

Original Article

Parenting Styles And Gaming Duration In Adolescent Mental Health: A Cross-Sectional Study In Banten, Indonesia



Dwi Agung Riyanto ¹

¹ Faculty of Health Sciences, Faletahan University, Serang, Banten, Indonesia

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Correspondence

Dwi Agung Riyanto, Faculty of Health Sciences, Faletahan University, Serang, Banten, Indonesia.

Email

dwi.riyanto6896@gmail.com

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ABSTRACT

Background: A national survey in Indonesia found that one in three adolescents faces mental health issues, with one in 20 diagnosed with a mental disorder in the past year. This study examines the relationship between online gaming duration, parenting styles, and adolescent mental health at SMA Negeri 1 Leuwidamar, Banten. Findings suggest that gaming dependence, especially with violent content, may trigger aggression and reduce social interaction. Policy recommendations include parental education on gaming impacts, time management, and promoting extracurricular activities, with schools collaborating to support adolescent mental well-being.

Methods: This study employs a correlational design with a cross-sectional approach. It develops instruments concerning mental health and parenting styles to minimise memory distortion, utilising specific questions and allowing sufficient time for responses. Individuals conducted data collection without bias towards the hypotheses. The research population consists of all students in grades X and XI at SMA Negeri 1 Leuwidamar, totalling 494 students. The criteria for respondents are students in grades X and XI who enjoy online gaming, are in good health during data collection, and possess functioning devices. A sample of 91 respondents was selected from the population using purposive sampling.

Results: The findings reveal that nearly half of the respondents, specifically 48 individuals (52.7%), experience mental health issues. Additionally, the majority of respondents, 65 individuals (71.4%), spend more than 2 hours per day playing online games, and 51 individuals (56.0%) exhibit a democratic parenting style. Statistical tests indicate a significant relationship between the duration of online gaming and adolescent mental health, with a p-value of < 0.001, as well as between parenting styles and adolescent mental health, also with a p-value of < 0.001.

Conclusion: This study underscores a significant interaction between the time spent on online gaming and parenting methods affecting the mental health of adolescents at SMA Negeri 1 Leuwidamar. The increasing dependence on online gaming complicates parenting challenges. Consequently, collaboration between schools and parents is essential to foster a supportive environment for mental health. Schools are advised to formulate policies regarding smartphone usage, while parents are encouraged to engage more actively in their children's education with a supportive approach.

Keywords: Adolescent; Mental Disorders; Parenting; Smartphone; Social Interaction; Video Games.

Implications for Practice:

- Excessive gaming duration may be associated with various mental health issues, including anxiety,

Implications for Practice:

depression, and behavioural disorders. However, not all games exert a negative impact. Social and cooperative games can provide benefits for mental health, such as enhancing social skills and reducing feelings of loneliness.

- Positive parenting styles and emotional support from parents play a crucial role in shaping the mental health of adolescents. By understanding the interaction between parenting styles and the duration of video game play, parents can formulate more effective strategies to support the mental health of adolescents in this increasingly complex digital era.
- The enhancement of adolescents' mental health has become a crucial issue, necessitating the provision of education to both parents and teenagers regarding the healthy use of digital media. Furthermore, it is imperative to involve communities and educational institutions in supporting mental well-being.
- Public health policies can be adapted to incorporate education regarding the healthy use of digital media. Programmes that provide information to parents and adolescents about the ideal duration of gaming and its impact on mental health can contribute to a deeper awareness.
- The involvement of communities and schools in efforts to support the mental health of adolescents, such as programmes within educational institutions that teach social and emotional skills, as well as strategies for managing gaming time, can serve as an effective measure in preventing mental health issues.
- In a psychoeducational session, school nurses may utilise concrete case studies to elucidate the detrimental effects of excessive digital gaming on the social and emotional development of students. By presenting tangible illustrations of students who have experienced social isolation as a consequence of gaming addiction, they can facilitate a deeper understanding among their peers regarding the serious ramifications associated with such behaviours. The counselling provided may also encompass practical strategies for managing gaming time effectively, as well as enhancing social interactions beyond the virtual realm.

Introduction

The issue of emotional mental health represents a condition that reflects emotional changes within individuals, which is increasingly experienced by adolescents in Indonesia and can develop into a serious concern if not adequately addressed. The Indonesian National Adolescent Mental Health Survey (I-NAMHS) is the first national-level study examining the prevalence of mental disorders among adolescents aged 10 to 17 years in Indonesia. The survey results indicate that one in three adolescents in Indonesia experiences mental health issues, while one in twenty adolescents has encountered a mental disorder in the past 12 months. This figure equates to approximately 15.5 million adolescents facing mental health problems and 2.45 million adolescents diagnosed with mental disorders. Those in this category are those diagnosed with mental disorders according to the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5),

which serves as a reference for the diagnosis of mental disorders in Indonesia ([Indonesia National Adolescent Mental Health Survey \(I-NAMHS\)](#), 2022). These findings underscore the importance of giving serious attention to mental health among adolescents, considering the high prevalence rates revealed in this survey.

