to online games. The objects in the study were parents in children who used online games. Parents need to understand the impact of excessive use of online games. This type of research uses qualitative methods with phenomenological approaches, data sourced from primary data with questionnaire techniques or questionnaires involving 42 respondents. From the results of research conducted showed that the closeness of parents with children accompanied by spiritualism approach becomes a very important factor in reducing children's addiction in playing online games. Restrictions on facilities such as internet quotas are also often done by parents so that children do not drag on in playing online games. In addition, parents also apply strategies in their spiritual aspects to children such as reminding prayers and other worship.*

**Keywords:** Islamic Parenting Methods, Islamic Guidance, Online Game Addiction, Child Psychology.

## INTRODUCTION

Previous studies related to this title conducted by Hermawan and Kudus mention that the role of parents is very important for the growth of children.<sup>1</sup> For that, parents must do several things so that children are not addicted to gadgets and online games, including by means of mentoring, supervision and open communication. Second, Kardina also mentioned that the role of parents in minimizing online game addiction includes supervising children by providing limits on playing time, avoiding games with a high level of addiction and choosing games that can be played with family.<sup>2</sup> Research conducted by Nurkumalasari also mentioned that parents are very instrumental in dealing with their children who are addicted to online games, by the way parents have to work hard in monitoring the child's development and behavior, parents must also give special time to play games, and give firmness to children not to play games outside of the right time.<sup>3</sup>

Research conducted by Bafadal and Safriani also mentioned that teenagers take a long time to play online games that start from 3 hours to 18 hours every day so that they can interfere with other activities, weak parenting from parents provides opportunities for children to play online games as widely as possible, and Islamic parenting methods that are carried out and given optimally by parents can suppress addiction and dependence on children.<sup>4</sup> online gaming through methods of example, habituation, advice, attention, and punishment. According to Ulfiana, the application of permissive parenting or parental indulgence to very loose children with the opportunity to do something without supervision tends to allow adolescents to play online games.<sup>5</sup> The difference between this study and previous research is that it further exposes how muslim parents' strategies in overcoming children addicted to online games with their spiritual approach.

In the surrounding environment there are many teenagers who prioritize their gadgets in online gaming. The age that should be used as achievements is even contrary to what he does. Not infrequently, the age in children under adolescence is also active in playing online games. This is very important to note, because it will have an impact in a short period of time. This phenomenon certainly occurs due to lack of parental supervision and lack of knowledge about the impact of online games, as well as too free children in using gadgets.

Adolescence is a phase in which a person experiences many significant changes physically, behaviorally, cognitively and emotionally. According to Sarwono, adolescence is a period of "sturm und drang" (typhoons and storms), a time full of emotions and sometimes

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<sup>1</sup> Dheri Hermawann dan Wahid Abdul Kudus, 'Jurnal Pendidikan Indonesia PERAN ORANG TUA DALAM MENCEGAH ANAK KECANDUAN BERMAIN GAME ONLINE DI ERA DIGITAL Dheri Hermawan Dan Wahid Abdul Kudus Universitas Sultan Ageng Tirtayasa , Indonesia Email: 2290180027@untirta.Ac.Id Dan Abdulkudus25@gmail.Com IN', 2.5 (2021), 778–89.

<sup>2</sup> KARDINA, 'PERAN ORANG TUA DALAM MEMINIMALISIR KECANDUAN GAME ONLINE PADA ANAK USIA SEKOLAH DI KOTA PALOPO', 2020.

<sup>3</sup> Nurkumalasari, 'Peran Bimbingan Orang Tua Dalam Upaya Mengurangi Kebiasaan Bermain Game Online Pada Anak Di Kelurahan Maccorawalie Kecamatan Watang Sawitto Kabupaten Pinrang', 2017.

<sup>4</sup> Hilda Bafadal, Iqbal dan Safriani, 'Parenting Islam Dalam Menekan Kecanduan Game Online Pada Remaja', *Jurnal Penelitian Keislaman*, 17.1 (2021), 21–38 <<https://doi.org/10.20414/jpk.v17i1.3470>>.

<sup>5</sup> Dina Ulfiana, 'Pola Asuh Orang Tua Pada Anak Usia Dini Yang Menjadi Pecandu Game Online', *JURNAL SOSIOLOGI UNIVERSITAS SAIRLANGGA*, 2018.

emotions are explosive, which arise because of conflicts of values.<sup>6</sup> These passionate emotions sometimes make it difficult, both for the teenager and for parents or adults around him. But these passionate emotions are also beneficial for teenagers in their efforts to find self-identity. The reaction of people in Surrounding it will be a learning experience for the teenager to determine what actions he will take. The development of science and technology does not allow any age restrictions in using Internet, one of them is online gaming.

