

The Effect of Perceptions of Parents' Democratic Parenting on Online Game Addiction

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ABSTRACT

The development of technology gives its users both positive and negative impacts. The role of parents is crucial in educating children. Teenagers will find their identity, get along with their environment, and become interested in internet games. When it happens without parental supervision, it will have the impact of becoming addicted. This study aimed to determine the effect of democratic parenting on parents with online game addiction. Quantitative methods are used in this study. This study involved the population of UKM X at University X with a saturated sampling technique obtained by respondents in 30 subjects. Data collection was obtained using a democratic parenting and online game addiction questionnaire. The results obtained are H_0 is rejected, the hypothesis is rejected ($p > 0.05$) there is no effect of online game addiction with democratic parenting of parents. The findings of this study draw on previous research on the relationship between parenting and online game addiction. Further research the analysis using other factors, such as the type of game played due to the emergence of various online games so that players will be motivated to continue playing these online games.

Keywords: Democratic Parenting; Online Game Addiction; Adolescent

1. INTRODUCTION

Technological developments provide many conveniences for human life. One result of the technology development that is widely used is the internet. In this 21st century, the internet seems to be a staple for everyone. Many activities require direct interaction, such as communication, learning, and entertainment. However, these activities can be quickly done via the internet. In this incident, the internet can harm humans, namely internet addiction. Young (1996) states that Internet addiction is defined as an impulse-control problem that has nothing to do with drunkenness. In contrast, Griffiths (2000) defines technology addiction, including internet addiction, as a non-chemical addictive behavior related to the interaction between humans and machines. Taş (2017) Addictive behaviour can be described as a decline in individual functioning and non-adaptation due to abnormality and frequent display of certain behaviours.

Teenagers cannot deny about addiction. Similar research results were found by Cao and Su (2006), which showed that 88% of adolescents used the internet, and 2.4% had addiction criteria. Luciano (2010) found out of 200 teenagers, 71, or 35.5%, were intensive internet users. China Internet Network Information reports that 27.3% of the 485 million people who use the internet are teenagers. This is strengthened by research in 6 countries on the Asian

continent, which shows that 62% of teenagers have cell phones, and about 68% of teenagers in Hong Kong use the internet every day. Not only happening abroad, but Indonesia also has a similar condition. This is supported by the results of research conducted between the Ministry of Communication and Information (Ministry of Communication and Information) and UNICEF (United Nations Children's Fund) regarding patterns of internet use among adolescents. This study used as many as 400 adolescents aged 10 to 19 years in Indonesia as subjects who were in urban and rural areas. The results of this study indicate that around 80% of adolescents, especially in Jakarta, Banten, and the Special Region of Yogyakarta, use the internet in their daily lives. Some of the previously presented data shows that the use of the internet, which is rapidly popular among the younger generation, can make them have the possibility of getting internet addiction. If left too long, it can be dangerous for them (Kuss et al., 2013 in Taş, 2017).

Computer gaming addiction is one of the categories of internet addiction currently rife among teenagers. However, with the rapid development of technology, games can be played via computers and consoles (special tools for playing games) or, more practically, cell phones. Playing games using several technological devices is now better known as *online games*. Novrialdi (2019) and Todhunter et al. (2017) explained that a study showed that teenagers are more susceptible to the *online game*. Jap et al. (2013) obtained research results that 10.15% of adolescents in Indonesia have indications of being addicted to *online games*. Novrialdi (2019) and Rudihati et al. (2019) explained that teenagers could spend more than 2 hours playing games each day or more than 14 hours each week. Similar research results state that teenagers can spend up to 55 hours each week playing games. *An online game* is a game that can easily be accessed by many players connected using an internet network. Adams and Rollings (2006) stated that *online games* were introduced in 1960. At that time, computers were connected using a Local Area Network (LAN). Thus, the computer is only used for 2 people who play games if they are in the same room. Then, in 1970 computer networks began to appear using a package basis that included a Wide Area Network (WAN). Computers already using this WAN can connect to other computers not in the same room but still in the same area. So, a gamer can more easily play together with other gamers with more than two players.

The role of parents in overcoming online games is very important and primary because a child will find it easier to understand what parents want to apply to them. From the results of this study, there is a relationship between parenting parents and *online games*, and parents play a full role in overcoming *online games* that many teenagers experience. Research states that men prefer to play *online games* compared to women because the game activates the part of the male left-brain used to solve problems and set strategies to solve the games played so that a sense of appreciation and addiction to the game arises.

