

# The Correlation between Peer Conformity, Time Management and Online Game Addiction in Senior High School Students

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## ABSTRACT

This study aims to examine the correlation between peer conformity and time management with online game addiction on students. This research is correlation quantitative. Subjects were 100 students using purposive sampling and random sampling. Data was obtained by the Peer Conformity Vignettes, Time Management Behaviour Scale, and Gaming Addiction Scale. Validity rate on all of the instruments was high with the level of error 5%, as well as the reliability of the instruments which was also high. 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 ( $R=0.598$ ;  $F(6,930)=8.615$ ;  $p<0.01$ ). It can be concluded the lower peer conformity and higher time management, the lower online games addiction among students, and otherwise. The variables of peer conformity, time management and contribute towards the online games addiction.

## Keywords

Online game addiction, peer conformity, time management

## Introduction

Internet was created by human for a purposes, one of them is to lead humanity throughout prosperity and a medium of mass communication media that continuously progressing with the era (Mulawarman et al., 2020). Internet is one of the media that accepted by the whole nation (Ningtyas, 2012). Internet technology is growing rapidly to complement 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. Online game are digital play games that connects thousands of people at once, and it has various type (Anggraini, 2016; Claypool & Claypool, 2006; Riendeau et al., 2003).

This online game can affect feelings and thoughts, especially giving satisfaction to player (Dumontheil et al., 2010; Mathwick & Rigdon, 2004; Syahrani, 2015), be absorbed by the mind through the five senses, by seeing and hearing. The development of technology through online games increasing rapidly (Akbar, 2013). Online Game players come from all ages (Festl et al., 2013; Wan & Chiou, 2006). Finding new friends is also one of the reasons people play online games (Jakobsson & Taylor, 2003; Subrahmanyam et al., 2008) or as a medium to greet fellow online game lovers.

Online games is becoming very substantial among teenagers. It is not surprising that researchers see the game players perceive a game centre as their second home because many cases found that players are willing to eat, drink, bathe and even sleep in the game centre. This causes many gamers to ignore their obligations in real life (Budiarti, 2019; Kurniasari, 2019). This case example shows that someone who is addicted to online games less able to manage their time well (Kneer & Glock, 2013). Time management is the act or process of planning and consciously controlling the amount of time that will be used

to increase effectiveness, efficiency, and productivity to achieve its goals (Gea, 2014; Sandra, 2013).

Ideally someone who is able to apply time management who is able to identify priorities, able to make schedules, able to carry out tasks in an organized, manage stress, be assertive and use time efficiently to achieve goals (Davidson in Puspitasari, 2013).

In their social development, adolescents experience two kinds of movements (Gunarsa, 2008), i.e., movements to separate themselves from parents, such as emotional dependence and movements towards peers (Majorano et al., 2015). The influence of peers on adolescent behaviour is convincing. The magnitude impacts the group and environment forming behaviour, and norms for someone who wants to join 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 behaviour that will be accepted in a group (Mawardah & Adiyanti, 2014).

Regarding the issue of online games, peer conformity and time management, this study aimed to identify the rate of online games addiction, peer conformity and time management and also to find the correlation among the three variables partially and simultaneously, which are online games addiction, peer conformity and time management eleventh grade students in Senior High School 3 Tegal (Indonesia).

## Methods

This research used quantitative correlational approach aiming to find the correlation among the variables. Subject in this study were eleventh grade students in Senior High School 3 Tegal, which comprised of as many as 305 students. This

study applied purposive sampling and random sampling to determine the number of students' samples in this school. 100 students were finally used as part of the research sample. Instrument used by the researchers were a Peer Conformity Vignettes, Time Management Behaviour Scale, and Gaming Addiction Scale. Instrument validity in this study used construct validity and content validity on 64 as the sample, and the result was

high level of validity of each instrument. In order to measure of level reliability, alpha Cronbach was applied, and the result was high level of reliability reaching above 0.6. Data was analysed using descriptive analysis and multiple regression. Meanwhile, multiple correlation analysis test was used to test the correlation of three variables partially and simultaneously.

**Table 1.** Hypothesis Result

Predictor	R	R <sup>2</sup>	F	β	t
Peer Conformity	0,493	0,243	15.546***		
a. Anti-Social				0.175	1.951***
b. Pro-Social				0.232	2.400**
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***
Peer conformity & Time management	0,598	0,357	8.615***		

### Results

The result shows that analysis between peer conformity there is a correlation 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 correlation 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 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 correlation 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.

### Discussions

The results show that peer conformity and time management are related to online game addiction (Anand, 2007; Kim et al., 2008). The analysis of peer conformity has a more significant correlation because online game addiction is not always due to lack of time management or, more precisely, if someone experiencing online game addiction will be hard 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 behaviour, so students feel accepted in the group (Sihotang, 2009; Tang et al., 2013).

Similar results of research conducted by Hidayati (2016) states that peers have a significant effect on the behaviour and attitude of a teenager. If students have a high level of conformity, then their behaviour 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 (Santor et al., 2000). Thus online game addiction can be caused by peer conformity (Nada, 2019).

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 very good time management skills tend to use their time efficiently and prioritize activities that must be done first. It is consistent with research conducted by 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 correlation 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 (Putri, 2019), and we found out that students who have very good 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 correlation between peer conformity and time management with online game addiction. Moreover, having known the fact about online games addiction in Senior High School 3 Tegal is high, counsellors and parents must give more attention to students by closely monitoring when they playing online games. There is a concern that the high rate of online games addiction may affect the psychological or physical condition of students. However, this still can be prevented. One way to prevent it is by improving students' time management and self-control in peer conformity. Furthermore, counsellors can also improve students' time management and controlling in peer conformity through classical, group or individual services considering that peer

conformity and time management have quite strong influence on the level of online games addiction.

## Conclusion

Based on the results and discussion, it can be concluded that there is a significant correlation 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.

## Limitations and Future Studies

For future research who are interested in developing research on correlation between peer conformity, time management and online games addiction, they can focus more on those aspect which influence peer conformity on online games addiction, especially when considering that the two variables have quite a strong correlation. Moreover, it is expected that the research is aimed at not only identifying correlation among variables, but also giving treatment. It is also recommended to develop this research into an experimental design.

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