



The Role of Parents in Overcoming Online Game Addiction in Children

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Abstract

This study aims to reveal the role of parents in overcoming online game addiction in school-age children, particularly in managing children's study time by controlling the duration of game play. Using a qualitative approach and descriptive methods, data were collected through observation, interviews, and documentation from parents and students. The results of the study show that parents can reduce online game addiction by making clear agreements about playing time, providing guidance on the dangers of game addiction, and implementing an open and understanding communication approach. Data analysis was carried out in four stages: collection, reduction, presentation, and conclusion. The implications of this study emphasize the importance of emotional involvement and effective communication between parents and children in shaping healthy digital habits, as well as encouraging the development of digital parenting education programs that emphasize mutual agreements and strengthening family relationships.

INTRODUCTION

Currently, technological developments are advancing alongside scientific progress, which has had a major impact on various aspects of society. Technology was originally created to have a positive impact, but it also has the potential to have a negative impact (Fitria, 2023; Maulida et al., 2023). One of the positive impacts of technology is that it facilitates and speeds up communication (Muhasim, 2017; Thoah et al., 2023). Meanwhile, one of the negative impacts of technology is a decline in quality of life due to technology addiction, especially among children and adolescents (Kurniawan et al., 2025; Rini & Huriah, 2020).

One of the most popular forms of technological advancement today is online gaming. Online games are games played by several people via computers or other electronic devices (Novrialdy, 2019; Surbakti, 2017). Online games provide a wide variety of games that allow players to connect simultaneously even though they are in different locations. Initially, online games were played on computers, but now, with advances in technology, online games can be accessed via mobile phones such as Android or iPhone. Online games have become part of a new lifestyle that has many fans of all ages, from children to teenagers to adults. Some examples of popular online games are Free Fire, Mobile Legend, and PUBG (Halijah et al., 2023).

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The ease of access to online games today causes various problems, especially among children. Time that should be used for eating, studying, and resting is often spent playing online games. This makes it difficult for them to interact with friends, gather with family, or engage in other important activities. Online game addiction is a disorder characterized by repetitive behavior to obtain satisfaction from certain activities. In this context, addiction can affect a person's physical and psychological condition (Alam et al., 2022; Fahmi & Adiyana, 2025; Hermawan & Abdul Kudus, 2021; Pratama & Nugroho, 2023; Saputra, 2025).

The role of parents is very important in overcoming this problem. Parents are primarily responsible for their children's education, regardless of whether their children are enrolled in formal, informal, or non-formal educational institutions. Parents play a role in determining the future of their children's education. Education outside the family does not mean relinquishing parental responsibility for their children's education, but rather it is done solely because of the limitations of knowledge that has developed in line with the times. In addition, parents work to meet the needs of their families (Afni & Jumahir, 2020; Badriah & Fitriana, 2018).

As parents, it is very important to have sufficient knowledge about online games so that they can supervise and guide their children properly (Elvadari et al., 2023; Mazdalifah & Moulita, 2021). However, in today's modern era, many parents rely on digital technology as a "caregiver" for their children. In fact, if children are not properly supervised, digital technology can have a significant negative impact on them. To overcome this problem of online game addiction, it is necessary to have good communication with children. With good communication, parents can monitor their children's daily activities and provide appropriate guidance (Alfira & Siregar, 2024; Ayub et al., 2024).

The role of parents in overcoming online gaming addiction is outlined in laws and regulations that emphasize the importance of supervision and guidance for children (Susilo et al., 2025). According to the Child Protection Law, Law No. 23 of 2002 on child protection states that parents have a responsibility to protect children from various forms of danger, including the negative influence of online games. Article 11 explains that playing is a child's right that must be fulfilled by parents, but it must be within safe and educational limits. If this is not addressed, this addiction can trigger negative actions such as fighting, damage, or even criminal acts due to the influence of online games on the subconscious.

Therefore, the role of parents in overcoming online gaming addiction in school-age children is very important, as Allah commands us to protect our children (families) from the advances of the times, such as online gaming. As explained in the Quran, Surah At-Tahrim, verse 6:

يَا أَيُّهَا الَّذِينَ آمَنُوا قُوا أَنْفُسَكُمْ وَأَهْلِيكُمْ نَارًا وَقُودُهَا النَّاسُ وَالْحِجَارَةُ عَلَيْهَا مَلَائِكَةٌ غِلَاظٌ شِدَادٌ لَا يَعْصُونَ اللَّهَ مَا أَمَرَهُمْ وَيَفْعَلُونَ مَا يُؤْمَرُونَ

Meaning: *O you who have believed, protect yourselves and your families from a Fire whose fuel is people and stones, over which are [appointed] angels, harsh and severe; they do not disobey Allah in what He commands them but do what they are commanded (Q.S At-Tahrim: 6).*

M Quraish Shihab in Tafsir Al-Misbah explains that it is the responsibility of every individual, especially parents, to protect themselves and their families from bad things that will have a negative impact. Parents have a significant role in the moral and religious education of their children to monitor their behavior, including activities in the digital age. In other words, this interpretation reminds parents to accompany their children with maximum communication, understanding, and proper time management (Fariq et al., 2023; Sein & Salik, 2022).

