



APPLICATION OF COGNITIVE BEHAVIOR THERAPY (CBT) TO OVERCOME ADDICTION TO ONLINE GAMES IN MIDDLE SCHOOL STUDENTS

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Abstract:

Addiction to online games is an excessive behavior to play online games that have an impact on the formation of maladaptive behavior, not in accordance with the norms prevailing in the community. Counseling with a Cognitive Behavior Therapy is one of the services that are considered appropriate to overcome game online addiction problems. The purpose of this research is to determine whether counseling with a Cognitive Behavior Therapy can be applied to overcome game online addiction in adolescents. The data collection technique uses documentation of data with the meta-analysis method on relevant studies. The data analysis technique used is descriptive analysis by combining relevant studies to answer research questions. The conclusion of this research is that counseling with a cognitive-behavioral approach can be used to overcome game online addiction

Keywords: *Guidance and Counseling, Cognitive Behavior Therapy, Game Online Addiction*

INTRODUCTION

The adolescent period experienced by individuals has an active role in shaping personality because during this period, puberty is formed which influences hormonal changes that take place in the adolescent age range. G. Stanley Hall (in Padmomartono, 2014: 2) explains that adolescence is a period of storm and stress, where teenagers experience turmoil and a tendency to behave according to what they think. This period provides an illustration that teenagers need support and guidance from the people closest to them so that they do not make mistakes in thinking and behaving, so that they are able to grow and become complete human beings. Based on this, it can be seen that teenagers do not always experience failure in forming their identity, but only encounter several obstacles that make them tend to think negatively in facing these obstacles and form a personality that deviates slightly from what is expected.

Internet use in Indonesia continues to increase, especially when compared with research results from Khotimah & Minarni (2018: 70) showing that data obtained regarding the profile of internet users in Indonesia since 2012 shows that internet user penetration in Indonesia is 24.23%. Meanwhile, a survey in 2014 showed that internet user penetration in Indonesia was 34.9% or around 88.1 million users in Indonesia. It is possible that in the next few years it will continue to increase due to the impact of globalization which has brought increasingly advanced technological flows. Furthermore, research on the profile of internet users in Indonesia conducted by Khotimah & Minarni in March 2016 shows that there are many reasons for accessing the internet. One of them is for entertainment or fun with a percentage of 32.6% with online gaming activities at 10.1%.

Current technological developments show how quickly human resources learn and create various technologies that can make their daily work easier. Humans are equipped with intelligence and minds capable of processing information and learning how to meet their needs by creating technology to make their work easier. Along with human development in the modern era, many technologies have emerged that are able to provide information and entertainment for everyone. With the support of the internet which is globally capable of providing fast information to all corners of the world, several technology-based games have emerged which are supported by the power of the internet as access to find people who play the same game at the same time.

Sanditaria (2012: 2) explains that play is an important element in supporting children's development both physically, emotionally, mentally, intellectually, creatively and in their social roles. A child's development towards adolescence is influenced by the surrounding environment, so the role of parents is very necessary to supervise children and limit children from being too dependent on online games. According to Rini (2011: 20) online games are electronic-

based games with visualization that can attract someone's attention to play them by requiring internet access. Online games have a very big difference from other games, where in online games, a player can not only play with people who are next to him or who are within reach of the location where he is playing, but can also play with several other players in different locations. with him, even to players in other parts of the world.

Most of the players of several online games that are currently being played by Indonesian people are teenagers or school age children, so parents need supervision so that their children do not get lost in online games and leave their real lives behind. According to Khotimah & Minarni (2018: 71) there are several factors that influence someone to play online games, including achievement, social, and immersion. Gamers or game players are encouraged to play games because they want recognition for their achievements in playing games which are done by overcoming difficult obstacles and obstacles so as to achieve higher levels or rare items as well as possible. This urge will make a person continue playing and even forget the time, so this urge can lead to addictive behavior.

Apart from that, there are social factors that encourage players to find other players so they can help them play the game or just share strategies and information. Lastly is the immersion factor that encourages players to better understand and deepen the game they are playing. When trying an online game and feeling curious about the continuation or next levels, players will try to understand and deepen the game. So, players will try various strategies to be successful in the game and have their achievements recognized (in Feprinca 2008:3). From these several factors, there is a tendency for teenagers, especially school children, to always depend on online games, thus forgetting their obligations as students and causing them to become addicted to video games, especially online games.

