SELF-CONCEPT AND PREDICTORS OF EMOTION REGULATION IN ADOLESCENT ONLINE GAME PLAYERS

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ABSTRACT

The aim of this research is to examine self-concept as a predictor of emotional regulation in adolescent online game players. Theoretically, for every individual who is in their teens when playing online games, this is done to form a concept within themselves as to whether they are game players who have achievements or not. It is thought that the formation of self-concept can be predicted by the existence of emotional regulation which is managed in each individual's reasoning. This research uses a sampling method, namely purposive sampling, namely teenagers who generally play online games every day. The number of participants obtained was 288 people, with the result that emotional regulation in teenage online game players had a significant positive role and the value of $\beta = 0.326$ and overall had a value of $R^2 = 0.106$. Operationally, this positive role can be interpreted as meaning that when young online game players have good emotional regulation within themselves, the self-concept that is formed within them will also be good. On the other hand, if emotional regulation is not well regulated, it will make the self-concept formed by teenagers become worse.

Keywords: Teenage Online Game Players, Emotional Regulation, Self Concept.

Introduction

Advances in information and communication technology have changed the way we interact and communicate on social media such as instant messaging platforms and online forums which have become places where individuals can share information, interact, and build relationships (Mutiah et al., 2019). Technology is also developing rapidly with the emergence of very popular entertainment, such as online games (Syahran, 2015). Quoted from Novianti (2023), Game is a type of competition in which two individuals or groups compete against each other following a set of known rules. In the past, games were usually traditional and played by groups of people from different cultures. However, along with advances in technology and information, games have turned into video games that can be played on electronic devices and have various interactive features (Novianti & Lawanda, 2023)

Video games that are played on electronic devices are usually called online games, this is supported by (Bodenheimer et al., 1999) theory which states that game programs that are connected to the internet and can be played anywhere are called online games. This technology can also be played in groups by users all over the world using internet devices. With the increasingly rapid development of features on mobile phones or

smartphones, many games have been created specifically for smartphones, or can be called mobile games. Many studies have examined games on smartphones from various aspects such as factors that influence mobile game adoption, factors that influence gaming addiction (Hsiao & Chen, 2016). One of the online games that is popular among online game users is Mobile Legends, this game is a multiplayer online battle game developed by Moonton in 2016. The popularity of this game is increasing in the Southeast Asia region, especially in Indonesia, Malaysia and the Philippines, meanwhile, in In Indonesia in 2019, there were already 50 million active users of this game, making it one of the first MOBA eSports branches in the world (Andreas & Arymami, 2022).

Quoted from Chapple (2020) The Mobile Legends game has become one of the games competed in the 2019 E-Sports President's Cup and 2019 SEA Games. Currently, this game also has a big agenda such as MPL (Mobile Legends: Bang Bang Professional League) for players. professional player. Apart from that, this game is also a very popular game and generates high income from its players (Andreas & Arymami, 2022).. According to the Director of PT Megaxus Infotech, Rita Wijaya, in Indonesia the majority of online game users are teenagers to adults whose average age is 12-30 years. Many teenagers play online games or mobile games, quite a few users also download mobile legends games (Andreas & Arymami, 2022).

Quoted from Hitekno (2021) the number of Mobile Legends players in Southeast Asia has reached 70 million. Based on this data, almost 50% of Mobile Legends players come from Indonesia. The number of active Mobile Legends players in Indonesia has reached more than 34 million users from Java and Sumatra. 52% of the players from these two islands are from Java Island, and 29.38% are from Sumatra Island. Then based on gender, 80% of the players are men while the other 20% are women. This game is mostly played by people with an age range of 13 years to 24 years. In this age range, the majority of players can be grouped into teenagers or can be said to be students and students. Adolescent age according to WHO is in the age range of 12 to 24 years. Then, the National Population and Family Planning Agency (BKKBN) also added that the age range for teenagers is from 10 to 24 years old and unmarried.

