

**Am I Addicted to Online Game RPG or Just an Avid Gamer?
Phenomenological Study on the Tendency of Addiction to Online RPG
Games in College Students**

Lulu Maulida Amry, Yohanis Franz La Kahija, S.Psi., M.Sc.

Faculty of Psychology Diponegoro University
Jl. Prof. Mr. Sunario, Tembalang, Semarang, Indonesia, 50275

lma.luluamry@gmail.com, franzlakahija@lecturer.undip.ac.id

ABSTRACT

This study aims to explore and understand the experiences of college students addicted to playing online RPG games. Participants were selected using a purposive sampling method based on specific criteria: they had to be at least 18 years old, have played an online RPG game such as Genshin Impact for at least six months, spend an average of more than two hours per day gaming, and not consider gaming as their profession. Data were collected through semi-structured interviews with three participants. The data analysis was conducted using the Interpretative Phenomenological Analysis (IPA) approach. The study identified four key themes, (1) Motivations and habits of gaming (including boredom and peer influence, gaming habits developed since childhood, and strained family relationships), (2) Challenges during college life (difficulty prioritizing academics and commitment to gaming), (3) Impacts of gaming (feelings of regret, perceived benefits, and exhausting social relationships), and (4) Spending behavior (emergence of impulsive buying and self-control over expenses). The findings suggest that gaming addiction resembles a persistent condition that is difficult to overcome. Not everyone can tell when addiction tendency and sign of addiction starts to appear. Therefore, self-control and close monitoring by family or peers are essential to ensure that gaming does not become a detrimental activity

Keywords: game online; RPG; addiction tendency; collage students.

Am I Addicted to Online Game RPG or Just an Avid Gamer?
Studi Fenomenologis Kecenderungan Kecanduan *Game online* RPG pada
Mahasiswa

Lulu Maulida Amry, Yohanis Franz La Kahija, S.Psi., M.Sc.

Fakultas Psikologi Universitas Diponegoro
Jl. Prof. Mr. Sunario, Tembalang, Semarang, Indonesia, 50275

lma.luluamry@gmail.com, franzlakahija@lecturer.undip.ac.id

ABSTRAK

Penelitian ini bertujuan untuk mengetahui dan memahami pengalaman mahasiswa adiksi bermain *game online* RPG. Pemilihan partisipan menggunakan metode *purposive sampling* dengan kriteria partisipan berusia minimal 18 tahun, sudah bermain *game online* RPG salah satunya Genshin Impact paling sedikit selama enam bulan, memiliki waktu bermain harian rata-rata lebih dari dua jam per hari, serta tidak menjadikan *game* sebagai profesi. Pengumpulan data dilakukan dengan metode wawancara semi terstruktur dan didapatkan tiga partisipan. Analisis data dilakukan menggunakan Pendekatan Fenomenologis Interpretatif (IPA). Penelitian ini menghasilkan empat tema yaitu (1) dorongan dan kebiasaan bermain *game* (Adanya rasa bosan dan ajakan teman bermain *game*, Kebiasaan sejak masa anak-anak, dan Kerenggangan hubungan dengan keluarga), (2) Tantangan selama perkuliahan (Kebingungan menentukan prioritas perkuliahan dan Berkomitmen ketika bermain (*invested*)), (3) dampak bermain *game* (penyesalan, keuntungan yang dirasakan, dan Relasi sosial yang melelahkan), (4) *spending behaviour* (kemunculan *impulsive buying* dan Kontrol diri pada kebutuhan). Dapat disimpulkan bahwa adiksi bermain *game* ini seperti penyakit yang sulit sembuh dan lepas. Tidak semua orang dapat mengetahui munculnya kecenderungan adiksi dan tanda adiksi mulai tampak. Untuk itu, perlu adanya kontrol diri dan pengawasan orang terdekat agar bermain *game* tidak menjadi kegiatan yang merugikan.

Kata kunci: *game online*; RPG; kecenderungan adiksi; mahasiswa.