In recent years, internet usage in Indonesia has reached remarkable levels, with 77% of the total population of approximately 212.9 million individuals being active users. Among this population, approximately 23.6% are online gaming users, the majority of whom are adolescents ([We are social](#), 2023). This phenomenon reflects the significant influence of technology and the internet in daily life, particularly among the younger generation. Online gaming has become one of the most popular forms of entertainment; however, behind this enjoyment lies a serious issue that warrants attention: the potential for addiction that can disrupt adolescents' mental health and social development.

Addiction to online gaming often arises when adolescents are unable to manage their gaming time effectively. In many cases, they become trapped in a virtual world that offers an escape from everyday reality. For instance, an adolescent facing academic pressure may find solace in gaming, which provides a sense of achievement and recognition that they do not always receive in the real world. However, the inability to limit gaming time can lead to neglect of other responsibilities, such as studying, interacting with peers, or even engaging in physical activities that are crucial for their health ([Fitriani et al., 2021](#)). This situation is particularly concerning when the adolescent is unaware of the long-term impacts of their behaviour.

Adolescents often find themselves embroiled in social conflicts and experience emotional instability, coupled with a desire for independence from their parents. This can lead to anxiety and delinquent behaviour. The impact of online gaming can be both positive and negative. On the positive side, many games are designed to enhance critical thinking and strategic skills. Simulation and role-playing games can develop analytical skills and decision-making abilities.

Furthermore, games can serve as a medium for emotional expression and social interaction, fostering supportive communities. When used wisely, online gaming can be an effective learning tool. However, the negative consequences of online gaming addiction are far more pronounced and hazardous. Research by [Permana and Tobing \(2019\)](#) indicates that excessive gaming duration is closely correlated with mental health issues, particularly among adolescents. Online gaming addiction can lead to increased aggressive behaviour, where adolescents exposed to violent content in games may begin to emulate such behaviours in real life.

Additionally, this addiction can result in decreased social interaction. Adolescents who spend more time in the virtual realm often struggle to communicate effectively and build healthy relationships with those around them. Consequently, their character development and social skills may be hindered, potentially leading to future problems. It is essential to recognise that not all adolescents will experience online gaming addiction, and many can enjoy these games without adverse effects. However, awareness of the associated risks is crucial. Parents, educators, and the community must play an active role in educating adolescents about gaming time limits and the impacts of addiction. They should be engaged in open discussions regarding technology use and the importance of balance in daily life ([Akbar, 2020](#)).

The issue of emotional and mental health among adolescents is influenced by the interplay between risk and protective factors. Risk factors encompass individual, familial, school-related elements, life events, and social aspects. Conversely, protective factors include positive characteristics, a supportive family environment, and a social milieu that functions as a support system to bolster adolescents' adaptive efforts, adequate social skills, and a good level of intelligence. One of the elements contributing to the emotional and mental development of adolescents is the family environment. The family plays a foundational role in shaping personality, behaviour, character, morals, and education. Several factors that influence adolescents' emotional and mental health within the family context include parenting styles, family conditions, moral values within the family, and sibling relationships. Research by [Abdullah \(2021\)](#) elucidates that family factors play a crucial role in creating a prosperous family and preventing emotional and mental health issues, particularly the application of parenting styles.

Based on preliminary studies conducted with 15 adolescents at SMA Negeri 1 Leuwidamar Lebak Banten through interviews, it was discovered that adolescents actively engage in online gaming for more than 5 hours, with the majority being male. They experience pressure from the learning process, leading to stress, which they attempt to alleviate through gaming. Some adolescents admitted to having used foul language towards other players while gaming. Regarding parenting styles, 7 students mentioned the existence of family rules, while 5 students felt that their actions were unknown to their parents. The influence of the environment also encourages them to play to avoid social exclusion. The negative impacts observed include aggression, such as irritability and using foul language, as well as frequently skipping school to play games. Effective communication between the education system and families is vital for adolescents' mental health; however, a lack of understanding regarding parenting can hinder parental involvement. Therefore, the school's role in educating parents through collaborative programmes with teachers is essential. Existing research often overlooks cultural and social variables in Indonesia, particularly in Banten, thus necessitating longitudinal studies to understand the long-term effects of parenting and gaming duration. Exploring interventions that integrate parenting, gaming, and mental health is also crucial to assist in managing gaming time.

Study Design

This study employs a correlational analytical approach with a cross-sectional research design. This analytical method is utilised to investigate the relationship between the duration of online gaming and parenting styles regarding the mental health of adolescents at State High School 1 Leuwidamar, Lebak, Banten

Participants

The population subject to this research comprises all students in grades X and XI at SMA Negeri 1 Leuwidamar, Lebak, Banten, totalling 494 students. The criteria for respondents eligible for this study include students from grades X and XI who have an interest in playing online games, those who are in good health at the time of data collection, and who possess functioning devices (not damaged). Based on Slovin's formula to determine the sample size for the research with a significance level of 0.05 (5%), a sample of 83 respondents was obtained. To account for potential data loss, an additional 10% was added, resulting in a total sample size of 91 respondents. The sampling technique employed in this study is non-probability sampling using a purposive sampling method.

