

THE IMPACT OF ONLINE GAME ADDICTION ON GEN Z AND EFFORTS TO OVERCOME IT IN ISLAMIC PERSPECTIVES

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Abstract

The impact of online game addiction on Generation Z, which is becoming increasingly concerning in today's digital era. This addiction not only has negative effects on individuals' mental health but also potentially lowers academic achievement and disrupts social relationships. This phenomenon has been globally recognized, with the World Health Organization (WHO) classifying Gaming Disorder as a serious mental health condition. In this context, this article explores solutions offered by the Islamic perspective, which emphasizes the importance of balance in life, self-control, and engagement in positive activities. Several practical steps proposed include implementing strong religious education, effective time management, and increasing awareness about the risks of game addiction through lectures and seminars. With an approach based on Islamic moral values, it is hoped that Generation Z can manage their time wisely, avoid the negative effects of online game addiction, and lead a more balanced and meaningful life. This approach also includes strengthening morality and developing responsibility, as well as encouraging positive activities that can replace excessive gaming time.

Keywords: impact, online game, solution

Introduction

The development of digital technology has brought significant changes in people's lifestyles, especially in terms of entertainment. Online games have become a form of entertainment that is popular with various groups, especially Gen Z. Easy access to the internet and supporting devices, such as smartphones and computers, has driven the exponential growth of online games. Online games not only offer a fun gaming experience but also provide social interaction in cyberspace, such as competition, collaboration and communication between players. This makes online games an attractive medium for players (Halijah et al., 2023).

However, along with its popularity, the phenomenon of online game addiction is increasingly being found in various countries, including Indonesia. Online game addiction is a condition where a person experiences psychological and emotional dependence on games to the point that it disrupts the balance of daily life, such as decreased academic achievement, disruption of social relationships, and the emergence of

physical and mental health problems. Psychologists say that online gaming addiction can be categorized as a form of addictive behavior, where players tend to spend hours in front of the screen and have difficulty stopping despite knowing the negative impacts. (Widiarti et al., 2024).

Online gaming addiction is defined as a pattern of excessive and compulsive gaming behavior, which results in significant impairment in various aspects of an individual's life, including academic, social, and mental health (World Health Organization). This phenomenon has become a global concern since the World Health Organization (WHO) officially classified Gaming Disorder as a mental health condition in the International Classification of Diseases (ICD-11)(Ardi, 2019).

Research methods

This research uses a literature review approach to examine the impact of online game addiction on generation Z and efforts to overcome it in the context of an Islamic perspective. This method was chosen because it allows researchers to collect, analyze and summarize various relevant literature related to the research topic. This research uses a descriptive qualitative research design. Data was collected from various literary sources, including academic journals, books, articles and other documents related to online game addiction, its impact on generation Z, as well as efforts to prevent and treat it in Islam.

Results and Discussion

In the Islamic perspective, humans are taught to make the best use of time, as stated in the Al-Qur'an and hadith. In the Al-Qur'an itself, Prof. Quraish Sihab explains that time is more valuable than wealth. The origin of the word addiction is wasting time on useless things, this is in accordance with what is described in the interpretation of Surah Al-ashr verses 1-3.

Determining sharia law in cases of addiction to online games, the researcher cites several previous literatures which are then attributed to the nearest law, including quoting from several opinions of previous scholars:

Table 1: Reference for the determination of sharia laws in cases of addiction to online games

Title	Author	Results
Tafsir munir	Dr. Wahbah Al-Juhaili	Sheikh Wahbah in his interpretation explains that Munasabah, between the Alahr letter and the previous letter, is that being busy with the things of the world and being immersed in it is something that is despicable and self-defeating. In Surah Al-Asr, Allah explains something that must be done as an activity in the form of faith and good deeds.
Fiqh Manhaj	Ahmad Khan	Ahmad Khan explains in his book that playing chess or other games that use reason and the mind has benefits for calming the heart and mind. However, if someone focuses