According to Oblinger, today's teens can be called the post-millennial generation. Adolescents who are in periods of instability tend to be more easily plunged into the experiment of new things.<sup>7</sup> One of its characteristics is to grow up with technology that is very easy to access, so that it makes today's teenagers can also be said to be the generation that understands technology the most. This ease of access will be bad if not treated properly. The results showed that teenagers are the most age group who experience problems with the use of technology, such as the internet, smartphones and online games..

Researchers from Stanford University School of Medicine, Allan Reiss found that there is a greater influence on the brain of men when playing games. The part of the brain that concerns pleasure and dependence becomes more active in men than women in playing games. The study was conducted on 11 men and 11 women. From the study it is known through brain scan reactions that men are more motivated and happy to solve challenges contained in the game. The parts of the male brain associated with rewards, taste and sensing became more active than women when playing games<sup>8</sup>. According to Lemmens, Valkenburg and Peter, online gaming addiction is using computers or smartphones excessively and continuously which will cause problems in social, emotional aspects and players can not control excessive game play.<sup>9</sup> As a result, teens who are addicted to online games tend to be less interested in other activities, feeling restless when unable to play online games, decreased academic achievement, social relations, and health. For example, in Indonesia alone, 10 children in Banyumas were diagnosed with mental disorders due to online gaming addiction and had to get therapy at Banyumas Hospital.<sup>10</sup>

Teenagers who experience online gaming addiction will experience some symptoms such as salience (thinking about playing online games throughout the day), tolerance (increasing online game playing time), mood modification (playing online games to escape from problems), relapse (tending to play online games back after a long time of not playing), withdrawl (feeling bad if not playing online games), conflict (fighting with others for playing online games excessively), and problems (ignoring other activities that cause problems).

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<sup>6</sup> Herlina, 'PERKEMBANGAN MASA REMAJA (Usia 11/12 – 18 Tahun)', *Mengatasi Masalah Anak Dan Remaja*, 2013, 1–5 <<https://doi.org/https://doi.org/10.1016/j.jvoice.2013.08.014>>.

<sup>7</sup> J. L. Oblinger, D., & Oblinger, *Educating the next Generation, Science and Justice*, 2008, XLVIII <<https://doi.org/10.1016/j.scijus.2008.03.007>>.

<sup>8</sup> Febriansyah, 'Mengapa Laki-Laki Banyak Yang Suka Bermain Gim?', *Tirto.Id*, 2018 <<https://tirto.id/mengapa-laki-laki-banyak-yang-suka-bermain-gim-daSu>> [accessed 5 November 2021].

<sup>9</sup> Jeroen S. Lemmens, Patti M. Valkenburg, and Jochen Peter, 'Development and Validation of a Game Addiction Scale for Adolescents', *Media Psychology*, 12.1 (2009), 77–95 <<https://doi.org/10.1080/15213260802669458>>.

<sup>10</sup> A Aziz, 'Kecanduan Game Online, 10 Anak Banyumas Alami Gangguan Mental', *Merdeka.Com*, 2018 <<https://www.merdeka.com/peristiwa/kecanduan-game-online-10-anak-di-banyumas-alami-gangguan-mental.html>>.

Children's health is also affected by the frequent play of online games, such as eyes that will be disturbed by their health. Playing online games excessively means that children's eyes stare at the computer layer or mobile phone screen excessively, while staring at the computer screen or cell phone layer will damage the child's eyes, eye nerves will be disturbed, eyes tired to minus increases. Constantly sitting in one place and playing online games for long periods of time can increase the chances of obesity, weakening muscles and joints, making hands and fingers numb from over exercising. In addition, children will experience motor disorders, sitting online games all day also makes children so less moving. As a result, over time the child's motor skills will decrease, so that his body growth is not maximal.