Sanditaria (2012: 2) explains that online game addiction is a symptom that appears in game players, seen from the extent to which they play games excessively, which can have a negative effect on the game player. Someone who is addicted to online games will experience several symptoms such as salience (thinking about playing online games all day), tolerance (increasing time playing online games), mood modification (playing online games to escape from problems), relapse (tendency to playing online games again after not playing for a long time), withdrawal (feeling bad if you can't play online games), conflict (fighting with other people because you play online games excessively), and problems (ignoring other activities which causes problems). These seven criteria for online game addiction are measurements to determine whether an online game player is addicted or not. Players who get four of the seven criteria are an indication of a player who is addicted to online games (Prastyo, 2017: 138).

Guidance as an educational effort means the process of providing assistance to individuals to achieve an optimal level of personal development. The approach to comprehensive guidance and counseling is based on efforts to achieve developmental tasks, develop potential, and alleviate problems experienced by the counselee. Utah (in Bhakti, 2017: 134) explains that the development of comprehensive Guidance and Counseling competency standards is divided into 4 areas, namely academic/learning development, career development, multicultural/global citizen development, and social personal development. Furthermore, individuals are required to be able to complete their developmental tasks, and the presence of guidance and counseling is expected to help individuals be able to overcome the obstacles they experience in achieving their developmental tasks. Individual social personal development is related to how individuals are able to optimize the potential within themselves to how individuals are able to build and establish social relationships with the people around them (Saputri, et al., 2024).

The form of providing assistance in the form of services provided by counselors has the aim of helping individuals (especially students at school) in solving their problems. According to Spiegler & Guevremont (in Siregar, 2013: 18) one model of counseling approach that can be applied by counselors to clients is the Cognitive-Behavior Therapy approach, in this approach the counselor provides counseling services to help students gain insight into their problems so that students can change their thoughts. -distorted thoughts become rational thoughts, with the aim of generating adaptive behavior. Several studies show that the recommended treatment method for treating games addiction is Cognitive Behavior Therapy (CBT).

One study in America conducted by King, Delfabbro, & Griffiths (2010) shows that CBT is an effective therapy in overcoming addiction to problematic video game players, where CBT is able to open up individuals' thoughts that video games or online games have a bad impact on life. their daily lives and the consequences on how they act and behave. Apart from that, research conducted by Dong & Potenza (2014) shows that CBT can be applied to overcome internet gaming disorder, participants who were given CBT were able to overcome their own problems. From several studies that have been conducted, the author is interested in developing research which shows phenomena and problem solving with the hypothesis that CBT can be applied to individuals, especially students at schools who experience online game addiction.

METHOD

The research carried out by the researcher used the meta-analysis research method, where this research combines several studies that are relevant to the results of research hypothesis testing as a form of secondary integrative analysis. The data tested comes from primary studies which were reanalyzed (reanalysis) to answer new questions with old data. Some of the research in question is the result of research by King, Delfabbro & Griffiths. (2010) in the Journal of Cyber Therapy and Rehabilitation, the research results of Dong & Potenza (2014) in the Journal of Psychiatric Research, and finally the research results of Siregar & Rodiatul (2013) in the Journal of Psychology. Some of these studies discuss how to apply the Cognitive Behavior Therapy approach in treating or overcoming cases of addiction to online games.

The research above was carried out in the period 2010 to 2014. The instrument in this research was documentation data, that is, in obtaining it, we tried to dig up data about journals regarding the application of the Cognitive Behavioral Therapy approach to overcome online game addiction in students. Meanwhile, the data collection technique is by collecting data through documentation techniques. The data analysis technique used is descriptive analysis, with the aim of assessing whether one of the research results in the meta analysis is 'robust' (relatively stable to change), and it is necessary to carry out a sensitivity test, namely by comparing or contrasting the results of one study with another. . If the results obtained from data analysis are the same or similar or even close to the same, then it can be concluded that variations between studies are not that important in that part of the data. This is done to examine the constancy or unsteadiness of research results caused by the increasing number of research replications or verifications, which often actually increase the variation in research results.