		too much on the game, it even ends If it exceeds the limit, it is even feared that something will die, which is obligatory, so the law is haram
Hasiyah I'anatholibin	Syekh Abu bakar As-Syatta Ad-Dimyati	<p>Sheikh Abu Bakar explained his views on playing games such as chess and so on, with the law being makruh if the following conditions are not met:</p> <ol style="list-style-type: none"> 1. There is no money or anything being fought over in the game which indicates gambling on both sides 2. Enjoying the game too much so that you leave out something that is obligatory like prayer, even though the reason for leaving the prayer is because you forget. <p>Do not play with someone who considers the game being played to be haram. Then the game becomes haram</p>
Fatawa Muashiroh	Dr. Wahbah Az-Zuhaili	Grand Sheikh Dr. Wahbah Az Zuhaili explained that addiction to computers or playing on them can be dangerous for the mind, apart from that it can also reduce the ability of the five senses, so using it like this is considered makruh, while what is good is using it sensibly and this is considered permissible. And if it causes negligence in matters that are obligatory then the law is haram

Unfortunately, some data shows that there is a deviation from these values, where online game addiction often neglects religious obligations and social responsibility. This phenomenon raises concerns, especially for families and educators. The following is an overview of its impact and approach from an Islamic perspective:

Table 2: Representation of articles regarding the impact of online game addiction on Generation Z

Title	Author	Results
The Significance of Online Games' Influence on PAI Student Motivation	(Husna et al., 2024).	Playing games without control can disrupt study concentration, reduce productivity, and reduce academic achievement
Counseling on the Impact of Online Game Addiction Behavior on Adolescent Health at SMA Negeri 1 Katamobagu	(Akbar, 2020).	Game addiction can negatively affect social relationships, making generation Z tend to distance themselves from family and friends
Evaluation and Impact of Online Games on Teenagers Using the Usability Method	(Darma, 2024)	Playing games for a long time with poor sitting posture and disturbed sleep patterns can trigger health problems such as obesity, body aches and sleep disorders
The Impact of Online Game Addiction on Mental Health	(Putri et al., 2023)	Dependence on online games can cause stress, anxiety and depression. Excessive use of games often sacrifices rest time and social interaction, thus having a negative impact on mental health

From the description of several articles above, online game addiction has become an important problem among generation Z because of its impact on various aspects of life, such as mental health, physical health and social relationships. (Zulkarnain et al., 2024).

Table 3: Grouping of factors related to mental health in Generation Z

Title	Author	Results
Social Impact of Intensity of Social Media Use on Mental Health in Suharjo Regency Middle Schools	(Smp & Sukoharjo, 2020)	The higher the level of insensitivity to social media use, the more apathetic the attitude of Gen Z teenagers will be
Mental Health in the Era of Generation Z in the Use of Genged	(Thahir et al., 2023)	11.4% lack of concentration in studying 20.2% feeling empty without being ganged 11% dependent on being ganged
Mental Health Impact on Adolescents Due to Addiction to Playing Online Games	(Pandu et al., 2022)	If a person has mental disorders, this can indicate that someone who is addicted to online games is an unhealthy person. because health is a condition where both physically, mentally, socially and spiritually can enable the person to live a productive life economically and socially.

There are demographic characteristics in online game articles in the Gen Z generation which are analyzed above, including biological factors in the form of genetic influences and also mental health in teenagers.

Tabel 4: Pendekatan Islam dalam Mengatasi Kecanduan Game Online

Title	Author	Results
The Role of Parents in Preventing Children from Being Addicted to Playing Online Games in the Digital Era	(Hermawan & Abdul Kudus, 2021).	Role of the Family: In Islam, the family plays an important role as an educator and guide. Parents are advised to set healthy play rules, monitor the duration of play, and direct children to other productive activities
The Importance of Culture in Islamic Counseling Guidance for Adolescents. Al Qolam Journal of Da'wah and Community Empowerment,	(Foreva, 2021)	Islamic Psychological Counseling: Counseling with an Islamic approach helps teenagers understand their psychological and spiritual needs
Aqidah Moral Teacher's Strategy in Overcoming Students' Addiction to Playing Online Games	(Febrianto et al., 2024)	Teacher strategy: in overcoming student addiction using direct and indirect strategies The strategy is directly focused on the object in question without anything limiting it, such as a personal approach. Indirect strategies such as supervision, collaboration with parents, wisdom/sanctions.