Some preventive interventions that can be done by parents include the cultivation of religious values. Dr. Abdullah Nashih Ulwan as quoted by Abdul Khakim explained that parental attention to their children is the strongest principle in the formation of a complete human being.<sup>11</sup> In addition, the attitude and behavior of parents are very influential on the development of a child. The cultivation of these religious values is in accordance with the views of Abdullah Nasih Ulwan regarding parenting methods in Islam. Abdullah Nasih Ulwan mentioned the methods of parenting in Islam including the method of example, habitual methods, advice methods, methods of attention and methods of punishment. The first method of example is the method that most convincingly succeeds in preparing from forming children in moral, spiritual, and social. In this study will be seen how the example shown by parents to children. Both methods of habit, people who play a big role in educating children are the father and mother. The habits of parents and other family members are a big giver in shaping children's morals. By instilling habits from an early age then when the child grows up to have a soul of spiritual awareness, spiritual habits, and spiritual peace.<sup>12</sup> The three methods of advice, as long as one is still alive in the world will not be spared from advice. In this method of advice the child can think better and encourage the child to be more advanced, have guidelines about the teachings of Islam. In this study, the analysis will look at the extent of advice that parents give to their children. The four methods of attention, parents should always pay attention to the behavior of their children, if the child neglects obligations then parents will remind with subtle language. The mother has the role of providing the love she needs for her children, while the role of the father is as a supportive role, as an advisory teacher, as a moral and spiritual guide, to be a model of example, to be a good listener, to prepare for the future of children.<sup>13</sup> Fifth, the method of punishment, this punishment is given to the child if the child has violated islamic rules by exceeding the limit. Punishment is given as a decisive action for the child to walk the right path. In this study will be seen how parents give punishment to children in expecting changes in children.

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<sup>11</sup> Abdul Khakim and Miftahul Munir, 'Islamic Parenting: Aktualisasi Pendidikan Islam Dalam Tafsir Q.S. Luqman Ayat 12-19', *JIE (Journal of Islamic Education)*, 3.2 (2019), 203 <<https://doi.org/10.29062/jie.v3i2.101>>.

<sup>12</sup> Syaiful Bahri Djamarah, *Pola Asuh Orang Tua Dan Komunikasi Dalam Keluarga, Upaya Membangun Citra Membentuk Pribadi Anak*, 2015.

<sup>13</sup> HM. Taufiqi, 'Religius Parenting; Hypnoteaching and Hypnotherapy for Brilian Kids',.

According to Darajat, Islamic parenting is a complete parenting based on the attitude and behavior of parents towards children from an early age even in terms of educating, fostering, accustoming and guiding children to the maximum based on the Qur'an and Sunnah. The task of parents here is to educate and shape the character of children islamically by applying guidance and habits in accordance with the Qur'an and Sunnah.<sup>14</sup>

The role of parents is also very important as form of supervision of the child. Nowadays, many children are less under parental supervision in choosing their type of entertainment and games, parents let their children thrive in the rapid development of technology so that when children have started to enter the dependency phase, parents find it difficult to stop it. The purpose of the study was motivated by the lack of understanding of parents on the influence of online gaming. How can muslim parents use strategies in dealing with children who are addicted to online games? What to do if you have a child who is addicted to online games. Activities that can replace playing online games in children, as well as the role of Muslim parents in dealing with children addicted to online games.

## **METHODOLOGY**

The method used in this study is a qualitative method with a phenomenological approach. This method seeks to capture the problems that exist in society and reveal the meaning contained in it. Phenomenological approach is carried out in the situation as is (natural), so that researchers are free to analyze the data obtained, there is no limit to interpreting the phenomenon studied. This research uses a phenomenological approach because it is supported by the fact that every parent has their own strategy in overcoming their children who are addicted to online games, it is also influenced by the family and psychological environment of the child over a long period of time.

The data obtained in this study was based on the results of 42 respondents with the category of parents in children who experienced online gaming addiction. Research also reveals that children who are addicted to online games are caused by a lack of supervision and lack of understanding of the bad influences of online games themselves. Some strategies carried out by parents also vary depending on the limits of online gaming addiction experienced by a child in using it.

The data collection technique used in this study is through questionnaire data with statements that are considered relevant in revealing the conditions and phenomena of adolescent addiction to online games according to the circumstances and conditions in the field. Based on the results of research data from 42 respondents, 59.5% or 24 parents have children who are addicted to online games. Full facilities from parents result in children easily digging into anything in using the internet, one of which is online games. However,

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<sup>14</sup> Bafadal, Iqbal dan Safriani.

many parents are less supervising for children in utilizing their facilities so that social control is controlled entirely by the child. The impact of this control is what triggers bad influences because the child has not been able to control his emotions. Various strategies are often carried out by parents to minimize children in their addiction to playing online games.

## RESULT

Based on the results of research data from 42 respondents, 59.5% or 24 parents have children who are addicted to online games. On average, children aged 8-12 years who are male are more likely to be active in using online games.

