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## The Crisis of Religious Identity in the Young Generation

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Received: 20/11/2022

Revised: 05/06/2023

Accepted: 27/06/2023

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### Abstract

This research aims to determine the impact of identity crisis on adolescents due to online games in Simberuna Village, Sitellu Tali Urang Jehe District, Pakpak Bharat Regency. This research is a qualitative descriptive type of research that describes and explains in the form of an in-depth description and analysis of a real situation and situation, namely regarding "Identity Crisis in Adolescents Due to Online Games in Simberuna Village, Sitellu District, Tali Urang Jehe, Pakpak Bharat Regency". This type of descriptive research is more concerned with explaining the relationship between the symptoms and targets studied. The results obtained from this study are (1) Adolescents experience an identity crisis because they have problems with their ability to control emotions, have problems placing themselves with their peers, have problems with their appearance, and do not get the right figure to achieve a good self-identity because it is fun to play games online. (2) The impact caused by online games is being unable to make important decisions about themselves, reduced interest in learning from teenagers who are already addicted, often procrastinating work, and not socializing with the surrounding environment because they are engrossed in playing online games.

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Keywords Identity Crisis, Adolescents, Online Games

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### 1. INTRODUCTION

Online games are an alternative to entertain yourself and eliminate boredom after someone has done tiring routine activities. Playing is indeed a humane thing for someone to get rid of boredom. Online games have penetrated Indonesia for a long time; it didn't take long for their spread, especially in the last six years or so; their popularity has been very high. Online games popular in Indonesia include PUBG, Free Fire, AOV, COC, RO, DOTA, Linerage2 Revolution, Space Commander, and SUP Multiplayer Racing (Riska Cahaya, 2021).

Internal factors are very important to pay attention to, but external factors are also threats that cannot be ignored because their impact is also very large on the morale of young people. It will be very painful if the morale of young people is damaged due to external factors, let alone the values of Pancasila within them (Dwijayanto, 2021). Technological advances cannot be avoided, so the younger

generation must be aware of using the results of these advances. Don't let progress that should bring big changes become dreary. In this case, cooperation between educators and parents is very important. Educators will find it difficult if parents do not instill citizenship in the family environment; for example, parents must be firm in supervising and regulating internet use.

The reality is that what happened in Simberuna Village, Sitellu Tali Urang Jehe District, Pakpak Bharat Regency, based on an initial interview that the author conducted with Mr. Moko Solin, the former head of Simberuna Village on April 12, 2022, that seeing today's youth can be said to be experiencing an identity crisis, this is influenced by technological advances. through the internet, namely online games. When teenagers play online games during school hours, play online games with harsh words, lose track of time, and look for ways to earn more money so they can play online games, some urge their parents to buy cell phones and internet packages. the problem of adolescent self-identity crisis is not following the ideal expectations of parents and the message of the ancestors, namely that today's teenagers are very interested in online games.

Based on the data that the authors obtained from the location, the focus on youth data was between the ages of 11 to 21 years for women and 13 to 22 years for men in Simberuna Village, Sitellu District, Tali Urang Jehe, Pakpak Bharat Regency. So, it can be concluded that adolescents are those aged 11-22 years, both women and men.

**Table. 1 Data on Adolescents from Simberuna Village, Sitellu Tali Urang Jehe District, Pakpak Bharat Regency**

Age Group	Simenneng	Tinjon Mberu	Boluh Dori	Trutung Mbulung	Total
11-16	25	7	14	15	61
17-22	22	12	3	8	45
total	47	19	17	23	106

Source: Simberuna Village Government 2022

An identity crisis is an individual's life experiencing difficult times that have been experienced when he was a teenager and developing commitment, namely the ability to survive in the conditions that are lived even though there are unwanted conflicts (Huriati & Hidayati, 2016). An identity crisis is when a person often questions various things related to his identity: beliefs, life values, life goals, experiences, and feelings. Everyone can experience identity crises, but they are more common in adolescents still seeking identity (Hidayah, 2017).

Based on the explanation above, an identity crisis is a condition when a person feels unsure about who and what he is and often questions various things related to his identity, namely: beliefs, life values, life goals, experiences, and feelings for re-strengthening the existing social character stemming from the cultural norms and values of the ethnic groups. identity crisis is thinking about what and who we are. Raup, P (2020) explains that adolescence lasts between 12 to 21 years for women and 13 to 22

years for men. The age range of this teenager can be divided into two parts, namely the age of 12 or 13 years to 17 years or 18 years is early adolescence, and 17 years or 18 years to 21 or 22 years is late adolescence which is an interesting period because it shows the phenomenon behavior change patterns that are different often appear to be discontinuous as a result of transitions (changes) in physical (biological), cognitive, and social aspects.