Instruments

In this study, the instrument employed is a questionnaire that adapts a Likert scale based on previous research, designed to collect data about the demographics of respondents, the duration of online gaming, mental health, and parenting styles. This questionnaire encompasses demographic data components, including age, gender, and class. It categorises the duration of online gaming into two classifications: "low" for durations of less than 2 hours and "high" for durations exceeding 2 hours. Regarding mental health, the questionnaire consists of 15 positive statements assessed using a scale where "Always" is valued at 4, "Often" at 3, "Sometimes" at 2, and "Never" at 1; conversely, negative statements are rated inversely, with "Never" valued at 4, "Sometimes" at 3, "Often" at 2, and "Always" at 1. Additionally, parenting styles are measured through 14 statements divided into 7 statements reflecting a democratic parenting style and 7 statements reflecting a permissive parenting style, utilising the same evaluative approach for both positive

and negative statements. The mental health questionnaire has undergone validity and reliability testing conducted by [Rosmalina and Khaerunnisa](#) (2021), while the parenting style questionnaire has been validated and its reliability tested in research by [Ayu Eka Yuni Artini et al.](#) (2019). The validity testing for the mental health instrument revealed a table R value of 0.4438 with 20 respondents, while the parenting style questionnaire exhibited a table R value of 0.3610 with 30 respondents. To assess reliability, internal consistency was measured using Cronbach's alpha, where the reliability test for the mental health questionnaire yielded a Cronbach's alpha value of 0.959, while the parenting style variable achieved an alpha r value of 0.659, indicating that the instruments can be considered reliable.

Indicator/Questions

Mental Health

1. I engage in online gaming daily.
2. I experience feelings of loneliness if I do not partake in online gaming within a single day.
3. I prioritise my academic responsibilities over engaging in online gaming.
4. When I lose, I feel compelled to play again to rectify my defeat.
5. I cease playing online games when it is time for worship.
6. I feel a sense of dissatisfaction if I engage in online gaming for less than two hours.
7. I experience enthusiasm while participating in online gaming.
8. I maintain my composure when I lose in online games.
9. I prefer engaging in online gaming rather than participating in activities with my family and friends.
10. I can control my emotions while involved in online gaming.
11. I place a higher priority on online gaming compared to other activities.

12. I feel anxious if I do not engage in online gaming within a single day.
13. I become angry if I lose while playing online games.
14. I express my frustration towards those nearby when I experience a loss in online gaming.
15. When I feel irritated with my online gaming experience, my hand reflexively strikes anything within reach.

Democratic Parenting Style

1. Parents educate their children to enhance their ability to achieve commendable academic performance.
2. Parents enforce the rules that are applicable within the household on their children.
3. Parents provide opportunities for their children to discuss their desires and aspirations.
4. Parents engage in discussions regarding all matters that affect both the children and the family.
5. Parents consistently remind their children of the importance of studying.
6. Parents inquire about their children's activities at school.
7. Parents accompany their children during study sessions and assist them in gaining a deeper understanding of the subjects.

Permissive Parenting Styles

1. Parents indulge you and tend to comply with all your desires.
2. Your parents meet the needs of a family with inadequate economic resources.
3. Parents inquire about your activities after returning home from school.
4. Parents grant you the freedom to play with friends without time constraints.
5. Parents always adhere to your opinions.
6. If you encounter a problem, your parents will entirely delegate the resolution of that issue to you.

7. Parents never demand that you become a high-achieving child.

Data Collection

The data collection process was conducted in two main stages: the preparation stage and the implementation stage. During the preparation stage, the researcher submitted a request to the supervisor for approval of the research site, followed by the submission of a formal permission letter. In the implementation stage, the researcher provided the approved letter and established a research contract with the designated institution. Respondents were then asked to sign an informed consent form, indicating their voluntary participation in the study. With the assistance of a research assistant (on behalf of Farhan), participants completed the questionnaire. Upon completion, the researcher proceeded with data processing and statistical analysis.

Data Analysis

Data analysis was conducted on two variables that were hypothesised to be interrelated, employing the Chi-Square Test. The significance level established for this study was 0.05 ($\alpha = 0.05$), corresponding to a confidence level of 95%.

Ethical Considerations

Ethical approval was granted by the Health Research Ethics Committee (KEPK) of Faletahan University for the study conducted at SMA Negeri 1 Leuwidamar, Lebak, Banten, under the ethical number: No. 302/KEPK.UF/VI/2024. In the context of secure and ethical data storage, the researchers elaborated on the procedures implemented to safeguard participants' personal information. Data security is of utmost importance, particularly when dealing with sensitive information. The use of an encrypted storage system and restricted access constitutes a critical initial step. For instance, the collected data must

be stored on a Google Drive server linked to the researcher's email, which is protected by two-factor authentication, ensuring that only the researcher can access it. Furthermore, the researchers ensure that the collected data is not only secure but also anonymised. The removal of participants' identifying information from the collected data is a vital step in maintaining privacy and preventing potential misuse of information.

