



A Logotherapy Approach to Reduce Emotional Disorders: Mothers Who Have Adolescent Children with Internet Game Addiction in Online School



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Abstract

The prevalence of people experiencing addiction disorders is increasing every year. The prevalence rate of internet game addiction has increased from 1.5% to 8.2%. Internet game addiction harms the lives of adolescents, such as physical and mental health. This study was conducted to see the effectiveness of logotherapy as a treatment for mothers who have teenagers who have internet game addiction disorders. This research is quasi experimental research with Pretest posttest One Group Design. Adolescents were screened for addiction using the Indonesian Game Online Questionnaire. Then we examined the mothers of teenagers who had internet game addiction disorder with DASS 21. If they had anxiety and depression, they would be used as research samples. Then logotherapy was performed on the mother and at the end of the session, an improvement in the DASS score of 21 was seen. The logotherapy which was carried out on mothers who experienced depression, anxiety, and stress, obtained a p-value < 0.05 so that it could be stated that there was a significant difference in the ability to interpret life before and after logotherapy. This indicates that Logotherapy can be used as therapy for mothers who experience depression, anxiety, and stress.

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1 Introduction

The prevalence of people experiencing addiction disorders is increasing every year, so it is necessary to seek promotive, preventive, and curative actions, both for those without problems and those with problems. Two treatments can be done, the first is pharmacological and the second is non-pharmacological (Aldrich & Maggert, 2015). One of the non-pharmacological therapies is family therapy. Internet addiction has a major adverse impact on the lives of adolescents, such as decreased academic achievement, physical and mental health, and lack of interpersonal relationships (Carchi et al., 2021). Monitoring adolescent internet use behavior is very necessary to detect internet addiction early (Chou et al., 2015).

Stress is a condition in which the demands that must be met exceed their capabilities. The cause of stress is called a stressor (Alfian & Suminar, 2003). Stress can occur due to a person's inability to respond to a stressor so that which can result in bodily or mental disorders (Kusumajaya, 2021). Addiction is a strong urge, such as being forced to repeat a certain action even though you know it will result in harm. Stress and addiction will be responded to by the Hypothalamus-Pituitary-Adrenaline (HPA-axis), causing cortisol hormone levels to increase (Lisdiana, 2012). Mothers who have children with addiction disorders often experience stress and emotional disturbances (Mercer, 2006; Champagne & Meaney, 2001).

Obstacles faced by parents during the COVID-19 pandemic whose children learn online are the additional cost of purchasing internet quotas increases, online technology requires a network connection to the internet and quotas, therefore the level of use of internet quotas will increase and will increase the burden of spending on parents (Purwanto et al., 2020). It is one of the stressors of a mother that often causes emotional disturbances. The next impact experienced by students is that schools are closed for too long making children bored, children are getting bored at home and want to go to school to play with their friends, students are used to being at school to interact with their friends, play and joke around with his friends and face to face with his teachers (Purwanto et al., 2020; Ybarra et al., 2007). This has triggered many teenagers to become accustomed to finding comfort by playing games and becoming addicted to internet games and the impact of forgetting other tasks, other physical and psychological disorders (Jap et al., 2013; Wolak et al., 2007). Psychotherapy is one of the reliable therapeutic modalities in the management of psychiatric patients, both for psychiatrists, general practitioners, and other health workers who in their work help patients with mental incompatibility (nurses, psychologists, social workers (Elvira, 2017; Khikmatullaeva et al., 2021).

The loss of meaning in life will make a person have no direction and purpose in life and they do not know what they will do in the future. Logotherapy is the use of techniques to heal or reduce or alleviate existential crises, through the discovery of the meaning of life (Ducci & Goldman, 2012). Logotherapy is carried out in the form of counseling and is oriented to the search for the meaning of individual life. The goal of logotherapy is to increase the meaning of an individual's life experience which is directed towards responsible decision making (Rochmawati, 2014). In addiction disorders, family psychotherapy is one of the important therapeutic modalities. Logotherapy psychotherapy research has never been done on mothers who experience emotional disorders because they have children experiencing internet game addiction disorders in adolescents in Bali, so researchers want to know the effect so that it can be used for further clinical applications (Jahja, 2011).

2 Materials and Methods

This research is an experimental study with a Randomized Pretest Posttest One Group Design. The research was conducted at Psychiatric Practice Kimia Farma Pharmacy at Imam Bonjol Street Denpasar Bali. The affordable population of this research is mothers who have teenage children with internet game addiction disorder in Denpasar (Flaherty & Richman, 1993; Le Moal & Koob, 2007). The Independent variable is Logotherapy treatment and the dependent variable is an improvement of stress, depression score, and anxiety score. The questionnaire used is the adapted DASS-21 (Depression, Anxiety, and Stress Scale) questionnaire. The official questionnaire has been used for many studies (Hamidi & Manshaee, 2013; Mohammadi et al.,

2014). Measuring the level of depression, anxiety, and stress using the DASS-21 questionnaire as a self-report measurement tool. The DASS-21 instrument consists of 21 question items consisting of 3 sub-variables, namely physical, psychological and behavioral (Lee et al., 2017; Widana et al., 2021). The scores for depression, anxiety, and stress were determined from the relevant DASS-21 components for each criterion. The DASS-21 components for depression are 3, 5,10,13,16,17,21. Anxiety is measured by components 2,4,7,9,15,19,20. Stress is indicated by components 1,6,8,11,12,14,18 (Tran et al., 2013).