From this verse and its interpretation, the author understands that every individual, especially parents, has a great responsibility to protect their children from

engaging in negative activities such as online gaming. Parents play a significant role as the primary educators in their children's lives, especially in terms of moral and religious aspects. Parents are expected to guide their children with kind, gentle, and educational words, even in this era of rapid technological advancement, so that children can grow up to be good individuals in line with the times.

METHODS

This research methodology uses a qualitative approach with a case study type (Engkizar, Jaafar, Muslim, et al., 2025; Htay et al., 2025; Okenova et al., 2025; Oktavia et al., 2023; Rasdiany et al., 2024). The study aims to investigate the role of parents in overcoming online game addiction in early childhood. Data sources were obtained directly from the scientific environment, namely through interactions with parents and children as research subjects. The research location was set in Kampung Balik Gunung, Kenagarian Punggasan Timur, Linggo Sari Baganti District, Pesisir Selatan Regency, which was chosen because of the low level of parental supervision of children, thus potentially leading to online game addiction. To ensure data validity, the researcher used triangulation techniques, which is a method of data verification by comparing information from various sources or different data collection techniques. Data analysis was carried out continuously during and after the data collection process, where the researcher directly analyzed the answers during the interview. If the answers were not satisfactory, the researcher would continue asking questions until credible data was obtained. The data analysis process was carried out in four stages, namely data collection as an information search process, data reduction to filter and simplify the information obtained, data presentation in a systematic form, and drawing conclusions as the final result of the research findings (Aryasutha et al., 2025; Engkizar et al., 2022; Engkizar et al., 2025; Hidayat et al., 2021; Jamiatul et al., 2020; Oktavia et al., 2020).

RESULTS AND DISCUSSION

The results of the study show that parents can reduce online gaming addiction by establishing clear agreements regarding playing time, providing guidance on the dangers of gaming addiction, and implementing an open and understanding communication approach, as shown in the following image.

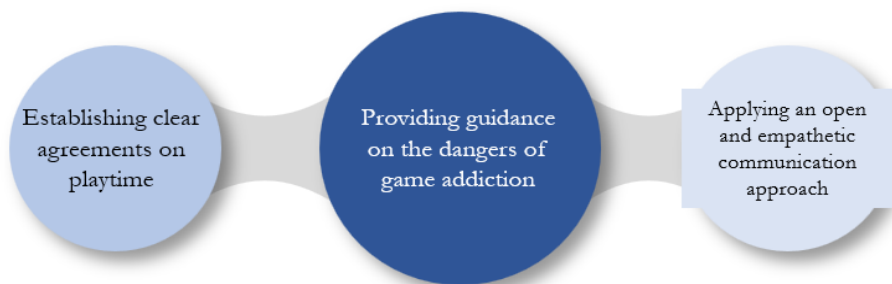


Fig 1. The Role of Parents in Overcoming Online Gaming Addiction in School-Age Children

First, the role of parents in overcoming online gaming addiction in children is to establish clear agreements regarding their playing time. This agreement aims to create healthy boundaries between playtime and study time, while also training children to be disciplined and responsible for their activities. With mutually agreed rules, children can more easily understand the consequences of excessive use of time, so that parents can guide their children towards more balanced and positive digital habits. This statement was conveyed by the informant in the following interview.

"We made a rule together that on school days, children can only play games after studying at

night, and no later than eight o'clock (informant 1); I explain to my child that there is a specific time for playing, and we mark it on the calendar so that he can follow his own schedule (informant 2); My child knows that weekends are a time for more free play, but there are still time limits that we have agreed on together (informant 3)”

The role of parents in establishing clear agreements regarding online gaming time has proven effective in reducing addiction among young children. These agreements serve as a form of control that is not authoritarian, but rather based on communication and mutual awareness. Children who are involved in setting the rules tend to be more compliant and understand the time limits for playing, so that it does not interfere with their learning and social activities (Asih & Rizqi, 2025; Ilmiah et al., 2025; Nurpadilah et al., 2024). According to Hirschi's social control theory, children's attachment to their parents and commitment to family rules can prevent deviant behavior, including game addiction (Irfa & Sumarwan, 2024; Jannah & Zulfan, 2025; Suhendra & Jalil, 2025). Research by (Embuai et al., 2025; Halawa, 2021) also shows that children who have a playing schedule agreed upon with their parents have lower levels of game addiction compared to children who play without supervision.