Playing games with great frequency and intensity can have side effects of addiction and dependence, so that it ignores obligations that must be carried out, including the obligation to carry out parental orders. As for the consequences that arise, individuals will be continuously challenged to pursue it. If a teenager plays *an online game* requiring concentration, then the psychological impact is that someone is more curious and will ignore everything to win the game. The role of the closest people, including parents, is needed so that the subject does not become increasingly addicted when playing *online games* and

ignores interactions with his environment. Parents mainly aim to protect children, give love, and educate children. The family is an environment that has an important and major impact on children. The family will have a good or bad effect on the child and certainly affect the child's growth, development, and personality. At that time, the role of parents was very important to apply the values and norms that existed in society and the love given through interaction and advice in everyday life.

Previous research related or interrelated with the research will include research conducted by Juwi Rayfana Tiwa, O. I Palandeng, and Javery Bawotong entitled " Hubungan Pola Asuh Orang Tua dengan Kecanduan Game Online Pada Anak Usia Remaja di SMA Kristen Zaitun Manado." This study discusses parenting styles in educating adolescents about morals, especially those who are addicted to playing *online games*. It was concluded that there was a moderate and negative correlation between parenting style and *online games*. In other words, the higher the parenting style parents apply to their children, the less often online games adolescents become. So, it is expected that parenting their children must be right for the parents. This can increase control and warmth for adolescents and be able to take action to limit children's playing time so they don't waste too much time. Internet play to access online games.

Various causal factors can explain explanations regarding the phenomenon of teenagers playing online games, but the author is more interested in seeing how if playing *online games* is associated with parenting, this is considered because parenting is a factor that is directly related to a person and immediately must be met, because if not fulfilled it will result in serious problems. Therefore *online games* can be a solution to meet one's needs both to meet the needs of the parenting style adopted by both parents. Therefore the author tries to review the effect of democratic parenting parents on *online games*.

2. METHOD

This study uses a quantitative approach. The type of research used in this study is a survey method. The Nonprobability Sampling technique used in this study is Saturated Sampling because the population size is relatively small, so the sample in this study is 30 people. In this case, the researcher focused on members of the X Student Activity Unit. In this study, the researcher collected data from primary sources using a data collection instrument in a questionnaire (questionnaire), giving respondents some questions to answer. The scale used in this study is a Likert type.

This study used an online game addiction measuring instrument, namely the Game Addiction Scale compiled by Lemmens et al. (2009), adapted by Jap, Jaya, and Suteja (2013), and has a reliability of α 0.73. (Lemmens et al. 2009) developed a measuring tool called the Game Addiction Scale-7 (GAS-7) with seven criteria: tolerance, withdrawal, salience, mood modification, relapse, conflict, and problems, with 7 items. This study used instruments to measure parents' democratic parenting, which researchers compiled by conducting expert judgment referring to aspects compiled by Hurlock (2004), namely parents' views of children, communication, application of discipline, and meeting the needs of children who have a reliability of α 0.808. The type of validity used in this research is content validity. As an item selection criterion based on total item correlation, the limit $r_{ix} \geq 0.3$. In this study, the

hypothesis to be tested is (H_a), namely the hypothesis which states if there is an effect of democratic parenting (X) on online game addiction (Y). In this study, the data analysis technique used was simple regression analysis to obtain a functional relationship between 1 independent and 1 dependent variable.

3. RESULT

Implementation of validity and reliability tests on *the online game* was carried out on one particular day. This scale was tested on members of UKM X with a total of 30 people addiction scale *online game* consists of 7 items.

Table 1. Results of Validity of the Online Game Addiction Scale

No	Aspect	Item
1	<i>Saliency</i>	1
2	<i>Tolerance</i>	2
3	<i>Mood modification</i>	3
4	<i>Relapse</i>	4
5	<i>Withdrawal</i>	5
6	<i>Conflict</i>	6
7	<i>Problems</i>	7
Total		7

Reliability test using the *Alpha Cronbach* (r) of 0.746. Based on these results, this scale has high reliability because it is close to 1.00. So it concluded that the internet addiction symptom scale is considered reliable.

Table 2. Online Game Addiction Scale Reliability Test Results

<i>Cronbach's Alpha</i>	<i>N of Items</i>
0,746	7

The scale of democratic parenting by parents Based on this study, the measuring instrument for democratic parenting prepared by researchers. by conducting expert judgments referring to aspects compiled by Hurlock (2004). The internet addiction scale has 31 items with 29 favorable items and 12 unfavorable items. Based on the results of research on UKM X members with a total of 30 people, it found that out of 31 items, 11 items declared valid moving from $r_{xy} = 0.375$ to $r_{xy} = 0.664$ because the items considered valid when it is more than 0.3. At the same time, 20 items are declared invalid because it is less than 0.3. Therefore, it found that 20 items were considered invalid or unfit for use, while the other 11 items were included in valid items and fit for use.

