The Effect of Online Mobile Legend Game in Indonesia (Case Study Online Game Players)

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Abstract

Nowadays, playing games can be easily done by anyone, anytime, and anywhere. You unneeded a high-spec computer or laptop; even with a gadget, it can already be accomplished. One viral game now is the online mobile game "Mobile Legends." It is so popular that almost all segments of society are playing this game, which naturally has impacts that need to be considered. This research results from an umbrella study conducted at the Faculty of Psychology, University of Muhammadiyah Malang, to find factors influencing playing online games and examine their impacts. The research methodology employs a qualitative case study approach, and data collection techniques involve interviews, observations, and documentation. The research subjects consist of three active players of "Mobile Legends," teenagers and young adults residing in Malang. The research findings indicate that playing this game can lead to increased consumer behaviour, impulsiveness, narcissism, aggression, procrastination, and game addiction. Furthermore, maladaptive behaviours emerge, such as stealing, lying, and disrupting daily activities like forgetting to eat, neglecting religious practices, and studying. Apart from psychological impacts, this game also affects players' physical health, causing red eyes, decreased concentration, frequent headaches, and even typhoid fever. The research also discovers that playing this game can serve as a coping mechanism for individuals facing personal problems. The game also brings about positive impacts, including fostering a sense of competition, enhancing problem-solving skills, generating happiness, boosting motivation, and expanding one's online social circle.

Key words: online mobile legend, effect, game players

Introduction

Technology in the gaming industry is currently experiencing significant progress. Nowadays, you can play games anywhere, anytime, and you do not have to have a high-specified computer. If in the 90s games were popular, like PlayStation only offering the experience of playing alone or together with control using a controller, now in the latest mode, there is the opportunity to play with many players simultaneously, with each individual able to use their device without relying on a single console machine (Tayibnasis, 2020). One of the significant milestones in game development online is the introduction of the multiplayer feature. It allows players to play with friends or other
people from all over the world, so it is not surprising that online games have changed how we interact, socialize and express ourselves in the virtual world.

Game online is a type of game that was first introduced in the 1970s by utilizing computer networks and gadgets (Spanos A, 2021). In Indonesia, this type of game began to develop rapidly and topped sales from 1995 until now (Surbakti K, 2021). The increasing number of users proves this game online in Indonesia. Based on a survey by the Indonesian Internet Service Providers Association (APJII), one of the entertainment content that many Indonesians choose online is 77.25%. A survey by Data Reported (2023) also stated that around 42% of smartphone users in Indonesia use applications online every month.

Survey results from the IT provider Limelight Networks show that user levels of games online in Indonesia cannot be separated from the high penetration gadget public. Usergame online The highest is dominated by people who use Android OS. Limelight Networks estimates that by 2025, as many as 89.25% of Indonesia's 272 million population will have gadgets. Similar results were also reported by We Are Social, which stated that Indonesia is currently the country with the world's third-largest number of video game players in 2022. The report noted that 94.5% of internet users aged 16–64, in Indonesia played video games. As of January 2022, High-usage smartphones to play games online supported by improvements in bandwidth internet, expanding internet coverage area, development gadgets, as well as animated visual displays game which is more exciting and sophisticated (Febislam M, 2023).

Mobile Legends is an online game that is a manifestation of the development of electronic technology, which is increasingly rapid today (Khoiri, 2021). Since its release on September 24, 2016, this game has been downloaded by almost 500 million people worldwide and has become the application with the most total usage time in Indonesia. Mobile Legends is a MOBA genre game (Multiplayer Online Battle Arena) in fighting five people vs. five people who have the same goal, namely the destruction of a tower base. To play it, players can use heroes that the system can purchase or provide. Every hero has their respective roles: fighter, marksman, tank, mage, support and assassin. Apart from that, this game also provides accessories, including skins or the costumes that the people hero will wear as an accessory and addition power hero.

In this game, players are free to play in groups or alone (Jamal, 2018); the game duration is relatively short, and the mechanical buttons are easy to learn and update. The application's features make this game popular with Indonesians (Poetra, 2021). With its viral existence, it is not surprising that mobile legends in Indonesia are currently very diverse and dominated by people aged 18–22 years (Rachmanta, 2021), with the duration of the day spent playing mobile legends varying from 3–12 hours (Ulum, 2018). The high duration of playing this game is considered worrying and can negatively impact teenagers (Ikrar, 2020). Most of the games online currently circulating are designed to cause addiction in the players. The more someone is addicted to a game, the more the game manufacturer benefits because of the increase in in-app purchases. However, these producer profits have a negative impact on the psychological health of game players. Addiction Game Online, which is a type of internet addiction, is defined by the American Psychiatric Association (APA) as consistent and prolonged use of the internet for gaming video games, which causes disorders and clinically results in disease.