In addressing potential memory bias, the researchers acknowledge that participants' recollections may be influenced by various factors, including the time elapsed since the relevant events occurred. Consequently, the researchers have designed the research instruments to account for possible memory distortions by employing clear and specific questions and allowing sufficient time for participants to respond accurately. Additionally, clarification regarding the blinding of data collectors is also a significant aspect of this research. The researchers ensure that data collection is carried out by individuals who possess no prior knowledge or biases regarding the hypotheses or variables under investigation. Thus, the data collectors are expected to perform their duties objectively and without influence from external factors that could affect the research outcomes.

Results

Table 1 presents the demographic distribution, online gaming duration, mental health status, and parenting styles among 91 adolescents participating in this study.

In terms of gender, the sample consisted predominantly of female respondents (57.1%), compared to 42.9% males. This gender distribution indicates a relatively balanced representation, allowing for the generalizability of findings across both sexes.

With respect to **age**, more than half of the respondents (54.9%) were in the early adolescent group (14–17 years), while the remaining (45.1%) were in the late teenage phase (18–21 years). This range encompasses the most vulnerable developmental period for mental and emotional fluctuations influenced by parenting and media exposure.

The findings reveal that online gaming duration is notably high among the respondents, with 71.4% reporting gaming for more than two hours daily. This aligns with national data highlighting increased screen time and its potential implications on adolescent psychosocial well-being. The small proportion (28.6%) who played less than two hours per day may represent a protective subgroup less exposed to gaming-related risks.

In terms of mental health, a concerning 52.7% of respondents reported experiencing mental health disturbances, slightly surpassing those without such issues (47.3%). This reinforces the growing public health concern regarding adolescent mental well-being, particularly in the digital age.

Regarding parenting styles, 56.0% of adolescents reported being raised under a democratic parenting approach, whereas 44.0% were subject to permissive parenting. The relatively high proportion of permissive parenting is notable, given its established association with emotional dysregulation and behavioural problems in adolescents.

Critically, the dominance of prolonged gaming habits and permissive parenting correlates with the elevated rates of mental health issues observed. These variables warrant closer attention in both clinical screening and the design of interventions. Furthermore, the nearly even split in mental health outcomes underscores the need for a nuanced understanding of mediating factors—such as resilience, peer influence, and school support systems—that may

buffer or exacerbate the effects of digital media and parenting styles.

Table 1. Characteristic Responses

Variable	Category	Frequency (n)	Percentage (%)
Gender	Male	39	42.9
	Female	52	57.1
Age	14–17	50	54.9
	18–21	41	45.1
Online Gaming Duration	≤ 2 hours (Low)	26	28.6
	> 2 hours (High)	65	71.4
Mental Health Status	Not Disturbed	43	47.3
	Disturbed	48	52.7
Parenting Style	Democratic	51	56
	Permissive	40	44

Based on an in-depth analysis of the presented data, it is evident that respondents with a low duration of online gaming exhibit highly positive outcomes in terms of mental health. Out of a total of 26 respondents, nearly all, specifically 23 respondents (88.5%), reported not experiencing any mental health issues. Only 3 respondents (11.5%) indicated the presence of such problems. This suggests that engaging in gaming for a reasonable duration may contribute to maintaining mental health stability.

Conversely, the situation is markedly different for respondents who spend extended periods playing online games. Among this group, the majority, comprising 45 respondents (69.2%), reported experiencing mental health issues, whereas only 20 respondents (30.8%) did not perceive any negative effects. These findings are particularly concerning and indicate that prolonged gaming duration may have serious implications for the mental health of adolescents.

The statistical analysis conducted revealed a p-value of <0.001, which is



significantly lower than the established alpha level of 0.05. This affirms the existence of a significant relationship between the duration of online gaming and the mental health of adolescents at SMA Negeri 1 Leuwidamar, Lebak, Banten, in 2024. Such findings cannot be overlooked, as they provide robust evidence of the negative impact associated with excessive gaming habits. Furthermore, the analysis results indicate an Odds Ratio (OR) of 17.250 with a confidence level of 95%. This implies that individuals who spend considerable time playing online games are 17 times more likely to experience mental health issues compared to those who engage in gaming for shorter durations. This figure is striking and underscores the necessity for serious attention to this issue.

The findings highlight the urgency of raising awareness regarding the negative effects of excessive online gaming. It is imperative that proactive measures are taken to educate both adolescents and parents about the importance of regulating gaming time.

Based on an in-depth analysis of the presented data, it is evident that parenting styles have a highly significant impact on the mental health of adolescents. Among the respondents raised in a democratic parenting environment, the majority—38 out of 51 respondents (74.5%)—were identified as not experiencing mental health

issues. In stark contrast, the situation for those raised in a permissive parenting style was markedly different; nearly all, specifically 35 out of 40 respondents (87.5%), reported experiencing mental health problems, with only 5 respondents (12.5%) indicating they did not.

The results from the statistical tests conducted reveal a p-value of <math><0.001</math>, which is less than $\alpha 0.05$. This indicates a highly significant relationship between parenting styles and the mental health of adolescents at SMA Negeri 1 Leuwidamar, Lebak Banten, in the year 2024. Further analysis demonstrates that the Odds Ratio (OR) reaches 20.462 with a 95% confidence level. This signifies that adolescents raised in a permissive parenting style are 20 times more likely to experience mental health issues compared to those raised in a democratic parenting environment (**Table 2**).