Padilla, R. (2020) explains that adolescence is part of a developmental phase in an individual's life. This transition period from childhood to adulthood is characterized by accelerated physical, mental, emotional, and social development and takes place in the second decade of life. WHO defines adolescents as children aged 10-19 years. Based on the theory above, it can be concluded that adolescents generally have high curiosity, so they often want to experiment, fantasize, feel anxious, and dare to make conflicts if they feel underestimated or "not considered". So, it can be said that adolescents, both women, and men, are vulnerable from the ages of 11 to 21 years.

The developmental tasks of adolescence are focused on leaving childish attitudes and behavior and trying to achieve the ability to behave and behave maturely. As for the developmental tasks of adolescence, Zakiyah (2018) explains: 1). Able to accept his physical condition. 2). Able to accept and understand the role of adult sex. 3). Able to foster good relations with members of different types of groups. 4). Achieve emotional independence. 5). Achieve economic independence. 6). Develop concepts and intellectual skills that are indispensable for performing the role of a member of society. 7). Understand and internalize adult and parental values. 8). Develop the socially responsible behavior necessary to enter the adult world. 9). Preparing to enter marriage. 10). Understand and prepare for the various responsibilities of family life.

Setyowati, W. (2018) explains that the developmental tasks of this adolescent phase are closely related to cognitive development, namely the formal operational phase. The maturity of achieving the cognitive phase will greatly assist the ability to carry out developmental tasks properly. To fulfill and carry out developmental tasks, adolescent creative abilities are needed. This creative ability is colored by cognitive development. Based on the explanation above, the task of adolescent development is being able to accept their physical condition, being able to accept and understand the role of adult sex so that they can achieve emotional independence.

Online games or web-based games are divided into two types, namely text-based games and special electronic games. Games based on text are games with illustrations that combine elements of complexity in cyberspace played by many people (Surbakti, 2017). An online game can be played simultaneously using a computer connected to a certain network. Online games are bound by an End User License Agreement (EULA) regulation. The consequences for violating the agreement vary,

according to the contract, from warning to termination. Online games consist of various types, from simple text-based games to games that use complex graphics and form virtual worlds that many players occupy simultaneously.

In the Krista Surbakti journal (2017), there are several positive and negative impacts of online games including, namely:

- a. Positive impact: Increase intelligence, Increase Concentration, Increases Sharpness of the Eyes, Improving English Proficiency, Help Socialize, Improve Brain Performance, Improve Typing speed, Relieves Stress, Restoring Body Condition
- b. Negative impact: Causes Addiction, Encourage doing negative things, Speaking rudely and dirty, The abandonment of activities in the real world, Changes in diet and rest, Waste, Disturbing health.

People now believe that online games have more negative effects on players. Because most games are addictive games and usually contain violent battles and fights. Most parents also think media and believe that these games can damage children's brains because they display more violence between them (Pande, A Mahreni 2015). However, not a few psychologists, child experts, and scientists believe that games can benefit children's development and growth. So, there are positive and negative impacts on online games for the players. According to (Ayu & Saragih, 2016), addiction is a very strong feeling towards something he wants so that he will try to find something he wants, for example, internet addiction, television addiction, shopping addiction, food addiction, sex addiction, drug addiction, sports addiction or work addiction. A person can be said to be addicted if he is unable to control his desire to do something, harming the individual, both physically and psychologically.

According to the Indonesian Psychological Association in Kusumawati (2017), the factors that cause someone to be addicted to the internet, especially online games, are as follows: 1). Stress 2). Sense of Loneliness 3). Weak Self-Control. Factors that cause online game addiction, according to Hardianti in Novrialdy (2019), also state that there is a drive for competence, a drive to create relationships in games, and a drive to create uniqueness in games. From the explanation above, it can be concluded that the factors that cause online game addiction are caused by teenagers experiencing loneliness, not having self-control, and feeling stressed. So, this is what causes teenagers to choose to play online games until they become addicted.

#### a. Online Game Addiction Criteria

Novrialdy (2019) suggests the characteristics of individuals who are addicted to online games, namely: 1). Salience (Important). An individual who thinks playing online games is important dominates the mind (occupation) and the behavior of using online games excessively. 2). Tolerance. That is, the individual completely increases the amount of time spent on the game. 3). Mood Modification. That is, individuals feel that playing online games can change a bad mood for the better. 4). Withdrawal (Repeat)

Individuals feel sad when they cannot play games, and unpleasant feelings arise when they reduce or stop playing games. 5). Relapse. Individuals tend to play online games repeatedly. 6). Conflict. Someone has problems with family and friends because they play games; for example, they get angry and lie when asked to stop playing online games. 7). Problems. Individuals who experience health problems because they play online games and ignore other interests. For example, lack of sleep.