At first playing online games was only for entertainment, and aimed at the enjoyment of the players, but over time playing online games can provide a sense of pleasure, because there is a desire within oneself to play games (Rosyati et al., 2020). Technological developments are increasingly rapid, causing many online game users, such as a study conducted by the Decision Lab and Mobile Marketing Association (MMA) in 2022, stating that the number of mobile game players in Indonesia has reached 60 million. This number is expected to continue to increase to 100 million in 2020, this makes it very easy to access and play these various games (Setiawan & Triyono, 2022). The act of playing online games is a means of entertainment which has quite a pleasant effect, can ward off fatigue, can fill free time, and as a means of refreshing after carrying out various activities (Kurniawan, 2017). Many cases of increased use of online games have been observed in Indonesia, because the increasing popularity of online games in Indonesia

can be observed from the many events from game companies and internet cafes (internet cafes) (Jap, 2017).

The large number of online game users means that the majority of game players tend to withdraw from social life because they prioritize their time playing games. They tend to interact more with the game world than interacting personally. The large number of cases of addiction to playing online games, of course, has several negative impacts from using online games. For example, having a significant impact on physical health, exposure to computer radiation while playing online games for hours can cause various health problems. Apart from that, the eyes and brain can be disturbed, the heart becomes unhealthy, weight decreases due to forgetting to eat and drink, and there is a risk of damage to the stomach and kidneys due to sitting for long periods of time. Apart from that, violence in online games can also make children aggressive and less understanding of other people's feelings, because their adrenaline increases when playing online games (Rini, 2011).

According to Steinberg (1993) Adolescence is a unique stage of development, full of dynamics, full of challenges and hopes. Adolescence is also known as a transition period from childhood to adulthood. When young, people aspire to discover their identity, realize their potential, expand their social circle, and prepare for adulthood. However, young people's aspirations are not easily fulfilled because young people's lives experience many changes such as emotional and psychosocial changes. Changes in young people's emotions have a significant impact on young people's lives. Second, young people's emotions often explode and make things difficult for themselves and the people around them (Tejena & Sukmayanti, 2018). Low cognitive reappraisal is associated with deviant behavior and shows that a person's ability to control emotions is influenced by the ability to regulate good contact emotions, can guide his behavior in a positive direction and avoid negative behavior (Choirunissa & Ediati, 2020).

The process of psychosocial change is running very quickly as time goes by due to the influence of globalization, modernization, information, industrialization, and science and technology. Adolescence or adolescence, means growing into adulthood. Adolescence has a broad meaning and includes mental, emotional, social and physical maturity. Adolescence also means a dynamic phase of growth and development in an individual's life. Adolescence is a transition period from childhood to adulthood which is marked by accelerated physical, mental, emotional and social development (Nasution, 2007). Along with the development of teenagers with rapid technological developments, many online game users, especially mobile legend games, are teenagers.

The more teenagers experience rapid emotional development, the more difficult it is to control emotional development during adolescence, which is supported by the theory of Steinberg (1993) and Steinberg and Belsky (1991) who argue that agitation and stress say that adolescence is adolescence. Periods of uncontrollable emotional conflict. Hormonal

changes during puberty cause sudden changes or fluctuations in adolescents (Steinberg et al., 2015). These fluctuations are inevitable biological changes. Teenage users of mobile legend online games who have the ambition to rise in rank tend to feel angry if their teammates don't play well, this is because teenagers experience rapid development of negative emotions. One of the impacts of the aggressiveness of online game users is that players often say harsh words, not only harsh words in life outside the game, but because of rapidly developing technology, the features in online games are also diverse, one of which is that online games now have an in-game chat feature that allows players to talk in the in-game chat while the game is in progress. This feature is what makes many players say rude words while in the game.

There are several trends and differences during the three periods of adolescence. When compared with late adolescence, early adolescence has a higher level of confrontation with parents (Laursen, 1998, in Zimmermann, 2014) and various negative feelings (Larson & Wilson, 2004). Individuals entering early adolescence will experience many changes, including changes in their relationships with parents, school, peers, and cognitive and emotional development (Ben-Zur, 2003). Apart from that, Erickson explained that psychosocially, adolescence is considered an important period for a person to find their identity (Khairat & Adiyanti, 2015).