Table 1
DASS 21 interpretation

	Depression	Anxiety	Stress
Normal	0-9	0-7	0-14
Mild	10-13	8-9	15-18
Moderate	14-20	10-14	19-25
Severe	21-27	15-19	26-33
Very severe	>28	>20	>34

The conventional cut-off recommendation of the DASS-21 score consists of normal, mild, moderate, severe, very severe (Lovibond & Lovibond, 1996).

The first stage, after obtaining ethical clearance and research permits, is to register adolescent patients with internet game addiction disorders. After that, the next step is to examine and screen the mothers of adolescents who have internet game addiction disorders with DASS 21. If they experience anxiety and depression, they will be used as research samples (Maentiningsih, 2008). Then logotherapy is carried out on the mother and at the end of the session, an improvement in the DASS 21 score is seen.

3 Results and Discussions

Data collection for the examination of samples of internet game addiction and its mother was carried out at a psychiatrist's private practice by looking at the patient's medical records (Zhu et al., 2015; Han et al., 2016). The number of samples is 10 people according to the calculation of the number of samples, in August 2021.

Table 2
Characteristic data

Variable	n= 38
Age (year), Mean+ SD	50,5 + 4,3
Education	
Elementary	0 (0)
Yunior High School	0 (0)
Senior High School	4 (40,0)
University	6 (60,0)
Marital	
Marriage	6 (60,0)
Death divorce	1 (10,0)
Live divorce	3 (30,0)
Employment	
Housewife	5 (50,0)
Government employees	3 (30,0)
Private	2 (20,0)

Table 3
DASS 21 score before and after treatment

Variable	Before treatment Median (minimum-maximums)	Post-treatment Median (minimum-maximums)	95% Confidence Interval	P-value
Depression	20,5 (13,0-29,0)	7,5 (4,0-9,0)	9,89-16,9	0,000*
Anxiety	13,5 (11,0-19,0)	4,5 (2,0-8,0)	7,76-12,2	0,000*
Stress	26,5 (18,0-29,0)		12,1-17,9	0,000*

*)significant

Table 2 shows that the mean age of mothers with depression, anxiety, and stress disorders is 50.5 + 4.3 years. This is following the reference which states that about 16.8% of patients experiencing depression are in the mother group (Ertel et al., 2011). Depression, anxiety, and stress are health challenges for mothers who have children addicted to online games. Many interventions have been identified that can help mothers to maintain a mental state during the current pandemic season. Several previous studies have shown that logotherapy can reduce depression in mothers (Fitriana & Hadjam, 2016).

This study showed a significant decrease in pre and post-logotherapy treatment ($p < 0.05$) scores of depression, anxiety, and stress, in mothers who have children addicted to online games accompanied by social and academic disabilities. In another study, it was found that logotherapy performed on anxious mothers obtained a p-value ($0.000 < 0.05$) so that it can be stated that there is a significant difference in the ability to interpret life in the treatment and control groups (Setyawati, 2016; Sukmana et al., 2021).

This research was conducted because depression, anxiety, and stress disorders are disorders with a fairly high prevalence and can affect all ages, especially mothers who have children who are addicted and have social disabilities. Depression in mothers is a problem that needs attention because if there is a decrease it can affect the parenting pattern of children. Appropriate methods to overcome or prevent the aggravation of depression in mothers need to be considered so that later it can reduce the prevalence and disability rates.

Depressed mothers provide less stimulation, are less responsive to children, and show more difficulty in parenting (Ertel et al., 2011). The results of this significant study are important because doing logotherapy on mothers who experience depression, anxiety, and stress, will improve the parenting pattern of a mother towards her child.

Limitation

This study still uses a pretest-posttest one-group design so that an assessment cannot be made if this application is to be compared with other interventions, so further research needs to be done. Another limitation is the length of the study (8 weeks) which may be the minimum time to see changes occur.

4 Conclusion

The logotherapy which was carried out on mothers who experienced depression, anxiety, and stress due to having teenage children addicted to online games, obtained a p-value ($0.000 < 0.05$) so that it could be stated that there was a significant difference in the ability to interpret life before and after logotherapy.

The results of this study have an impact on changes in the treatment of depression, anxiety, and stress disorders, especially in non-pharmacological forms, so that more severe depression, anxiety, and stress disorders can be prevented. This indicates that the Logotherapy application can be used as an alternative non-pharmacological therapy for mothers who experience depression, anxiety, and stress because they have

teenagers who are addicted to online games. It is necessary to carry out further research with the next stage of experimental methods so that results that can be compared with other interventions are obtained. It is necessary to carry out DASS 21 screening for mothers who have children with problems so that prevention and treatment can be carried out immediately and do not cause more severe disabilities.

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