RESULTS AND DISCUSSION

Results

According to Corey (2016: 284), the Cognitive Behavior Therapy approach considers psychological problems to be exaggerated adaptive responses originating from ordinary cognitive distortions. Furthermore, this therapy focuses on insight with a strong psychoeducational component that emphasizes recognizing and changing unrealistic thoughts and maladaptive beliefs. So in summary, in cognitive therapy, clients learn how to solve their current problems by restructuring cognitive and deviant behavior so that they are able to identify their dysfunctional thoughts and get out of the problems they are currently facing (Prakoso, Hartini & Hidayat, 2023) . Meanwhile, with the belief that humans have the potential to absorb rational and irrational thinking, where irrational thinking can cause emotional disturbances and deviant behavior, CBT is directed at modifying the function of thinking, feeling and acting by emphasizing the role of the brain in analyzing, decide, ask, act, and decide again. By changing the status of their thoughts and feelings, the counselee is expected to be able to change their behavior, from negative to positive (Prakoso, 2023).

Based on the problem topics discussed in this research, individuals or game players who are addicted to online games, according to Gunawan (2018: 106), the characteristics of a teenager, especially school students who are addicted to online games, generally include: (a) feeling tied to games. online (thinking about online activities while offline or expecting the next online session, (b) playing online games for more than 14 hours per week and only playing one type of game, (c) feeling the need to play online games with an ever-increasing amount of time to achieve a desired level of excitement, (d) feeling anxious, moody, depressed, or irritable when trying to reduce or stop playing online games, (e) lying to family members, therapists or others to hide how much deeply involved with online games, (f) playing online games as a way to escape from problems or to reduce a distressing emotional condition (eg feelings of helplessness, guilt, anxiety, stress and depression). Therefore, Cognitive Restructuring is very suitable for teenagers or students who experience symptoms of online game addiction.

King et al. (2010) in their research entitled Cognitive Behavioral Therapy for Problematic Video Game Players: Conceptual Considerations and Practice Issues, analyzed the negative impacts that teenagers receive if they play video games or online games for too long. From the results of data collection using around 21 research subjects (conducted on teenagers aged 11-17 years), it was discovered that half of the research sample suffered from online game addiction, with the rest only playing video games on holidays or in their free time. This is proven by data from interviews and questionnaires which show signs of visible symptoms such as having a mood that changes easily, feeling more enthusiastic and strong among others, feeling comfortable when alone, indications of frustration and feeling sad. deep.

The treatment given to research subjects is in the form of identifying participants' cognitive problems by providing new thoughts that can influence beliefs, attitudes and ideas towards becoming a better person. Every week participants receive counseling from a counselor or therapist with the aim of providing cognitive reconstruction therapy to participants, and see their progress over the next 3 weeks. The results shown were that the rate of addiction to video games and online games was getting smaller (reducing 3% per meeting), counselors or therapists received information that from 36 hours per week, there was a reduction of 6 hours per week for each participant. Monitoring participant behavior after being given counseling can make it easier to determine the success of counseling services. In this monitoring there are two benchmarks for monitoring success, namely: (a) additional motivation to change because problems related to video games are more prominent and real, and (b) greater insight into the ongoing video game development cycle.

The next research is research carried out by Dong & Potenza (2014) entitled A Cognitive-Behavioral Model of Internet Gaming Disorder: Theoretical Underpinnings and Clinical Implications. This research was carried out with the aim of finding out the influence of two approaches, namely cognitive therapy and behavioral therapy, on internet gaming disorder (IGD). Studies conducted in the last 10 years have resulted in the feasibility of the cognitive-behavioral model in dealing with IGD as shown in several therapy results that have been carried out (therapy on several clients carried out at 3 universities, namely: Zhejiang Normal University, Yale University School of Medicine, and Neurobiology and Child Study Center). Dong & Potenza (2014: 3) consider that reduced executive function/cognitive control over motivational drives contributes to decision making that leads to persistent involvement in playing games on the Internet, especially in players indicated by IGD.