Table 3. Results of Democratic Parenting Scale Validity Test

No	Aspect	Indicator	Valid Items	Fall Items
1	Warmth	Attention	2	1, 5, 24
		Affection	15	20
2	Rules and Discipline	Guidance or direction	10, 30	7, 27
		Set clear boundaries for behavior activities	21, 17	6, 16
		Practicing independence with responsibility		19, 26
3	Recognizing and appreciating the existence of children	Understanding children's abilities and weaknesses	3	11, 18, 25
		Involving children in decision making	8	28, 12
		Responding to children's opinions and comments	29	31, 22
4	Rewards and punishments	Giving gifts to children's achievements	4	13
		Giving punishment or sanction for a child's mistakes	23	9, 14
Total			11	20

Reliability test using the Alpha Cronbach reliability coefficient technique (r) of 0.808. Based on these results, this scale has high reliability because it is close to 1.00. So it concluded that the internet addiction symptom scale is considered reliable, it must be clear and concise in presenting the research results.

Table 4. Scale Reliability Test for Democratic Parenting

<i>Cronbach's Alpha</i>	<i>N of Items</i>
0,808	11

The normality test showed to determine the distribution of the dependent (*online game*) and independent (democratic parenting) variables in the research whether or not they normally distributed. The data distribution is said to be normal if the $p > 0.05$ otherwise if $p < 0.05$ then the data distribution is not said to be normal.

Table 5. Normality Test

Variable	Sig.	Description
Democratic Parenting	0,200	Normal Distribution
<i>Game Online Addiction</i>	0,200	Normal Distribution

Based on the results of the normality test for parenting and *online game*, the data distribution was 0.200 ($p > 0.05$), meaning the variables were normally distributed.

The linearity test aims to find out whether the variables used by the researcher have a linear relationship or not. This test is usually a prerequisite in correlation or linear regression analysis.

Table 6. Linearity Test of *Online Game* and Democratic Parenting

Variable	P Linearity	Description
X * Y	0,772	Linier

Based on the table above it is known that the significance value is 0.772 ($p > 0.05$) it can be concluded that between democratic parenting variables and *online game* there is a linear relationship.

Next is to perform a simple linear regression data analysis technique. Hypothesis testing done to test the truth and draw conclusions whether to accept or reject the hypothesis that has been made. The hypotheses are: (Ha): There is effect between parenting democratic parents on the *online game*.

Table 7. Hypothesis Test

Variable	F	Sig	Description
X * Y	0,058	0,811	Not Significant

Based on the table above, the F value is 0.058 and a significance value is 0.811 > 0.05 . So it can be concluded that the hypothesis (Ha) is rejected, which means that there is no effect of democratic parenting on online game addiction in UKM X members.

Table 8. Coefficient of Determination

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.046 ^a	.002	-.034	5.63666

The table above is used to determine the percentage the independent variable gives simultaneously to the dependent variable. SPSS calculations show that R Square is 0.002, which means that the democratic parenting variable contributes 0.2% to the online game addiction variable. While the remaining 99.8% is effected by other variables not examined.

4. DISCUSSION

This study was conducted to test whether there is an effect between parents' democratic parenting style on *online game* with a total of 30 subjects. Based on the analysis results obtained from the simple linear regression test to get a sig value of 0.811. It showed that the significant value is > 0.05 . So it can be seen that democratic parenting (x) does not affect online game addiction. In terms of gender, the results showed that the majority of male sex who played online games in this study was 66.7%. Griffiths (2004) obtained research results that the percentage of male teenagers who played online games was 93.2% and adult males was 79.6%. Not only men, but also women who play online games, namely teenage women by 6.8% and adult women by 20.4%. From this percentage, it showed that more males play online games than adult males. Women are inversely proportional to men. Adult women play *online games* than they do with teenage girls. This shows that not only teenagers who can experience addiction to playing games, but adults may also experience addiction. A research states that men prefer playing *online games* to women because games activate the male left brain which is used to solve problems and set strategies to solve the games being played so that a sense of appreciation and addiction to the game arises.