1. Principle of Balance (Al-Mizan): Islam emphasizes the importance of balance in life. In the Qur'an it is stated, "And seek what Allah has bestowed upon you (happiness) in the land of the afterlife, and do not forget your share of worldly (pleasures)" (QS. Al-Qasas: 77). This verse invites the younger generation to maintain a balance between entertainment and responsibility.
2. Self-control (Jihad al-Nafs): Islam teaches the importance of controlling one's desires, including overcoming addiction. This can be implemented through managing play time, avoiding excessive use, and increasing worship and useful activities.
3. Encouraging Positive Activities: Islam recommends activities that can improve self-quality and benefit society, such as sports, education and healthy social interactions, as an alternative to playing games.
4. Role of the Family: In Islam, the family plays an important role as an educator and guide. Parents are advised to set healthy play rules, monitor the duration of play, and direct children to other productive activities (Hermawan & Abdul Kudus, 2021).

Referensi Islami

Hadith and Sunnah: Rasulullah SAW reminded us of the importance of using time wisely. He said, "There are two blessings that most people often neglect: health and free time" (HR. Bukhari).

Ulama Literature: Modern ulama emphasize balance in the use of technology in harmony with spiritual and

social responsibility.

Practical Steps:

1. Strong Religious Education: Providing religious education from an early age so that generation Z understands the importance of self-control.
2. Time Management: Create a balanced daily schedule between study, worship and entertainment.
3. Raising Awareness: Educating about the risks of gaming addiction through lectures, seminars and social media from an Islamic perspective.

The Islamic approach provides a moral foundation as well as practical solutions to overcome online gaming addiction among generation Z, by emphasizing life balance and self-control.

Islam teaches that anything in excess is not good, and the principle of wasathiyah (moderation) is important to prevent addictive behavior. Here are some efforts to overcome online gaming addiction from an Islamic perspective:

1. Applying the Principle of Moderation: Islam emphasizes the importance of living a balanced life. Playing games is allowed for entertainment, but must be within reasonable limits. This is supported by Surah Al-Baqarah (2:143) which states the importance of being a wasathan ummah (moderate ummah).
2. Increase Worship and Positive Activities: Activities such as prayer, reading the Koran, and dhikr can help divert attention from excessive gaming habits. Social religious activities and community service can also fill your time positively.
3. Education and Self-Awareness: Families and communities play an important role in providing education about the bad effects of online game addiction. Parents are advised to supervise children's use of technology and instill Islamic values regarding time management.
4. Islamic Psychological Counseling: Counseling with an Islamic approach helps teenagers understand their psychological and spiritual needs (Foreva, 2021). This approach includes strengthening morals, developing responsibility, and reflecting on the consequences of actions taken.

Nonetheless, it is important to note that not all online gaming activities are pathological. Online games, when played in a moderate and controlled manner, can provide positive benefits such as improved cognitive abilities, hand-eye coordination, and social skills. The main challenge lies in how to strike a balance between exploiting the positive potential of online games while preventing and managing the risks of addiction (Zahira, 2024).

Conclusion

The conclusion of this article emphasizes that online gaming addiction among generation Z has a significant impact on mental health, academic achievement, and social relationships. This addiction often causes individuals to neglect religious obligations and social responsibilities, which is a concern for families and educators. In the Islamic context, the solution to overcome this problem lies in applying the principles of life balance, self-control, and involvement in positive activities. Strong religious education, effective time management, and increasing awareness about the risks of addiction are important steps to help generation Z manage their time wisely. Islam teaches the importance of moderation and balanced time management, and encourages individuals to engage in beneficial activities, such as worship and healthy social interactions. With this approach, it is hoped that generation Z can avoid the negative impacts of online game addiction and live a more balanced and meaningful life.

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