In line with Dong & Potenza's (2014) research, another study conducted by Taquet, Romo & Cottencin (2017) entitled Video Game Addiction: Cognitive, Emotional, and Behavioral Determinants for CBT Treatment produced similar answers regarding the positive impact of implementing CBT. Some people are addicted to playing video games. This

quantitative research involved 124 participants (105 men and 19 women) with data collection methods using surveys and questionnaires as well as interviews with therapists. From data analysis it is known that there are 79 online game players, 45 offline game players, 88 play on computer platforms, and the remaining 35 play console games. The average score obtained for the mean data is 31, where the data shows the time span the players play games per week. The score shown for the correlation between age range and players' interest in achieving the highest score in a game is $P = .0417$. Analysis calculations can be seen in the following table:

Table 1 Score Correlation Matrix

Number	Item	Score						
1	Age	1.000						
2	Playing <i>video games</i> for a long time	.656 ^{'''}	1.000					
3	Age when you first played the <i>game</i>	.520 ^{'''}	-.304 ^{'''}	1.000				
4	Time played per week	-.214 [']	-.264 ^{''}	.027	1.000			
5	<i>Craving</i>	-.029	-.187 [']	.172	.248 ^{''}	1.000		
6	<i>PVP</i>	-.245 ^{''}	-.294 ^{'''}	.021	.384 ^{'''}	.441 ^{'''}	1.000	

^{'''} $P < 0.001$.

^{''} $P < 0.001$.

['] $P < 0.05$.

These results show that there is a significant relationship between the age range of players and their interest in getting the highest score in a game, which indicates that the tendency to play games is to get the highest score and get recognition from other people.

The next research is research carried out by Siregar & Rodiatul (2013) entitled Application of Cognitive Behavior Therapy (CBT) to Reduce the Duration of Playing Games in Individuals Who Experience Games Addiction. This was carried out to determine the results of applying CBT to individuals who experience games addiction. Data collection used the triangulation method (in-depth interviews with observation and scale) involving 2 research participants. This qualitative research was carried out over a period of 1 month with 11 meeting sessions. In this research, results were obtained that showed a distorted cognitive change to become more rational so that gaming behavior decreased.

In implementing CBT, it was seen that both participants experienced the same cognitive distortions such as jumping to conclusion, namely negative conclusions obtained from irrelevant evidence and magnification, namely viewing something as further or more important than it actually is. However, the two participants also experienced different cognitive distortions, for example participant 1 experienced polarized black or white (dichotomous thinking), namely extreme thinking, yes or no, black or white, while participant 2 experienced absolute terms, namely thinking "should". Both participants considered that games were the only way to overcome the problems they faced. After treatment was given to both participants, both participants showed a change in distorted cognition to become more rational through cognitive restructuring techniques combined with behavior modification to strengthen the desired behavior.

Based on several studies reviewed above, it can be seen that the application of Cognitive Behavior Therapy or known as CBT is very suitable to be applied to individuals who experience problems with addiction to online games, where several studies above show that addiction to online games can be overcome with help from counselors and therapists who apply the CBT approach in providing treatment. The provision of assistance and follow up applied in the studies above is a benchmark for how the counselor or therapist monitors the progress shown by the client, so that they can monitor how the duration of time playing online games decreases and the behavior shown, whether it becomes better after being given treatment or not.

DISCUSSION

The Cognitive Behavior Therapy approach is an approach based on the concept of changing negative thoughts and behavior that greatly influence emotions. Through CBT, clients are involved in activities and participate in training for themselves by making decisions, strengthening themselves and other strategies that refer to self-regulation. According to Beck (in Corey, 2016: 281) CBT is designed to carry out cognitive restructuring and deviant behavior to solve the client's current problems. CBT is a combination of two approaches in psychotherapy, namely cognitive therapy and behavior therapy. Cognitive therapy focuses on thoughts, assumptions and beliefs. Cognitive therapy facilitates individuals learning to recognize and change mistakes. Cognitive therapy is not only related to positive thinking, but also related to happy thinking. Meanwhile, behavioral therapy helps build a relationship between problem situations and habits of reacting to problems. Individuals learn to change behavior, calm the mind and body so that they feel better, think more clearly and help make the right decisions.

Griffiths and Kuss (in Siregar, 2013: 18) stated that game addicts usually play video games and online games as a form of coping with the problems they face. They think that video games and online games can help them solve the problems they are experiencing, such as frustration with learning problems at school, social relationships, work and expressing anger. In line with this opinion, King, Delfabbro, & Griffiths (2010: 263) explain that someone who experiences games addiction usually has a trigger for playing, for example fighting with parents, friends at school, and being unable to do assignments at school or homework that they feel difficult. Therefore, they must identify situations

that can become triggers thereby increasing gaming behavior. Distorted thinking such as catastrophic, over-generalization, contributes to addictive behavior. King, Delfabbro, & Griffiths (2010: 265) suggest cognitive restructuring techniques to change distorted thinking into more rational thinking. Therefore, one form of treatment that can be applied is Cognitive Behavior Therapy (CBT) which is designed to help individuals gain insight into their problems so that the individual can replace distorted thoughts into rational thoughts thereby giving rise to adaptive behavior.