The age of each respondent is in the age range of 18-23 years, the number of respondents who dominate is 22 years old, which is 26.7%. Based on the results of research conducted by Yosephin (2020) stating that there is no effect of democratic parenting parents on *online game*. This supported by the relationship between the dimensions of parenting, namely authoritative and the tendency to be addicted to online games, showing no significant relationship 0.996 with a correlation coefficient of 0.000. In another study, according to Moazedian (2014) in Iran, it shows that democratic parenting has a low effect on the problems of internet users. The coefficient of determination in this study (ρ^2) of the rho value = 0.0462. That is, $\rho^2 = 0.002$ (meaning 0.2%) informs the contribution of the democratic parenting variable of parents to *online game* 0.2%. While the remaining 99.8% is effected by other variables not examined, other parenting styles with online game addiction tendencies may indicate that the authoritarian dimension has a significant relationship with online game addiction tendencies which has a correlation value of 0.328, which means that if someone raised with authoritarian parenting style affects the tendency of online game addiction. The results of this study are similar to those of Sugiyatno (2009) which found that adolescents receive an authoritarian parenting style at a moderate level, where the study results show a significant positive correlation between parents' authoritarian parenting styles.

The results of this study show that democratic parenting does not affect *online game* This research is in line with Yosephine's research (2020) where the dimensions of permissive-non-caring parenting show a significant relationship with a correlation coefficient of 0.175 which is positive. This is in accordance with Anandari (2013) research that states that parents with permissive parenting styles do not care about influencing children who are addicted to online games. The results of the correlation test between permissive-indulgent parenting styles show that there is a significant relationship with a correlation coefficient of 0.284. According to Darling (2014), adolescents raised by authoritarian parenting are still able to control themselves compared to those raised by democratic and permissive parenting, due to disciplining and monitoring from parents. Children can do any activity because children feel their parents provide opportunities for self-development. However, children can also do

unexpected things if they are not balanced with parental control. According to Sulisty, Evanyhta and Vinaya (2015), children who receive a democratic parenting style from their parents will give them freedom to act so that they become independent. Still, they also control and carry out reasonable supervision.

Kusumawati, Aviani and Molina (2017) show that the level of addiction to online games with permissive parenting is in a high category compared to other parenting styles. Following the opinion of Colbert and Martin (in Sulisty, Evanytha & Vinaya, 2015) permissive parenting is a parenting style in which parents do not control or supervise their child's behavior. They give freedom and allow the child to manage themselves. As a result, adolescents who are cared for in democratic parenting tend to seek fulfillment of their social needs and express their needs to explore various roles in *online games*. However, adolescents raised by authoritarian parenting are still better able to control themselves compared to adolescents raised by democratic and permissive parenting; this is due to disciplining and monitoring from parents. Discipline and monitoring using punishment make children try to behave well and meet the demands of parents to avoid punishment. However, the lack of support and warmth in children impacts children's lack of social skills.

Research conducted by Wardayani (2021) shows that there is a significant relationship between parenting authoritative parenting and self-control with the tendency to be addicted to *online games* in adolescents at SMPN 4 Semarang, so the hypothesis proposed is accepted with an effective contribution of 32.5% to 67.5%. Influenced by other variables outside of this study, such as factors of lack of activity, environment, social relations, as well as depression, and other factors. Anandari (2013) stated that parents with permissive parenting styles affect children addicted to *online games*. In this study, it was not found that adolescents who received authoritative and authoritarian parenting styles were included in the high category of online game addiction. Kusumawati's research (2017) found that adolescents who received an authoritarian parenting style were categorized as addicted to online games at a moderate level. This follows Sugiyatno's research (2009), where the results showed a significant positive correlation between parental authoritarian parenting and *online game*.

From the discussion above, it can be seen that there is no significant effect between democratic parenting and *online game*. This means that many other factors can affect these variables such as gender, and even the type of game played. Dwiza Handayani (2018) has a major effect on addiction to online games, namely the type of *online* game or games they like.

Research limitations is the small number of samples that can affect the results of statistical tests, and research that has been conducted on one UKM, namely UKM-E-Sport, which is used as a subject research with a sample size of only 30 students. If the research is carried out by adding another population, the results may be slightly different. But the possibility is not far from deviating from the results of research that has been done. Limitations in making item items caused this research to not be carried out optimally because many items were dropped on the scale of parents' democratic parenting, other limitations in paying attention to the respondent's physical activity. However, even though the number of respondents was only 30, statistical data analysis could be carried out. Many

consider the Cohen (2018) sample size of thirty to be the minimum. If researchers plan to use some form of statistical analysis on their data, even then this is a very small amount and we strongly recommend much more.

5. CONCLUSION

Based on the results and data analysis using the simple linear regression technique that has been carried out in this study, several conclusions can be drawn, namely: (2-tailed) of 0.811. Compared to the significance level of 0.05 (5%), the value of Sig. (2-tailed) is 0.05 (5%) greater. This means that there is no effect of parents' democratic parenting variable (X) on online game addiction (Y). The results of R Square (R^2) show several 0.002, which means that the democratic parenting variable contributes 0.2% to the online game addiction variable. While the remaining 99.8% is effected by other variables not examined.

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