No	Statement	Yes	No	Percentage
1.	Children who are addicted to playing online games.	59,5 %	40,5 %	100 %
2.	Parents facilitate children to play online games (Mobile Data/WiFi).	66,7 %	33,3 %	100 %
3.	Parents limit their children's time in playing online games.	64,3 %	35,7 %	100 %
4.	Children play online games more than 3 hours a day.	42,9 %	57,1 %	100 %
5.	Parents give examples/habits of playing gadgets to children.	33,3 %	66,7 %	100 %
6.	Parents often pay attention to children.	90,5%	9,5 %	100 %
7.	Parents have good communication with children.	92,9 %	7,1 %	100 %
8.	Parents give understanding to children that online games tend to have a negative impact.	90,5 %	9,5 %	100 %
9.	Parents and children make commitments regarding the use of time in playing online games.	66,7 %	33,3 %	100 %
10.	Parents provide other alternatives so that children do not play online games as often.	78,6 %	21,4 %	100 %
11.	Parents often advise children not to overdo online games.	95,2 %	4,8 %	100 %
12.	When parents are annoyed with children, parents reprimand them with harsh words or speak in a high tone..	35,7 %	64,3 %	100 %
13.	Parents appreciate/praise their children when they don't play online games.	64,3 %	35,7 %	100 %
14.	Parents often remind prayer when children are busy playing online games.	95,2 %	4,8 %	100 %
15.	Parents bring religious understanding closer to their children when they are at home.	97,6 %	2,4 %	100 %
16.	Parents pay attention to their children in the learning process.	92,9 %	7,1 %	100 %

17.	Parents accompany children in the learning process.	76,2 %	23,8 %	100 %
18.	Parents give punishment when children play online games excessively.	54,8 %	45,2 %	100 %
19.	Parents confiscate their children's gadgets when excessively playing online games.	57,1 %	42,9 %	100 %
20.	Parents often order their children to blend in with their environment in addition to their busy playing online games.	92,9 %	7,1%	100 %

**Statement Table of the Questionnaire Researched**

From the data obtained, children with the fulfillment of the facilities they have tend to be free in accessing online games. The application of permissive parenting, emphasizes the demands of a child but responded very highly by parents. This results in the child's wishes being easily fulfilled by parents, so that when there are unfulfilled child desires will lead to confrontation between parents and children. Parenting like this is usually parents are willing to do whatever is important children are not fussy. For example, when parents are doing a job, then parents provide smartphone facilities to children without first filtering what content is given to children with the goal of children not fussy. Phenomena like this need to be Addressed by not giving the habit of using gadgets to children because it will experience a phase of dependence in a short period of time.

The need for time restrictions made by parents on children in playing online games because it will give awareness of play time limits to children. Based on research, children with restrictions on online gaming time tend to be able to maximize their time in playing. Strategies like this need to be tightened to give habits to children in order to divide their time in doing productive daily activities.

Parents also do not give a habit by playing gadgets because it will be a reflection that will be followed by children. Children tend to imitate what their parents do, even more so because parents are the closest people to children when at home. Do not say or forbid children not to play mobile phones, while parents play it more often. Although the child's goal is to play online games and parents for other purposes, still children will feel injustice so that children do not accept when parents forbid them. According to Smart as quoted by Juwi Rayfana Tiwa suggested that the factors that can result in online gaming addiction are less attention from those closest to them, experiencing stress, lack of parental control, lack of activities, environment and wrong parenting of parents. Good attention and communication, as well as directions on the impact of online games need to be done by parents to children. Monitoring in terms of online gaming is an effective strategy that prevents users from engaging in excessive or inappropriate use measures. Parents should be careful and considerate in providing access to various technology products. Parents should be more supervised by their children in playing online games because it can potentially make children become addicted to playing online games. If online games are played without parental control, then it can make adolescent behavior in playing no rules. The importance of parental

supervision can be a bulwark limiting online gaming addiction. Therefore, parents who are indifferent to teenage online game play can cause worse effects in the future.

Making a commitment with the child, is also one of the strategies that parents can apply to children who are addicted to online games. Make agreements such as establishing when children can play online games, when children sleep, eat and so on. That way, children will also learn to be responsible for the time that has been promised. Parents can also make a punitive agreement with the child so that what has been set is increasingly adhered to, such as if the child exceeds the time of cell phone use, then the phone will be turned off for a day, or it can be more than that. Do not forget to first give advice to children and give the understanding that too often playing online games is a bad habit. That way, children slowly understand how bad it is to play online games too often.

Parents also often provide other alternatives with the aim of diverting children from online games, such as inviting children to watch movies together, providing access to play games with very low addiction, inviting them to discuss about lessons or daily, and other positive things that can reduce children in playing online games.