The time spent in front of the screen while playing games online can cause physical health problems in adolescents, such as vision, neck, back, and posture (Mylona et al., 2020). Lack of physical activity as a result of prolonged playing online games can also result in health problems such as obesity and muscle disorders (Sariy, 2020). Playing excessive online games can lead to addiction, disrupting daily routines and social interactions (Putra et al., 2023). In some cases, addiction games online can contribute to mental health disorders such as stress, anxiety, and depression (Wang et al., 2023).

Other research also reveals the impact of addiction game online mobile legends towards teenagers, such as research from Pahlevi, which shows a negative relationship between game addiction and adolescent self-adjustment in Salatiga (Pahlevi, 2018), weak self-control abilities in Bengkulu teenagers from Saputra’s research (Saputra, 2019), and lack of social interaction among students (Barokah, 2022). Academically, when teenagers experience addiction to games online, negative impacts emerge, such as a decreased desire to study, lower academic grades, and a tendency to delay the completion of studies (Sun and et al., 2023). Excessive attention to games online also makes it difficult for teenagers to concentrate and get sleepy easily during lessons (Zendarto, 2022). Correlational research on addiction to games online and teenagers’ academic achievement shows negative values, meaning the higher the addiction of teenagers to games online then, the lower the performance they get in school and vice versa (Shafura, 2017).

Method

The research method uses qualitative research with a case study approach. The research was carried out in the city of Malang on 3 research subjects. The three subjects were selected by technique purposive sampling, namely students in the city of Malang. Playersgame online mobile legends and has high intensity in playing. Method Data collection in this study used participatory observation techniques, which means researchers are directly involved with the activities carried out by subject and impact game online emerging. The next method is the semi-structured interview technique which aims to find problems more openly, where the subject You will be asked for your opinions
and ideas. Apart from that, researchers also explored secondary data obtained from interviews with supporting informants, namely subject friends, and display documentation game online subject. Data analysis was carried out using technique schematic Analysis. This analysis technique is one way to analyze data with the aim of identifying patterns or finding themes through the data that has been collected (Creswell, 2011).

**Results and Discussion**

**Results**

In general, the impact felt by the subject can be divided into two big themes: factors that influence the desire to play the game online mobile legends on the subject and the impact felt by the subject from a physical and psychological perspective.

**Table 1. D'Theme Analysis Results**

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<tbody>
<tr>
<td><strong>Motives or factors that influence the desire to play game online mobile legends</strong></td>
<td>Coping stress</td>
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<tr>
<td></td>
<td>There is influence from the environment</td>
</tr>
<tr>
<td></td>
<td>Feel attracted to the appearance of the game</td>
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<td></td>
<td>Motivated to profit from the game</td>
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<tr>
<td><strong>The impact of playing game online mobile legends</strong></td>
<td>1. Positive: Psychological: Happy, happy and enthusiastic, can train fighting skills,</td>
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<tr>
<td></td>
<td>2. <strong>Negative</strong>: Psychological: high levels of addiction, stress, manageable anxiety, difficulty controlling oneself, lying and stealing, emotional and easy to swear, isolating oneself, high levels of aggression and procrastination.</td>
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<td></td>
<td>3. <strong>Physical</strong>: Difficulty sleeping, headaches, eye irritation, bell's palsy on the face, weight loss, typhoid.</td>
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Based on the results of observations and interviews that have been conducted, the underlying motives for the subjects to play game online mobile legends are 3, first as a form of coping with stress. When problems occur on campus or in school, the subject will come into play in game mobile legends to calm emotions. Second, there is influence from the environment, such as relatives, friends, etc., and social media influencers. The three were interested in simple types of games and were curious about the contents of online mobile legends. The four are motivated to win tournaments and sell account game mobile legends at high prices.

Impact Game online mobile legends towards subjects can be divided into 2: positive and negative. Playing online mobile legends can positively trigger feelings of joy, happiness, and enthusiasm and train thinking skills when fighting. Moreover, the negative impacts that arise are much more numerous and varied. Subject MR felt unable to control himself when playing, so he could play for up to 8 hours without sleeping at night. Additionally, irritation appears in the eyes and Bell's palsy or weakening of facial muscles. FH subjects felt weight loss and felt more emotional when playing the game. FA subjects felt the same thing: increased aggressiveness, the appearance of typhus, headaches, watery eyes, and an increase in playing time of up to 9 hours per day.