In addition, agreeing on playtime creates a healthy routine and helps children learn to manage their time independently. Parents who are consistent in enforcing rules and explaining the negative effects of online games help shape children's mindsets to be more critical of technology use. This approach is in line with Bandura's social learning theory, which emphasizes the importance of observation and interaction in shaping behavior. When children see their parents as firm but understanding figures, they tend to imitate these attitudes in their daily lives. Thus, playtime agreements are not only a technical strategy, but also part of the process of shaping children's character and discipline (Fazli et al., 2025).

Second, the role of parents in overcoming online gaming addiction in children is to provide guidance about the dangers of gaming addiction. The role of parents in providing guidance about the dangers of online gaming addiction is very important in shaping children's awareness from an early age. Through simple and understanding explanations, children can understand the negative impacts of excessive gaming, such as disruption to study time, declining health, and reduced social interaction. With consistent and communicative guidance, parents help children develop a wise attitude towards using technology and encourage healthier and more responsible behavior. The first statement regarding this role was conveyed by the informant in the following interview.

“I often explain to my child that playing games for too long can make him forget to study and become lazy (informant 4); I tell my child that game addiction can damage his eyes and make it difficult for him to sleep (informant 5); I tell my child about the negative effects of online games, such as children who don't want to go to school because they are too absorbed in playing (informant 6); I talk to my child about the dangers of games, including how they can make him lose track of time and become indifferent to his surroundings (informant 7)”

The role of parents in providing guidance about the dangers of online gaming addiction is an important preventive measure in shaping children's awareness of the risks of excessive technology use (Ismatulloh et al., 2025). By conveying information in a communicative and understanding manner, children can understand the negative impacts such as health problems, decreased academic performance, and reduced social interaction. Regular explanations tailored to the child's age help them develop a critical attitude toward online gaming. Research by (Marista, 2022) shows that children who receive direct education from their parents about the dangers of gaming tend to have better self-control when playing.

When parents actively provide guidance and set an example in the wise use of technology, children will more easily imitate these patterns (Rahmania et al., 2024). Additionally, open communication between parents and children creates a healthy dialogue space, making children feel valued and more receptive to advice. Thus,

providing guidance on the dangers of gaming addiction is not only a form of supervision, but also part of the character education process and strengthening of emotional bonds within the family.

Third, the role of parents in overcoming online gaming addiction in children is to apply an open and understanding communication approach. The role of parents in overcoming online gaming addiction in young children can be realized through an open and understanding communication approach. By creating a warm and non-judgmental dialogue space, children feel more comfortable sharing their experiences and difficulties related to gaming. Open communication allows parents to provide wise guidance while understanding the reasons behind their children's gaming habits. This approach helps build trust and emotional closeness, making it easier for children to accept advice and willingly reduce the intensity of their gaming. This statement was conveyed by the informant in the following interview.

“I try to listen to the reasons why my child plays games first, then we talk nicely to find a solution (informant 8); I always give my child space to talk, including about the games he plays, so that he doesn't feel bidden (informant 9); I prefer a gentle approach, because if I'm too harsh, my child will close himself off and become even more difficult to control (informant 10)”

An open and understanding communication approach is an important strategy used by parents in overcoming online gaming addiction in young children (Fitriyani & Aristhya, 2024). Through non-judgmental communication that gives children space to express their opinions, parents can understand the reasons behind their gaming habits and provide more effective guidance. Children who feel heard tend to be more open to advice and willing to follow agreed-upon rules. Research by (Fitri, 2022; Hidayatuladkia et al., 2021) shows that children who have good communication with their parents are better able to control their gadget use and are less likely to fall into gaming addiction.

This strategy is in line with interpersonal communication theory, which emphasizes the importance of empathy and openness in building healthy relationships between individuals. When parents show understanding and do not immediately blame their children, children feel valued and are more receptive to feedback. In addition, this approach also supports the development of children's character to be more independent and responsible in managing their playtime. Through open communication, parents not only overcome addiction problems, but also strengthen emotional bonds within the family and create an environment conducive to child development.

CONCLUSION

Based on the results of the study, it can be concluded that the role of parents is crucial in overcoming online gaming addiction in young children. Three forms of roles that have been proven effective are: first, making clear agreements regarding playing time, which helps children understand boundaries and manage their time more disciplined; second, providing guidance on the dangers of gaming addiction, which shapes children's awareness of the negative effects of excessive gaming; and third, implementing an open and understanding communication approach, which strengthens emotional bonds and encourages children to be more open to advice and supervision. These three strategies complement each other and show that active, communicative, and educational parenting can be an effective solution in shaping healthy digital habits in children. This study emphasizes the importance of direct parental involvement in guiding children to face the challenges of technology use at an early age.

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