Self-concept is formed through a learning process that occurs from the growth period until adulthood, apart from that, parents' parenting patterns also influence the formation of a person's self-concept (Desmita, 2011 in Ranny et al., 2017). Self-concept is a person's opinion about himself at large. This view is produced as a result of interaction with the environment, especially influenced by significant environmental and individual supports. Shavelson et al. (1976) argue that this idea has the potential to be useful in explaining and predicting how people behave. A person's concept of himself should influence how he behaves, and his actions, ultimately, influence how he views himself (Mukarom, 2020).

Adolescents' self-concept continues to increase as they progress from middle school to high school. Adolescents have more opportunities to participate in activities in which they are proficient as their independence grows, and better perspective-taking abilities allow them to gain more support from others by acting in more socially acceptable ways (Harter, 1999 , in Manning, 2007). Self-concept is also closely related to bullying behavior, so it can be said that a child's good and bad self-concept can help in making decisions in bad situations (Soetikno and Arimurti, 2019). According to Montana (in Respati et al., 2006) teenagers with a positive self-concept will be more confident in facing situations. On the other hand, teenagers with a negative self-concept have difficulty accepting themselves, often reject themselves, and have difficulty adjusting. This is reinforced by research by Ybrandt (2008) that having a good self-concept is very important for the growth and mental health of adolescents because this provides defense against negative behavior that commonly occurs at this time.

Emotion regulation plays an important role in forming self-concept because it can influence online interpersonal interactions (Zuhdi & Mulawarman, 2021). The ability to recognize and manage emotions well can help individuals make more informed decisions, limit impulsive responses, and promote healthy, empathetic communication. Therefore, improving personal emotional regulation and creating a safer and more empathetic online environment (Mulyana et al., 2020). Emotion regulation is an individual's ability to recognize, understand, and manage their own emotions (Kogoya & Jannah, 2021). It involves regulating emotions, expressing them appropriately, and using healthy coping strategies to deal with difficult emotional situations. Emotion regulation plays an important role in influencing individual behavior, including in the context of online disinhibition, recognizing and managing their emotions, they tend to use cyberbullying as a mechanism to release their negative emotions (Hasmarlin & Hirmaningsih, 2019). Based on this, this research is aimed at seeing whether emotional regulation can be a predictor for the development of a good self-concept in teenagers who play online games.

Research Method

This research was carried out by taking online questionnaires from young online game players in three communities of game players This research uses a non-probability sampling technique because there are age and status limits which are the limiting criteria in the research, and uses purposive sampling based on consideration of the aim of obtaining the characteristics of research participants. Meanwhile, the method used in this research is linear regression. The description of the participants in this research can be seen in the research control data. These descriptions will be explained one by one. A description of the participants obtained using a purposive sampling technique of 288 participants can be seen more clearly in Table 1.

Table 1

Demographics		Frequency	Percentage
Gender	Man	111	38,54
	Woman	177	61,46
	Total	288	100
Frequency of Playing online games	2-3 hours a day	60	20,83
	4-5 hours a day	73	25,35
	> 5 hours a day	155	53,82
	Total	288	100

Result and Discussion

Measurement of Self-Concept Variables

The tool for measuring self-concept in this study uses the Tennessee Self-Concept Scale (TSCS) based on William H. Fitts' theory. The instrument used in this research used a Likert scale with 5 answer choices, namely STS (Very Unsuitable), TS (Not Appropriate), TP (Uncertain), S (Suitable), and SS (Very Appropriate).

In this study, scores for self-concept were calculated using a self-concept scale consisting of two dimensions: internal and external. The internal dimension consists of three components, namely, self-identity, assessment, and behavior. The external dimension consists of five components, namely, physical, moral and ethical, personal self, family self, social self, and self-criticism. The results of validity and reliability testing can be seen in table 2.

