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Relationship of Family Support (DUGA) and Peer Conformity with Online Game Addiction

Putri Novita Sari¹, Hendrik Probo Sasongko^{2*}, Rizki Mega Safitri³

^{1,2,3} Nursing Department, Rustida College of Health Sciences, Banyuwangi, Indonesia

**Corresponding author:* probosasonko_hendrik@gmail.com

ABSTRACT

Background: The development of technology has led to an increase in the use of online games among adolescents. Online game addiction can have an impact on academic, social, and psychological aspects. **Object:** This study was conducted to determine the relationship of DUGA (Family Support) and peer conformity with online game addiction in adolescents. **Method:** This research used a quantitative correlative analysis approach with a cross sectional design. The sample amounted to 244 8th grade students at SMPN 1 Cluring who had been selected through purposive sampling technique based on certain criteria. The instruments used were Family Support Scale, Peer Conformity, and Game Addiction Scale for Adolescents (GASA) questionnaires using the Chi Square test and ordinal logistic regression. **Results:** The results obtained showed that most respondents had family support in the moderate category (45.5%), peer conformity in the moderate category (92.6%), and the level of online game addiction in the moderate category (49.2%). Chi Square test results showed a significant relationship between DUGA and online game addiction ($p=0.000$) and between peer conformity and online game addiction ($p=0.000$). The results of multivariate analysis showed that DUGA was the most dominant factor associated with online game addiction ($p=0.000$; Wald=94,503). **Conclusion:** Improving communication and parental involvement in children's activities is important for strengthening emotional support and positive supervision. Educational institutions are expected to provide education on the negative effects of gaming addiction and foster a healthy and supportive social environment.

Keywords: Family Support, Peer Conformity, Online Game Addiction

BACKGROUND

Online games are becoming increasingly popular among adolescents due to the rapid development of technology and network connectivity (Akbar, 2025). Adolescents spend more time playing online games than engaging in other activities such as sleeping or communicating (Al Mubarak et al., 2021). In some cases, they may even engage in deviant behaviors to satisfy their desire to play (Lusiana, 2023). The negative impacts include emotional disturbances, financial problems due to frequent top-ups,

and damage to academic, health, and social aspects (Aulya et al., 2024). Without parental or professional supervision, the risk of addiction becomes even higher (Naufal et al., 2024).

According to Newzoo (2023), there were 3.381 billion global game players, an increase of 6.3% compared to 2022 (Waluyo et al., 2024)[6]. The APJII survey (2022) showed that 98.64% of internet users are aged 13–18 years (Fauzil et al., 2024), and 73.7% of Indonesia's total population plays online games

(Susanti et al., 2022). The highest usage is found on Java Island, with East Java ranking third (Al mubarok et al., 2021). In Banyuwangi alone, there are 784 thousand active players (Yuliandra et al., 2023). Online games are particularly attractive to adolescents due to their visual appeal and challenging nature (Sari et al., 2022), especially now that they are accessible on various devices (Tahsinia et al., 2024). Online game addiction has become increasingly common (Elvandari et al., 2023), particularly among those with low levels of family support (Nudin et al., 2024). Peer conformity also plays a role, as adolescents often find it difficult to refuse invitations from their friends (Hazanah et al., 2024; Rahma, 2022).

This situation requires serious attention from parents and educators (Yuliandra et al., 2023). Parents can help by limiting gadget use and spending more quality time with their children (Bilantara et al., 2024). Effective communication can enhance children's social, emotional, and cognitive abilities, which in turn helps reduce online game addiction (Khotimah et al., 2025).

RESEARCH METHODS

This study employed a quantitative correlational analysis with a cross-sectional design to measure the relationship between family support (DUGA) and peer conformity with online game addiction among adolescents. The research was conducted in June 2025. The sample consisted of 244 eighth-grade students from SMPN 1 Cluring, selected using a purposive sampling technique based on inclusion and exclusion criteria. The inclusion criteria were eighth-grade students who own a smartphone, computer, or laptop, eighth-grade students who play online games, eighth-grade students who had been informed about the research procedures and agreed to participate by signing an informed consent form. The exclusion criteria were eighth-grade students who did not complete the

questionnaire and eighth-grade students who were unwilling to participate as respondents. Data were collected using questionnaires designed with a Likert scale, including the Family Support Scale, Peer Conformity Scale, and the Game Addiction Scale for Adolescents. Data collection was conducted only among respondents who met the inclusion and exclusion criteria by distributing the questionnaires and explaining the procedures for completion to each eighth-grade class at SMPN 1 Cluring. For data analysis, Chi-Square tests and ordinal logistic regression were used to examine the relationships between variables.