**Discussion**

Every activity must have a good or bad impact; this is by Skinner's statement that every behaviour will be followed by consequences (McLeod, 2023). The consequences experienced by the individual will largely determine the intensity of behaviour in the future and are subjective. In the case of playing games online in adolescents and early adults, previous research has proven that playing games online can help meet teenagers' needs. Cognitive needs are met by increasing thinking, concentration in playing, and English language skills; affection needs by feeling pleasure and joy; personal integrative needs by gaining self-confidence; and social needs (Anggraini, 2016).

Individuals who play the game Of Gadgets or the computer will sense the big two emotions (Larsen, 2007). The first emotion is a positive emotion or pleasant emotion (pleasurable) where a sensation of excitement, joy and enthusiasm will appear. The second emotion is a negative or unpleasant feeling (unpleasant) such as anxiety, doubt, stress, or anger on the subject of negative emotions experienced, namely feeling anxious, angry, depressed and uneasy when...
not playing games. When individuals experience defeat from playing games online, they will act angry and emotional and sometimes object around them and shout loudly, causing anxiety to people who hear their voices. Meanwhile, the positive emotions experienced by the subject were in the form of joy, happiness and satisfaction because they enjoyed the game they were playing (Mulyani, 2022).

Changes in the subject’s behaviour also illustrate the impact that arises as a result of playing games online. Delinquent behaviours such as stealing, lying, swearing, and increased aggression appear. This is believed to be a result of the media that teenagers see through the internet, television, or video games. The high intensity of playing video games during adolescence and the dominance of content containing violent scenes makes an imitation of this behaviour very likely to occur (Exelmans et al., 2015). Apart from that, the subject also felt demotivated towards his duties and responsibilities as a student. There is academic procrastination and a desire to refrain from socializing with the people around you. They feel lazy and think it is an easy task that must be done immediately. The same results also occurred in Syukur’s research, where the factors causing academic procrastination in students were poor time management, difficulty concentrating due to games online, lack of self-confidence, and getting bored easily when doing tasks (Syukur et al., 2020).

When playing games online, the subjects in this study will try to focus on playing and ignore anything unrelated to the game. Not paying attention when called, not caring, and isolating yourself are the impacts of playing games online. Based on previous research regarding interpersonal communication carried out by addicts game online states that interpersonal communication between players game online experiencing addiction is more often done online where this communication takes place between players game online that, so it is an addict game online lack of communication with the surrounding environment (Syahputra, 2022).

Based on the results of interviews with subjects, problems were found, such as weight loss, lack of sleep, sore eyes due to frequent exposure to radiation gadgets, typhoid, and suffering from the disease Bell’s palsy on the right side of the face. Health is another impact resulting from high intensity playing games online. Tendsedentary life and prioritising playing games compared to other main activities make addicts online experience dehydration and thinness and are at risk of suffering from vascular disease (Finaka, 2019). According to WHO, individuals in adolescence and early adulthood should do at least 30–60 minutes of physical activity daily. This can maintain body mass index and improve heart health and body metabolism (WHO, 2010). Playing a video game usually takes a long time, occurs continuously, and is less involved in bodily activity. Of course, it is not surprising that health problems arise as a result of playing activities, such as muscle problems and cardiovascular disease due to high heart rates (Tholl et al., 2022). As well as diabetes and cancer later in life in research studies (Porter, 2019; Celik, 2023).

Conclusion

In conclusion, this research reveals that playing games online can significantly impact an individual’s physical and psychological well-being, especially in adolescent and early adult populations. The research results show behavioural changes such as delinquent behaviour, aggression, and lack of academic involvement in those who are too involved in online games. Apart from that, there are psychological impacts such as high levels of addiction, stress, manageable anxiety, difficulty controlling oneself, lying, committing theft, being emotional, easily swearing, isolating oneself, high levels of aggression and procrastination. Weight loss, lack of sleep, sore eyes due to frequent exposure to radiation gadgets, typhoid, and suffering from Disease Bell’s palsy are the impacts of playing games. It is related to health problems. Regarding the factors that influence playing online games, it can be identified that several triggers interact with each other. These factors include the game as a strategy to deal with stress, the influence of the surrounding environment such as older siblings, friends, an influencer, interest in appearance, mobile legends, and motivation to gain profits from the game.

Understanding the dangers of addiction to online mobile legends is essential for teenagers and early adult individuals because this can be a consideration in making decisions when playing games online. They need to increase their understanding of the long-term dangers that may arise in the future. This effort needs to be carried out by parents and schools/universities as a first step in preventing addiction to games online in productive age groups such as teenagers and early adults. The researcher’s next suggestion is to do the same thing with players who are professional and often win national level competitions.

References