Table 2

Dimension	Favorable	Unfavorable	Total	α Cronbach
Physical Self			18	0.743
	1,2,3,7,8,9,13, 14,15	4,5,6,10,11,12 16,17, 18		
Ethical Self	19,20,21,25,26, 27,31,32,33	22,23,24,28,29, 30,34,35,26	18	0.812
	37,38,39,43,44, 45,49,50,51	40,41,42,46,47,48,52,53,54		
Personal Self			18	0.808
Family Self			18	0.723
	55,56,57,61,62, 63,67,68,69	58,59,60,64,65, 66,70,71,72		
Social Self	73,74,75,79,80, 81,85,86,87	76,77,78,82,83, 84,88,89,90	18	0.828
		91,92,93,94,97, 98,99,100		
Critical Self			8	0.865
Sum			**100**	

Measurement of Emotion Regulation Variables

The second variable in this research is emotional regulation. This variable is also measured using a Likert scale consisting of 5 answer choices, namely Strongly Disagree, Disagree, Undecided, Agree, Strongly Agree. The stimulus used to produce responses to the scale is in the form of questions that have been arranged based on the dimensions of Emotion Regulation which are divided into positive items and negative items. The Emotion Regulation measuring tool used is ERQ (Emotion Regulation Questionnaire). The emotion regulation questionnaire (ERQ) is a self-report questionnaire used to assess emotion regulation (Gross & John, 2003). The dimensions of this measuring instrument consist of two, namely Reappraisal and Suppression.

This questionnaire has been translated into various languages. According to previous research, the ERQ has convergent and discriminant validity, as well as high temporal and internal reliability (Gross & John, 2003). The ERQ evaluates two approaches to

controlling emotions: Cognitive Reappraisal, which focuses on antecedents, and Expressive Suppression, which focuses on responses. Reappraisal makes it possible to think about the situation so as to change its meaning and emotional impact, while suppression helps inhibit and reduce persistent emotionally expressive behavior (Gross, 1998). A concise explanation of the reliability and validity tests can be seen in table 3.

Table 3

Dimension	Favorable Items	Unfavorable Grain	Sum	Cronbach alpha
Reappraisal	1,3,5,7,8,10	-	10	0.781
Suppresion	2,4,6,9	-		0.793

Testing the Role of Emotion Regulation on the Self-Concept of Adolescent Online Game Players

Based on the data obtained, a test was carried out on the role of emotional regulation on the self-concept of adolescent online game players. From data analysis using linear regression (normal data) and processed simultaneously, the results obtained for the coefficient of determination $R^2 = 0.106$. This also shows that 10.6% of emotional regulation contributes to adolescents' self-concept, while the rest is contributed by other factors.

Furthermore, from the regression analysis it can also be observed that the value of F = 9.345 and p = 0.000 < 0.05 means that there is a significant role of emotional regulation on adolescents' self-concept. The next thing is that the partial role can be seen in the standardized coefficients (Beta) value, where the role of the independent variable can be seen from the value $\beta = 0.326$.

As additional data analysis for this research, control variables were also tested by testing differences in emotional regulation in terms of gender. Based on the results of data processing, the average value of emotional regulation for men was 3.91 (SD= 0.23) while for women the value was 4.15 (SD= 0.34). After comparing the average values of the two groups, the values obtained were t = 0.321 and p = 0.167 > 0.05, thus there was no significant difference in emotional regulation between men and women.

Based on this, it can be seen that the role of emotional regulation on the self-concept of teenage online game players is the role of the emotional regulation variable without being influenced by demographic factors such as gender differences between game players. In this way, both men and women can regulate their own emotional regulation well as a continuation of the formation of a good self-concept in adolescents.

Conclusion

Based on data analysis carried out on 288 participants, it was found that emotional regulation influences the self-concept of young online game players. Partially, emotional regulation has a significant positive influence in the sense that when teenagers who play online games have good emotional regulation, they will be able to improve their self-concept for the better.

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