RESULT AND DISCUSSION

Respondent Characteristics

1. Gender

Table 1.

Respondents' Characteristics
Based on Gender

Gender	Frequency	Percentage (%)
Male	138	56,6%
Female	106	43,4%
Total	244	100%

Based on Table 1 the majority of respondents were male, totaling 138 respondents (56.6%).

2. Age

Table 2.

Respondents' Characteristics Based
on Age

Age	Frequency	Percentage (%)
13 years old	23	9,4%

Age	Frequency	Percentage (%)
14 years old	174	71,3%
15 years old	47	19,3%
Total	244	100%

Based on Table 2 it can be seen that the majority of respondents were 14 years old, with a total of 174 respondents (71.3%) of the overall sample.

3. Family Support (DUGA)

Table 3.

Frequency Distribution of Family Support (DUGA)

Family Support (DUGA)	Frequency	Percentage (%)
Low	28	11,5%
Moderate	111	45,5%
Good	105	43%
Total	244	100%

Based on Table 3 most respondents had a moderate level of family support (DUGA), with 111 respondents (45.5%).

4. Peer Conformity

Table 4.

Frequency Distribution of Peer Conformity

Peer Conformity	Frequency	Percentage (%)
Low	1	0,4%
Moderate	226	92,6%
High	17	7%
Total	244	100%

As shown in Table 4 the majority of eighth-grade students at SMPN 1 Cluring had moderate peer conformity, totaling 226 respondents (92.6%).

5. Online Game Addiction

Table 5.

Frequency Distribution of Online Game Addiction

Online Game Addiction	Frequency	Percentage (%)
Mild	79	32,4%
Moderate	120	49,2%
Severe	45	18,4%
Total	244	100%

Based on Table 5 most students experienced moderate levels of online game addiction, with 120 respondents (49.2%)

Bivariate Analysis

1. Cross-Tabulation of Family Support (DUGA) and Online Game Addiction

Table 6.

Relationship Between Family Support (DUGA) and Online Game Addiction

Family Support (DUGA)	Online Game Addiction			Total
	Mild	Moderate	Severe	
Low	0 (0%)	6 (2,5%)	22 (9%)	28 (11,5%)
Moderate	5 (2%)	84 (34,4%)	22 (9%)	111 (45,5%)
Good	74 (30,3%)	30 (12,3%)	1 (0,4%)	105 (43%)
Total	79 (32,4%)	120 (49,2%)	45 (18,4%)	244 (100%)

Based on Table 6 most students who received moderate family support showed a moderate level

of online game addiction, totaling 84 respondents.

2. Cross-Tabulation of Peer Conformity and Online Game Addiction

Table 7.

Relationship Between Peer Conformity and Online Game Addiction

Peer Conformity	Online Game Addiction			Total
	Mild	Moderate	Severe	
Low	1 (0,4%)	0 (0%)	0 (0%)	1 (0,4%)
Moderate	78 (32%)	117 (48%)	31 (12,7%)	226 (92,6%)
High	0 (0%)	3 (1,2%)	14 (5,7%)	17 (7%)
Total	79 (32,4%)	120 (49,2%)	45 (18,4%)	244 (100%)

Based on Table 7 most respondents with moderate peer conformity experienced moderate levels of

online game addiction, totaling 117 respondents (48%).

3. Chi-Square Test Results: Relationship Family Support (DUGA) and Online Game Addiction

Table 8.

Chi-Square Test Results for the Relationship Family Support (DUGA) and Online Game Addiction

	Value	Df	Asymptotic significance (2-sided)
Pearson Chi-Square	184,492	4	0,000
Likelihood Rasio	186,225	4	0,000
Linear Associaton	133,113	1	0,000
N of Valid Cases	244		

Based on Table 8 the Chi-Square test results show a p-value = 0.000, which means $p < 0.05$. It can be concluded that there is a

significant relationship between family support (DUGA) and online game addiction among students.

4. Chi-Square Test Results: Peer Conformity and Online Game Addiction

Table 9.