From the explanation above, it can be concluded that individuals who are addicted to online games are those who sometimes have problems within themselves or they want to modify their mood, namely playing games can make the mood better, so this is done continuously.

#### b. Symptoms of Online Game Addiction

According to Sri Wahyuni (2017), addiction to playing online games in adolescents can be seen from the: 1). Teenagers play games all day and often play for long periods (more than 3 hours). Usually, in one week, teenagers can spend about 30 hours. 2). Teenagers play games for fun, such as not getting tired and irritable. 3). Teenagers sacrifice social activities and want to avoid doing other activities. Gamers can spend most of their time playing games and ignore other essential activities, such as eating, drinking, and social interaction. 4). Want to reduce online gaming addiction but cannot. An addicted teenager can spend days and nights in one rental playing online games. Excessive addiction will cause anxiety. From the explanation above, it can be concluded that teenagers who play games for more than three hours a day can be told that these teenagers have the potential to have symptoms of online game addiction.

#### c. Duration is said if someone is addicted to online games

Kusumawati et al. (2017) state that people addicted to offline and online games need at least 39 hours a week to play them. Then playing time for online game addicts requires 20 to 25 hours per week. Someone who is addicted to games, both online and offline, usually spends 2-10 hours a week. In line with that, Rudhiati et al (2015) state that teenagers spend more than two hours/day playing games, or more than 14 hours/week. There are even 55 hours or an average of 20-25 hours a week. Therefore, teenagers in Indonesia are indicated to be addicted to online games. From the explanation above, it can be concluded that individuals who are exposed to online games at least play online games within three hours a day or at least 39 hours a week to play them.

#### d. Efforts to Prevent Online Game Addiction in Teenagers

According to Novrialdy (2019), prevention is a term that refers to various interventions aimed at preventing and avoiding conditions at risk of causing problems. Efforts to prevent online game addiction include attention switching, dissuasion, education, parental monitoring, and resource

restriction. 1). Attention Switching is an activity to distract players from excessive involvement in online games. Extracurricular activities such as sports can make teenagers focus less on online games, reduce the level of play, and ultimately reduce the level of addiction to online games. For this reason, people around adolescents (significant others) need to understand their potential, talents, and interests in terms of diverting attention to preventing online game addiction. 2). Dissuasion is an action taken to prevent playing online games by giving advice, arguing, persuading, and exploring until it is in the form of coercion. This is a common practice used by external forces (regulators, parents, teachers, and friends) to prevent unwanted behavior. Persuasive acts can make all the difference, at least in the case of alcohol abuse. As it is known that online game addicts have distorted rationality, and persuasion is one of the potential ways to shape and counter distorted rationality. 3). Education refers to the knowledge or focus of educational efforts aimed at one's cognition. As opposed to dissuasion which is an active fight against existing in one's cognitive realm, education is mostly aimed at building a good cognitive foundation that can be self-managed. This means that individuals must be active in ensuring that they avoid online game addiction (for example, by reading newspaper articles or watching TV news on the topic). Apart from that, encouragement from the social circle is also needed so that this effort can run well. Schools as educational facilities can aid these efforts. Schools can intervene by promoting positive behavior as a form of online game addiction prevention. 4). Parental Monitoring (Paying Attention). Parental monitoring is an effort parents make to pay attention to their children, providing evidence that parental communication about internet use is an effective way to prevent internet addiction. This can indicate the need for good communication between parents and their children. 5). Resource Restriction. Resource restriction is the limitation of various resources for playing online games. Various factors can cause online game addiction. One of the factors that causes online game addiction is easy access to play online games. Individuals with easy access to online games tend to play more often and for longer. Teenagers with access to electronic media devices in the bedroom tend to sleep later, have shorter sleep duration, and are less concentrated on daily activities. Teenagers with bedroom electronic media are likelier to use it to play games than read books. Parents can limit the money given and equipment for playing online games. This effort can limit adolescents' space and access to excessive online gameplay.