Another strategy that parents can do is to advise. Counseling with good words and low intonation will make it easier for children to accept their criticism. Parents are one of the best teachers in educating their children where parents have an important war in advising every behavior that is considered deviant in the child, be it related to prayer, learning, schoolwork, and play. Parents should understand the psychological and psychological condition of the child when going to counsel by considering the right time when there is a lot of criticism that will be conveyed to the child. This is to avoid rejection of advice from children because of his mood that does not want to accept criticism.

When children do not play online games excessively, parents should appreciate it to the child. Appreciation will make children feel recognized and cared for for having made an achievement. Such appreciation that later fosters self-sensitivity to children, such as a sense of wanting to make greater achievements. Parents can praise or give a gift as a form of appreciation to children. Strategies like this will bring parents closer to children because of the "mood charging" so that it fosters feelings of pleasure and joy.

Parents should also always pay attention to the behavior of their children, if the child neglects obligations then parents should remind with subtle language. Supervise and pay attention to mental and social readiness. In attention there are several aspects, among others: cognitive, affective, emotional, and spiritual. Parents must be patient, meek in paying attention to their child's behavior. Attention in reminding children to do schoolwork, prayer, preaching by using good language without having to be rude or violent because parents must also pay attention to the psychic side and character of the child.

The next strategy is to bring religious understanding closer to children. Parents with a high aspect of religiosity certainly will not allow children to abandon obligations in their



spiritual. Parents need to pay attention to the spirituality habits of children. If the child is painstaking in managing play time with his worship time, then this is safe. However, if the child does not care about his spiritual and only attaches importance to online games then it needs to be straightened out. Spiritual approaches will make children feel that the time spent playing online games excessively is wasted. His free time can be filled with reading the Qur'an, deepening religious lessons, and so on. Unlike children who are not tightened with a religious approach, children will feel that the only thing that the focus of the goal is online games.

Parents also need to accompany and pay attention to children in their academic process. If there are significant changes, such as falling grades, lack of passion in learning, lazy school, or other negative changes then parents must give continuous motivation to the child. Do not assume that the child will heal by itself, because addiction to online games will continue to increase if not helped by strict supervision and assistance from parents and also a good environment.

Parental strategies in overcoming children in playing online games excessively can also be by providing punishment. Punishment is given as a decisive action in terms of punishment in order for children to walk the right path and be able to correct themselves and mistakes. A good method of punishment in children is to punish with love and meekness and not keep the wrong habits. Children who have deviant behaviors such as playing online games for a very long time are negative attitudes. With punishment or punishment the child can take Learning about things that can harm themselves. The punishment can be by confiscating a child's smartphone in some time, cutting pocket money, even depriving children of facilities.

Parents need to pay attention to how children socialize. Children who are addicted to online games tend to shut themselves off interacting with others. He will be comfortable with the game he is playing. Children at the adolescent level have a duty to form and maintain responsible social relationships. Fulfillment of adolescent developmental tasks requires skills or abilities in interacting with others using social skills. This strategy can be applied by inviting children to be together to family, relatives, and friends. When meeting with others do not play a smartphone, because it will reduce the sense of courtesy towards the opponent you are talking to. Parents need to pay attention to how children socialize. Children who are addicted to online games tend to shut themselves off interacting with others. He will be comfortable with the game he is playing. Children at the adolescent level have a duty to form and maintain responsible social relationships. Fulfillment of adolescent developmental tasks requires skills or abilities in interacting with others using social skills. This strategy can be applied by inviting children to be together to family, relatives, and friends. When meeting with others do not play a smartphone, because it will reduce the sense of courtesy towards the opponent you are talking to.

## CONCLUSION

Based on the results of data collection, data analysis and discussions that have been presented, several conclusions were obtained about the case of online gaming addiction in adolescents. Parenting affects the behavior and development of children who play online games. Some ways or strategies that parents can apply to their children, such as paying attention to children that can be realized by limiting children's facilities in playing online games. The distribution of mobile phone use in children, as well as the use of the internet used by children to play games. Another way that can be applied to children who are addicted to online games is to give examples or good habits of parents in playing mobile phones. Don't tell the child or ban the child to not play mobile phones when parents play it more often, although the child's goal is to play online games and parents for other purposes, children will still feel not outdated so will not accept if their parents forbid it. Providing understanding and advising children that playing online games too often is a bad habit. That way children can understand how bad it is to play online games too often. It is important for parents to set a good example to their children because the child will imitate everything his parents do. Parents should also set an example for children to imitate, parental habits are also important in the child's growth and development, advice and punishment and attention given by parents.

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