These findings underscore the critical importance of parenting styles in influencing the mental health of adolescents, which is a crucial aspect of their development. Consequently, there is a pressing need for greater attention from both parents and educators to implement parenting approaches that foster good mental health in adolescents.

Table 2. The Relationship Between Online Gaming Duration and Parenting Styles with Adolescent Mental Health (n = 91)

Variable	Mental Health Status	n (%)	Total (n)	P-value	OR		
Gaming Duration							
Low (< 2 hours)	Not Disturbed	23 (88.5%)	26	<math><0.001</math>	17.250		
	Disturbed	3 (11.5%)					
High (≥ 2 hours)	Not Disturbed	20 (30.8%)	65				
	Disturbed	45 (69.2%)					
Parenting Style							
Democratic	Not Disturbed	38 (74.5%)	51				
	Disturbed	13 (25.5%)					
Permissive	Not Disturbed	5 (12.5%)	40				
	Disturbed	35 (87.5%)					

Discussion

The Mental Health Condition Among Adolescents

Based on the results of the research conducted, data indicate that 52.7% of adolescents experience mental health disturbances, while the remaining 47.3% do not exhibit such disturbances. This data reflects a rather concerning reality, where more than half of the adolescents show deviations from optimal development. Such deviations can be observed in their behaviours and interaction patterns in daily life. Many respondents prefer to isolate themselves and spend time in the virtual world, particularly on social media, rather than socialising with their peers. This indicates a tendency to withdraw from social interactions, which are crucial aspects of adolescent development.

This condition is not limited to social preferences but also encompasses various deeper psychological issues. Adolescents frequently experience crises of self-confidence that can hinder their ability to complete assigned tasks. For instance, a teenager who feels insecure may procrastinate on school assignments, which can subsequently lead to a decline in academic performance. Furthermore, adolescents may experience drastic emotional changes, such as becoming easily angered or losing control, which can affect their relationships with others. In some cases, they may blame themselves for minor mistakes or feel hopeless when facing challenges, indicating that their mental health is highly vulnerable.

Disturbed mental health among adolescents is a serious issue that should not be overlooked. If not addressed appropriately, these problems can evolve into more severe pathological conditions, such as major depression or anxiety disorders. Therefore, it is essential to implement appropriate anticipatory

measures and interventions to maintain adolescents' mental health. The emotional and mental health issues experienced by adolescents can impede their ability to adapt to new environments and experiences in their lives. Previous research has indicated that emotional mental health problems encompass emotional symptoms, problematic behaviours, hyperactivity or inattention, as well as issues in relationships with peers and prosocial behaviours ([Nur Kurniawan et al., 2021](#)). This underscores that adolescent mental health is a complex issue, involving various aspects of their lives.

One significant factor influencing adolescents' emotional and mental development is the family. The family serves as the primary foundation for personality formation, behaviour, morals, and education. In this context, parenting styles emerge as one of the key elements. Positive parenting styles can create an environment that supports healthy emotional and mental growth. Conversely, poor parenting practices, such as neglect or emotional abuse, can exacerbate children's mental conditions. For example, a child raised in a family that constantly criticises and fails to provide emotional support is likely to experience issues with self-confidence and difficulties in social interactions.

Family conditions also have a significant impact on adolescents' mental health. A harmonious family, characterised by good communication and mutual support, can help adolescents feel safer and valued. In contrast, families experiencing conflict or instability, such as parental divorce or financial issues, can create additional stress that contributes to emotional and mental problems. Relationships with siblings also play a crucial role; positive interactions can serve as a source of support, while competition or conflict can add emotional burdens.

Therefore, implementing good parenting practices and creating a prosperous family environment are vital for preventing mental health issues among adolescents ([Ayu Eka Yuni Artini et al.](#), 2019).

In addition to family factors, the use of technology, particularly online gaming, can also trigger the emergence of mental health issues among adolescents. Although online games can serve as entertainment and a means of socialisation, excessive engagement can have detrimental effects. Adolescents who spend too much time playing games may experience significant behavioural changes; they may become more hyperactive and exhibit decreased concentration in their studies. For instance, an adolescent who spends hours on online games may struggle to focus during school lessons, ultimately affecting their academic performance. Moreover, the psychological impact of excessive gaming can render adolescents more vulnerable to issues such as anxiety, depression, and social disorders ([Zulkifli et al.](#), 2024).

Adolescent mental health is a complex and multifaceted issue. Data indicate that more than half of adolescents experience mental health problems, which can be attributed to various factors, including family parenting styles, environmental conditions, and technology use. It is crucial to recognise that these emotional mental issues not only impact individuals but can also affect their social and academic environments. Consequently, collaborative efforts among families, schools, and communities are necessary to create an environment that supports adolescents' mental health. Through appropriate interventions and consistent support, we can assist adolescents in overcoming mental health challenges and promote their development towards a better future.