Dong & Potenza (2014: 4) focus on the application of CBT which focuses on restructuring or correcting distorted cognition due to events that are detrimental to oneself both physically and psychologically and looking more towards the future than the past. The cognitive aspect in CBT includes changing ways of thinking, beliefs, attitudes, assumptions, imagination and facilitating clients to learn to recognize and change mistakes in the cognitive aspect. Meanwhile, the behavioral aspect in CBT is changing the wrong relationship between problem situations and habits of reacting to problems, learning to change behavior, calming the mind and body so that you feel better, and think more clearly. In providing treatment, Dong & Potenza (2014: 5) provided a reward & punishment method, which was quite successful in its application to research participants to reduce the hours and duration of playing online games. Giving rewards gives individuals the opportunity to think that the things they do repeatedly are not always good and they need to get out of their comfort zone.

Apart from rewards, punishment was also given to research participants, namely by linking to social support factors. Their parents are not given the opportunity to play games more than usual if they show resistance to CBT treatment, so fear will arise and individuals will choose options that they think are safe. Taquet, Romo & Cottencin (2017: 9) stated that in CBT, the relationship between the therapist or counselor and the client must be collaborative and well established. This relationship aims to ensure that counseling can run well. Counselors believe that it is very important to gain the client's trust. However, this is not enough if it is not accompanied by the belief that the client can learn to change their perspective or thinking so that in the end the client can provide counseling for themselves. Furthermore, collaborative counseling is carried out by a therapist or counselor and counselee. The counselor must be able to understand the counselee's intended aims and objectives and assist the counselee in realizing them. The counselor's role is to be a listener, teacher and encourager.

Providing treatment to clients who are addicted to online games has shown changes in their distorted cognition to become more rational, especially when they face situations that encourage them to play games. This can be seen from the responses of online game players that an automatic thought appears when they discover their hobby of playing games, namely that online games can make themselves more valuable and think that online games can make themselves look great and smart among game lovers. online, but after being given treatment with a CBT approach, they realized that not everything provided by online games could make them better individuals in social environments. The thought of changing for the better can encourage them to get out of their addiction to online games. Beck (in Corey, 2016: 287) provides the opinion that the application of the CBT approach is the result of theory and techniques based on inductive methods. The inductive method encourages clients to pay attention to their thoughts as temporary answers that can be questioned and tested for truth. If the temporary answer is wrong (caused by new information), then the client can change their mind according to the real situation.

CONCLUSION

The Cognitive Behavior Therapy (CBT) approach aims to change individual thinking based on cognitive formulations, beliefs and disruptive behavioral strategies so that they can generate adaptive behavior. The counseling process is based on the client's conceptualization or understanding of the client's specific beliefs and behavior patterns. The CBT approach is useful for bringing about restructuring of distorted cognitive and belief systems to bring about changes in emotions and behavior in a better direction. The CBT approach is very suitable to be applied in overcoming the problem of online game addiction in teenagers, especially students at school. Someone who is addicted to online games tends not to be able to control their emotions, has a poor social role, feels comfortable when playing games, and tends to forget about time and the real world in order to remain active in the world of online games. Negative thoughts, negative behavior and uncomfortable feelings can lead individuals to more serious psychological problems, such as depression, trauma and anxiety disorders. Uncomfortable or negative feelings are essentially created by dysfunctional thoughts and behavior. Therefore, in counseling, dysfunctional thoughts and behavior must be reconstructed so that they can function normally again. Meanwhile, with the belief that humans have the potential to absorb rational and irrational thinking, where irrational thinking can cause emotional disturbances and deviant behavior, CBT is directed at modifying the function of thinking, feeling and acting by emphasizing the role of the brain in analyzing, decide, ask, act, and decide again. By changing the status of their thoughts and feelings, the counselee is expected to be able to change their behavior, from negative to positive.

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