## **2. METHODS**

The types of data used in this study are primary and secondary. Primary data namely basic data about research problems obtained directly with research informants through interviews with village government, youth, parents, and the community related to identity crises in adolescents due to online

games in Simberuna Village, Sitellu District, Tali Urang Jehe, Pakpak Bharat Regency. Whereas secondary data namely data obtained as supporting data that is relevant to the research conducted in the form of a documentation study. Related to the crisis of religious identity in adolescents due to online games in Simberuna Village, Sitellu Tali Urang Jehe District, Pakpak Bharat Regency.

Data collection tool used in this study with three methods, namely observation. Observations in this study were carried out for 2 months in the village of Simberuna. The areas observed were places where teenagers gathered, such as schools, canteens, and residents' homes. While interviews were conducted with adolescents, parents, and Simberuna village officials. The data analysis technique used in this study is an interactive model of Miles and Huberman analysis in the form of: Data reduction, Data Presentation (Display Data), Concluding (Conclusion).

Erikson first put forward the term identity crisis. he declared that "identity is never established as an achievement" (1968: 24). Identity is not a final achievement because identity is not a result end. As previously stated, identity is dynamic, subject to change, and continues to grow. Identity is a "forever to-be-revised sense of the reality of the self within social reality" (1968: 221) in which humans will progress, literally realize it or not, self-reflect, and try to be a version of themselves that better as they adapt to the changing environment capricious.

Although identity crises often occur during adolescence, identity issues become a lifelong problem because identity formation can occur as someone faces big challenges in his life, especially when a person experiences "firsts" such as entering a new environment losing loved ones, being divorced, unemployed, seriously ill, etc. The ability to overcome identity issues that occur in later life phases (after adolescence) can be seen in the way a person overcomes his identity crisis as a teenager. The outcome of an identity crisis depends on how one perceives himself and his past.

Marcia (1980) divides identity status into two variables: crisis and commitment. Crisis refers to the period in which adolescents are struggling choosing big choices, such as choosing beliefs, political views, interests, careers, etc. While commitment refers to the level of youth that shows his investment and ego, someone has chosen his interest in arts and determined a career in that field.

### **3. FINDINGS AND DISCUSSION**

Based on the results of interviews with the Head of Simberuna Village, Mrs. Lasme Berutu, it can be said that adolescents in Simberuna Village are experiencing an identity crisis where adolescents are unable to make important decisions about what and who they are, unable to make decisions in determining life goals. According to Mrs. M. Tumangger, the head of the Tinjon Mberru sub-village, some teenagers in this village are experiencing an identity crisis, and some are not experiencing an

identity crisis. Adolescents who experience an identity crisis do not know their current role, only go about their daily lives like other people, and are unable to make decisions for the future (interview result July 08, 2022).

The author also interviewed several teenagers, including Ario, in class XI. When asked about his goals, Ario said, "Right now, he has not set his goals; when he graduates from high school, he will think about them (results of interview July 10, 2022). Mrs. N. Silalahi also conveyed the same thing as a parent who has 2 teenage children. He said: "One of his two children is unable to make decisions in daily life and the school environment, such as not participating in extracurricular activities because he is confused about which extracurriculars to join. (Results of interview July 08, 2022).

According to Mrs. U. Sitinjak as a parent who has 2 teenage sons, the first child already has a cell phone and often plays online games, and the second child does not yet have a cell phone. Children who do not have cellphones can explain goals such as the goals they want to achieve, namely to become servants of the state, and children who already have cellphones and often play online games still cannot describe the goals and aspirations they want to achieve. Changes in attitude and behavior can be seen before and after learning online games, such as being lazy to learn and difficult for parents to order. (Results of interview July 10, 2022).

In line with what was conveyed by Mr. Jikki Limbong as the head of the Simeneng hamlet, many negative impacts of online games are felt by teenagers, namely: addiction, health, psychological, academic, and social. Children who are addicted to playing online games will forget their duties as students. (Results of interview July 11, 2022). In line with what was conveyed by Mr. Nurdin as the parent of one of the teenagers in the village of Simberuna, after getting to know online games, children often put off their work, such as worship which is usually done at 1 o'clock to 2 o'clock or even forget because it is too busy playing games. Not responsible as a student to do schoolwork. A lot of time is spent playing online games. He often asks for money for school purposes but is used to play online games. Have received 2 summonses from parents because the children often do not go to school even though they leave home every morning and do not get to school, they only go to the canteen near the school, it's fun to play games during study time. (Results of interview July 08, 2022).