The Duration of Online Gaming Among Adolescents

Based on the results obtained from the questionnaire responses, it was revealed that the majority of adolescents have a significant duration of online gaming, specifically more than 2 hours, with a percentage reaching 71.4%. This finding reflects the reality that adolescents engage in online gaming activities almost daily without regard for time. In the current digital era, advancements in internet technology have spawned various forms of entertainment, one of which is online gaming. Online games are not merely a source of entertainment but have also become a medium that profoundly influences human thought patterns and behaviours. Through their senses, particularly sight and hearing, adolescents can connect with a vibrant and immersive virtual world.

The development of online gaming has progressed rapidly and has become one of the most sought-after forms of entertainment, appealing not only to children but also to adults. As articulated by [Thursina](#) (2023), online games have emerged as a tangible manifestation of internet progress, offering a diverse range of games from simple to complex. For instance, games like "Fortnite" and "PUBG" not only present intriguing challenges but also create communities where players can interact and socialise. This indicates that online games are not merely pastimes but also significant social platforms for many individuals.

One fundamental characteristic of online gaming is its ability to stimulate or entice players. This results in individuals feeling excited and eager to continue playing, often for hours on end. The engaging design of games, featuring elements such as instant rewards and progressively challenging tasks, keeps players involved and motivated to achieve set targets. For example, in the game "Candy Crush," players face challenges to complete specific levels within time limits, creating a

sense of urgency and competition. Consequently, many adolescents become trapped in an unhealthy gaming cycle, often neglecting their responsibilities and daily activities, such as studying or interacting with family.

According to the data uncovered in the study, the majority of students reported having a hobby of playing online games, with play durations classified as exceedingly high, exceeding 5 hours daily. This phenomenon is not detached from the influence of the surrounding environment, where peer invitations to engage in online gaming serve as significant motivating factors. In many cases, adolescents feel pressured to participate in gaming to avoid social alienation from their peer groups ([Ramadia & Kamalia, 2019](#)). This is particularly evident among male adolescents, who tend to be more active in online gaming compared to their female counterparts. For instance, in a study conducted at a secondary school, it was found that groups of male students frequently spent time together playing games. In contrast, female students were more inclined to engage in other activities such as socialising or exercising.

This phenomenon raises important questions regarding the long-term impacts of online gaming dependency on adolescent development. Are these games merely a form of entertainment, or do they pose serious consequences that warrant attention? In many instances, online gaming dependency can disrupt daily life, leading to declines in academic performance, mental health issues, and strained social relationships. Adolescents who are overly focused on gaming often struggle to manage their time and priorities, which can culminate in stress and anxiety ([Hasibuan & Anggreni, 2022](#)). Therefore, parents and educators must understand these dynamics and seek appropriate solutions to assist adolescents in managing their time more effectively.

To address this issue, a comprehensive approach is required. Parents need to actively engage in monitoring and regulating their children's gaming time, as well as providing alternative activities that are engaging and beneficial. For example, encouraging adolescents to participate in sports or artistic activities can be an effective way to divert their attention from online gaming. Additionally, education regarding the negative impacts of gaming dependency should be provided in schools, enabling adolescents to become more aware of the limits they need to establish while gaming.

The high duration of online gaming among adolescents is a complex phenomenon influenced by various factors, including game design itself and the influence of social environments. While online games can provide entertainment and opportunities for socialisation, their potential negative impacts on adolescents' daily lives cannot be overlooked. Therefore, a collective awareness and action from parents, educators, and the community is necessary to help adolescents find a healthy balance between gaming and their real-life experiences. With the right approach, we can create an environment that supports positive development for the younger generation amidst the rapid technological advancements of today.

Parenting Styles

Based on the results obtained from the questionnaire responses, it was revealed that nearly the majority of adolescents experience a democratic parenting style, amounting to 56.0%. At the same time, almost the same proportion also experiences a permissive parenting style, with a percentage reaching 44.0%. This indicates that there remains hope for fostering a generation of youth that is emotionally and socially healthy. Parents who adopt a democratic style of parenting tend to have children who are better able to

regulate their emotions and are more prepared to face life's challenges. Conversely, permissive parenting styles may result in adolescents struggling to manage their feelings. The permissive attitude of parents, which tends to allow children to act freely without boundaries, fosters dependency and difficulties in adapting to their environments. It is crucial to understand that the parenting styles employed by parents significantly influence children's development, particularly during adolescence, which is a critical phase in character and identity formation. The democratic parenting style, characterised by open communication and mutual respect between parents and children, has a significantly positive impact on adolescents' emotional and social development. In this style, parents not only act as controllers but also as listeners and discussion partners for their children.

One of the advantages of democratic parenting is the emotional closeness that develops between parents and children. In families that adopt this style, there are typically many discussions involving opinions from both parties. For instance, when a child faces challenges at school or in social interactions, democratic parents will listen to their child's complaints and provide constructive feedback. This creates a safe and comfortable atmosphere for adolescents to express themselves, making them feel valued and accepted. Research by [Yosephine and Lesmana](#) (2020) indicates that adolescents raised in supportive and communicative environments tend to have better conflict management skills and avoid hostility. They are more capable of expressing love and affection and possess a positive self-image.