Chi-Square Test Results for the Relationship Between Peer Conformity and Online Game Addiction

	Value	Df	Asymptotic significance (2-sided)
Pearson Chi-Square	54,044	4	0,000
Likelihood Rasio	41,624	4	0,000
Linear Associaton	35,683	1	0,000
N of Valid Cases	244		

The Chi-Square analysis produced a p-value = 0.000, which means $p < 0.05$. Therefore, there is a significant relationship between peer conformity

and online game addiction among adolescents.

Multivariate Analysis

1. Multivariate Analysis: Ordinal Logistic Regression of Family Support (DUGA), Peer Conformity, and Game Addiction

Table 10.

		Multivariate Analysis Results						
		Estimate	Std. error	wald	df	Sig.	95% Confidence Interval	
							Lower Bound	Upper Bound
d Threshold	Online Game Addiction =1	-4,526	1,802	6,309	1	0,012	-8,058	-0,994
	Online Game Addiction =2	-0,246	1,747	0,020	1	0,888	-3,669	3,178
n Locatio	Family Support (DUGA)	-3,253	0,335	94,503	1	0,000	-3,908	-2,597
	Peer Conformity	2,244	0,756	8,803	1	0,003	0,761	3,726

The parameter estimates in Table 10 show the relationship between the

independent variables and the dependent variable (online game addiction). The

relationship between family support (DUGA) and the log-odds of online game addiction was statistically significant, with a Sig. value of 0.000 and a Wald value of 94.503, indicating a strong association.

Similarly, peer conformity also showed a statistically significant relationship with online game addiction, with a Sig. value of 0.003 and a Wald value of 8.803. This suggests that students with moderate peer conformity are more likely to experience online game addiction. Overall, the ordinal logistic regression analysis indicated that family support (DUGA) had the strongest relationship with online game addiction compared to peer conformity.

Discussion

1. Family Support (DUGA)

The results of this study indicate that the majority of respondents at SMPN 1 Cluring received moderate family support, totaling 111 respondents (45.5%). Family support is a major factor in shaping children's character and habits, especially in regulating gaming behavior to prevent excessive play (Adiva et al., 2023). Moderate family support for instance, when parents show little concern for academic achievement or limited attention to learning difficulties may weaken adolescents' coping abilities, leading them to seek escape through online gaming (Irawan et al., 2024).

Respondents who received moderate levels of family support may have experienced a lack of emotional, instrumental, physical, or informational support from their families. This condition can be influenced by several factors, including limited understanding of family members' needs, busy schedules, or ineffective communication. Furthermore, educational background and economic conditions may also restrict the quality

of support provided. This means that families care, but are not yet fully involved in providing consistent emotional or practical support. As a result, insufficient family support can make adolescents more vulnerable to online game addiction.

2. Peer Conformity

Based on Table 4 most respondents experienced moderate levels of peer conformity, with 226 respondents (92.6%). Found that many adolescents show moderate conformity to group norms, which can lead to negative behaviors, particularly in the context of social behavior and online game addiction (Pratiwi et al., 2020). Moderate conformity occurs when group norms are not extreme but still succeed in shaping the individual's personal values (Pinho et al., 2021). Adolescents tend to conform, especially when they are part of social groups engaged in activities aligned with their interests (Nur'aini et al., 2022).

A high proportion of respondents showing moderate peer conformity suggests that adolescents are easily influenced by their peers' norms, even when the social pressure is not strong. The desire to be accepted socially encourages them to adapt their behaviors, including in online gaming. When peer groups frequently engage in gaming, adolescents are likely to join in, even if they initially lack interest. This peer conformity can serve as a gateway to addiction, as repeated gaming becomes a means of maintaining social bonds and a sense of belonging.

3. Online Game Addiction

As shown in Table 5 most respondents experienced moderate levels of online game addiction, with 120 respondents (49.2%). Individuals in this category often exhibit irregular

lifestyles, reduced motivation for non-gaming activities, and heightened enthusiasm when discussing online games (Putri, 2024). Moderate online game addiction is characterized by the postponement of healthy activities, disruption of routines, and reduced motivation toward non-gaming pursuits (Ahmed et al., 2022). Adolescents in this category may use gaming as an escape from daily responsibilities, such as ignoring schoolwork and social obligations (Kaya et al., 2024).