The author also conducted interviews with teenagers, namely Nando Limbong, class X, as explained:

Interest in online games from friends' invitations to play together. The first type of online game played was mobile legends, played when hanging out with friends. Then also interested in pub games (Player Unknown's Battle Grounds). The intensity of playing games is usually erratic; it can be more than 2 hours. (Results of interview July 10, 2022). Kusuma, a 17-year-old teenager, also expressed the same thing; he plays 2 types of online games, namely Free Fire and Higgs Domino. Gamers can eliminate



boredom, be curious, and have fun. Money spent on playing games is erratic and earned from parents, brothers, and sisters. (Results of interview July 08, 2022).

In line with what was stated by Mr. D. Solin as the parent of a class IX teenager, children tend to remember more about the level of the game they are playing than the learning material they get at school. Procrastinating his responsibilities in the house as usual. (Results of interview July 09, 2022). According to Mrs. A. Sihite, parents who have teenage children, children who are playing games are usually busy alone and cannot be disturbed. Get angry when you lose playing games and speak impolitely. This is also in line with Nur Hidayah's research (2016), namely that adolescents experience an identity crisis because they have problems with their ability to control their emotions, have problems placing themselves with their peers, have problems with their appearance, do not get the right figure to achieve a good self-identity. When adolescents experience an identity crisis, the behavior reflected can refer to destructive actions.

Village Government Efforts to Overcome Identity Crisis and Dependence on Online Games From the results of the interviews that the researchers conducted with Mrs. P. Limbong as the general head and planning officer. He said, "In the past, the village provided Wi-Fi facilities around the village office that could be used by the public, but these facilities were not put to good use, such as doing assignments but used playing games, then the village office environment was also getting dirtier and there were damaged items such as pots flower. (Results of interview July 06, 2022).

Mr. H. Gunawan, the head of Trutung Mbulung hamlet, conveyed the same thing. He said, "Installation of Wi-Fi in the village since 2019, and there are not too many users, but in 2020 the number of users increased because school children study online, which requires them to have cellphones. (Results of interview July 08, 2022).

According to Mrs. Lasme Berutu, the head of the Simberuna village, the village government's efforts to overcome dependence on online games are by empowering students who are doing KKN (Real Work Lectures) in the village to provide outreach to the community on how to overcome dependence on online games, especially for young users. Online game. This is expected to motivate young people to be enthusiastic about achieving their goals. This is also inseparable from work. (Results of interview July 08, 2022).

The author also conducted interviews with several teenagers, including Amanda, a 4<sup>th</sup>-semester student, who said: "So far, I have participated in 1 socialization on how to overcome identity crises and dependence on online games in Simberuna village in 2021, but this activity does not take place every year, it is only carried out if there are KKN students. This is very useful to see the increasing phenomenon of online games in the village of Simberuna. (Results of interview July 09, 2022).

According to Mrs. Nurpita, a teenage parent in Simberuna village, so far, efforts have been made so that children do not experience an identity crisis and dependency on online games, namely by giving advice, reminding them when to worship and study, not giving excess pocket money, not putting money all over the place, and always ask for a description of the money requested. (Results of interview July 08, 2022).

The same thing was also expressed by Mr. Nurdin, one of the parents of teenagers; he said: "Every day the child goes to school but gets a summons from his parents because he does not come to school, so the effort is to take the child directly to the school to ensure that the child does not arrive at school. to the school canteen. (Results of the interview, July 10, 2022).

In line with what was stated by Ms. L. Banurea as one of the parents of teenagers in Simberuna village, efforts have been made to overcome the identity crisis and dependency on playing online games by limiting the time to play online games, namely 1 hour, providing advice on the impact of addiction to playing. online games, scold if playing until late at night with the hope that the child will stop and rest soon. (Results of the interview, July 10, 2022).

Based on observations and interviews with several parents and Simberuna village staff, it can be described that the village government has indeed made efforts to overcome the identity crisis and dependency on online games, including empowering KKN students to carry out socialization and stopping Wi-Fi facilities. Parents have also tried to give advice; some have even given punishment. But so far, there has been no significant change. Parents need to pay attention not to let children relate more to the surrounding environment than their family relations. Parents as citizens towards children mean to be a reflection, and it is undeniable that children can quickly imitate the behavior shown by parents.

#### **4. CONCLUSION**

Based on the research results, the following conclusions are obtained. Adolescents experience an identity crisis because they have problems with their ability to control their emotions, have problems placing themselves with their peers, have problems with their appearance, and do not get the right figure to achieve a good self-identity because they enjoy playing online games. The impact caused by online games is not being able to make important decisions about themselves, reduced interest in learning from teenagers who are already addicted, often procrastinating work, worship, and not socializing with the surrounding environment because it is fun playing online games.

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