Conversely, a study by [Permana and Tobing](#) (2019) explains that permissive parenting styles employed by some parents tend to yield less favourable characteristics in children. Children raised in such an environment often become impulsive,

aggressive, and less compliant with established norms. They may feel that everything they desire can be obtained without significant effort. For example, an adolescent whose parents always indulge them may struggle when confronted with situations where they do not get what they want. This can lead to an inability to control emotions and behaviours, which, in turn, may contribute to emotional mental health issues such as anxiety and depression.

Untreated emotional and mental health issues can have long-lasting negative repercussions. Adolescents who struggle to manage their emotions may engage in deviant behaviours, such as juvenile delinquency, often triggered by a desire to rebel against authority or seek attention. [Djayadin and Munastiwi](#) (2020) explain that adolescents who feel misunderstood or neglected by their parents often experience serious inner conflicts. They may feel anxious, emotional, and unstable, which can lead to self-harming actions or harm to others.

Parenting plays a crucial role in the emotional and mental development of children. Parents who employ democratic parenting styles, on the other hand, strive to listen to and respect their children's opinions. They create a balance between individual and social development, which is vital for children's mental health. In this context, parents need to understand that listening to their children is not merely about allowing them to speak but also involves understanding their feelings and needs. Adolescents raised in unsupportive environments often experience more severe problems. The family environment, for instance, is a primary factor that can influence adolescents' mental health. If parents fail to provide the emotional support needed, adolescents may feel alienated and worthless.

Additionally, the school environment and relationships with peers also significantly contribute to adolescents'

mental health. [Bafadal](#), (2021) notes that positive social interactions can help adolescents develop the social skills necessary to function well in society. Thus, children can grow into independent, self-confident individuals who can interact effectively within their communities.

The Online Gaming Duration and Mental Health

Based on statistical analysis results, a p-value of <0.001 was obtained, which is less than α (0.05), indicating a significant relationship between the duration of online gaming and adolescents' mental health at SMA Negeri 1 Leuwidamar, Lebak, Banten. Findings from the questionnaire responses indicate that when adolescents engage in online gaming, they often express frustration towards those around them when they experience losses. Behaviours such as hitting nearby objects or uttering harsh words when feeling frustrated reflect that prolonged online gaming can affect individuals' emotional and mental states. This illustrates the negative impact of gaming dependency, where adolescents are not only influenced by the games themselves but also express negative emotions towards others. This signifies that the longer adolescents spend time playing online games, the greater the likelihood they will experience mental health issues ([Yanti et al.](#), 2019). This phenomenon warrants attention, considering the impact of digital gaming that increasingly dominates adolescents' daily lives today. Engaging in online gaming can trigger significant stress levels. For instance, adolescents who spend hours in front of screens, involved in competitive gaming, often experience high emotional pressure. This pressure can lead to mental health issues such as anxiety and depression, which in turn affect their quality of life. A report from [The Indonesia National Adolescent Mental Health Survey \(I-NAMHS\)](#) (2022) indicates an increase in

mental health problems among adolescents, one contributing factor being excessive gaming duration. Dependency or high gaming duration can lead to various mental health disorders, as when individuals focus on gaming, they begin to withdraw from their social environments. The inability to interact with others and face challenges in the real world can result in mental health issues such as depression and stress, as elucidated by ([Tias et al.](#), 2021). This withdrawal from social interactions can exacerbate adolescents' mental conditions, creating a cycle that is difficult to break.

In a study conducted by ([Fitrajaya et al.](#), 2022), it was found that children who play video games for less than two hours per day may still experience vision disturbances due to genetic factors from their parents. However, for those playing for more than two hours, vision disturbances are more frequently caused by eye strain from prolonged computer exposure. The electromagnetic waves emitted by monitors also pose potential risks to eye health. This indicates that high gaming duration not only impacts mental health but also physical health, particularly vision. Untreated emotional and mental health issues can have long-term negative impacts on adolescents' development, including character maturation and the potential emergence of emotional and mental health disorders. These disorders, in turn, can lead to increased behavioural problems later on, as indicated ([Amalia & Hamid](#) (2020).

The findings of this study are also supported by research conducted by [Surbakti et al.](#) (2022), which demonstrates a positive and significant influence of online gaming on adolescents' emotional and mental health. When adolescents engage in online gaming purely for enjoyment, they tend to have better and more stable emotional and mental states. This indicates that there is a distinction between playing games for entertainment and playing games

with more competitive or obsessive intentions. Other positive activities, such as participating in extracurricular activities, can have a more beneficial impact on adolescents' mental health. Therefore, it is essential for adolescents to find a balance between gaming and constructive social activities.