This moderate level of addiction can be associated with the increasingly advanced features of online games. The evolution of gaming in terms of visuals, gameplay style, interface, and resolution quality makes games more engaging. The wide variety of genres, including war, adventure, and battle games, adds to their appeal. The more captivating a game becomes, the higher the risk of excessive play and eventual addiction.

4. Relationship Family Support (DUGA) and Online Game Addiction

Based on the cross-tabulation in Table 8 most students received moderate family support, with 111 respondents. The Chi-Square test results show a significant relationship between family support (DUGA) and online game addiction, with a p-value = 0.000 ($p < 0.05$). This indicates that moderate family support may contribute to the development of online game addiction among adolescents.

Children who receive only moderate family, environmental, and social support may develop less desirable behaviors (Hardiyanti et al., 2024). The lack of openness observed in adolescents addicted to online games is often caused by complex family dynamics, where the child feels unable to communicate openly with

parents or other family members (Ramadlani et al., 2025). Pranata et al., (2023) found that moderate family support can foster addictive gaming behavior among adolescents, as gaming becomes an emotional escape from negative feelings and family-related stress.

Inadequate family support may lead adolescents to feel uncomfortable at home, unloved, or emotionally neglected, prompting them to seek comfort and engagement through online games. Modern online games, which are increasingly immersive and competitive, further encourage prolonged play and can reinforce addictive behavior.

5. Relationship Peer Conformity and Online Game Addiction

The data in Table 9 show that the majority of respondents exhibited moderate peer conformity, totaling 226 respondents. The Chi-Square test results indicate a significant relationship between peer conformity and online game addiction, with a p-value = 0.000 ($p < 0.05$). This means that moderate peer conformity can increase the likelihood of online game addiction among adolescents. Hazanah et al., (2024) reported a significant relationship between moderate peer conformity and online game addiction, implying that students who experience greater peer conformity are more likely to become addicted.

Deviant peer associations — such as frequent and excessive gaming reflect moderate conformity where individuals adjust their behavior to fit in with the group, even when such norms involve excessive gaming (Zou et al., 2022). Moderate peer conformity can thus be linked to adolescents' vulnerability to excessive gaming behavior. Adolescents are often tempted by entertaining online games as a form of recreation, and the

pressure of peer conformity acts as a trigger for addictive gaming. To maintain social acceptance, they imitate peers who play excessively, increasing their risk of addiction.

6. The Most Dominant Factor: Family Support (DUGA) and Peer Conformity in Relation to Online Game Addiction

The relationship family support (DUGA) and the log-odds of online game addiction was statistically significant, with Sig. = 0.000 and Wald = 94.503. The relationship between peer conformity and online game addiction was also significant, with Sig. = 0.003 and Wald = 8.803. The ordinal logistic regression analysis indicates that family support (DUGA) was the most influential variable associated with online game addiction compared to peer conformity.

Moderate levels of family support may lead children to seek emotional escape through gaming (Zaheeret al., 2025). A lack of family attention — often due to parents being overly focused on work or other responsibilities — can cause adolescents to lose emotional outlets and rely more heavily on digital activities, leading to online game addiction (Hardiyanti et al., 2024).

The family functions as the primary support system in a child's life. A lack of attention, poor communication, or parental absence can drive children to seek emotional satisfaction through gaming. When the family fails to provide a nurturing and supportive environment, online games can become a substitute source of comfort, offering instant pleasure, social recognition, and escape from real-life stress.

CONCLUSION

Family support (DUGA) among eighth-grade students at SMPN 1 Cluring was

mostly in the moderate category, with 111 respondents (45.5%). Peer conformity among eighth-grade students was predominantly in the moderate category, totaling 226 respondents (92.6%). Online game addiction in this study tended to fall within the moderate category, with 120 respondents (49.2%). There was a significant relationship between family support (DUGA) and online game addiction among eighth-grade students at SMPN 1 Cluring, based on the Chi-Square test results showing a p-value = 0.000 ($p < 0.05$). There was also a significant relationship between peer conformity and online game addiction among eighth-grade students at SMPN 1 Cluring, as indicated by the Chi-Square test results with a p-value = 0.000 ($p < 0.05$). The ordinal logistic regression analysis revealed that the family support (DUGA) variable had the strongest relationship with online game addiction compared to peer conformity, with a significance value (Sig.) of 0.000 and a Wald value of 94.503.

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