The Relationship between Parenting Styles and Mental Health

Based on the statistical analysis results indicating a p-value of <0.001 , which is less than α (0.05), it can be concluded that there is a significant relationship between parenting styles and adolescents' mental health at SMA Negeri 1 Leuwidamar, Lebak, Banten. These findings align with research conducted by [Tiwa et al.](#) (2019), which reveals that parenting styles significantly impact adolescents' emotional and mental health issues. This research emphasises that permissive parenting styles have the most substantial influence on the emergence of emotional and mental health problems in adolescents. In this context, permissive parenting styles, characterised by minimal boundaries and supervision from parents, can create an environment that does not support adolescents' psychosocial development. Permissive parenting is often marked by parents allowing children to do whatever they wish without providing clear guidance. For example, an adolescent raised in such an environment may struggle to face the consequences of their actions, leading to emotional confusion and an inability to manage stress. This can result in adolescents experiencing various mental health issues, such as anxiety and depression, ultimately disrupting their overall mental health.

Research by [Djayadin and Munastiwi](#) (2020) also supports these findings by showing that adolescents raised in democratic parenting styles do not exhibit indications of emotional and mental health

problems. In democratic parenting, parents provide space for children to express their opinions and participate in decision-making while still offering necessary guidance. This fosters higher self-confidence in adolescents, as well as the ability to resolve conflicts more constructively. For instance, an adolescent who has the freedom to express their opinions at home is likely to communicate better with their peers and resolve issues that arise in their social relationships.

Many factors influence adolescents' mental health, and parenting styles are among the most significant. A positive and supportive family environment can reinforce adolescents' emotional development. Conversely, inappropriate parenting styles can lead to serious emotional and mental health issues in adolescents. In this regard, the school environment, relationships with peers, and interactions with the community also play vital roles. For example, adolescents who feel alienated at school or have poor relationships with peers may be more susceptible to mental health issues, especially if they also experience unsupportive parenting at home.

Democratic parenting styles, as demonstrated by [Laili Duumirotin and Savira](#), (2022), contribute to adolescents' emotional maturity. In this style, parents explain the consequences of children's actions, both positive and negative, enabling adolescents to learn to manage their emotions better. For instance, if an adolescent makes a mistake, parents who employ democratic parenting will help the child understand the error and how to rectify it, rather than merely punishing them. According to [Putri et al.](#) (2025), democratic parenting is regarded as the most effective parenting style. In this style, parents value children's freedom while still providing the necessary guidance. The liberty granted is not absolute; rather, children are taught to understand

boundaries and responsibilities. For example, an adolescent allowed to participate in extracurricular activities at school but also taught to balance studying and leisure will be better equipped to manage stress and avoid mental health issues. With this approach, adolescents learn to take responsibility for their actions and develop empathy towards others.

Authoritarian parenting styles, often characterised by strict control and a lack of communication, can lead adolescents to feel pressured and deprived of the freedom to express themselves. This can result in feelings of low self-worth and profound dissatisfaction. Meanwhile, permissive parenting, although providing freedom, often fails to establish the necessary boundaries for healthy development. In both cases, adolescents are at a higher risk of experiencing emotional and mental health issues.

The importance of appropriate parenting styles cannot be overlooked, especially considering that parents are primary figures in adolescents' lives. Research indicates that adolescents raised in supportive environments, where parents employ democratic parenting styles, are generally better equipped to face life's challenges. They possess superior social skills, adaptability, and fewer mental health issues compared to those raised under authoritarian or permissive parenting styles. Good parenting serves as a robust foundation for adolescents' emotional development. During the identity-seeking phase, which adolescents often experience, they require support and guidance from parents to help them make sound decisions. If parents can provide adequate education and direction, adolescents are more likely to grow into mentally and emotionally healthy individuals. Conversely, if parents fail to provide the necessary support, adolescents may engage in harmful behaviours, both to themselves and to others. From a developmental psychology

perspective, adolescence is a critical period during which individuals begin to form their identities and values. In this process, they often face pressures from various sources, including peers, school, and social environments. Therefore, parents need to provide consistent and positive emotional support. Families that can create a safe and supportive environment will help adolescents feel accepted and valued, which, in turn, will enhance their mental health.

Relevance to Clinical Practice

School nurses and community health workers play a pivotal role in fostering a learning environment that promotes both physical well-being and optimal student development. Beyond providing health services, they act as educators and counsellors who apply up-to-date theoretical knowledge in mental health and behavioural science. Through structured psychoeducational sessions, they can effectively screen and counsel students by employing evidence-based methods and appropriate assessment tools, enabling them to identify those at risk of behavioural or mental health issues. In sessions focusing on gaming behaviour and parenting, for example, they may present real-life case studies to illustrate the detrimental effects of excessive digital gaming on students' social and emotional well-being. These sessions not only offer practical strategies for managing screen time and improving interpersonal interactions but also empower students to engage actively in their personal development. Building trust with students is essential, as a supportive and safe atmosphere encourages open communication and receptiveness to guidance. Importantly, collaboration with parents enhances the continuity of support, reinforcing school-based interventions at home. Such partnerships are vital for establishing a consistent and nurturing

ecosystem that supports the holistic mental and behavioural health of students.

Conclusion

This research demonstrates a significant correlation between online gaming duration and parenting styles with the mental health of adolescents at SMA Negeri 1 Leuwidamar. In today's digital era, the rising dependence on online gaming is compounded by challenges in parenting approaches, necessitating structured collaboration between educational institutions and families to create a mentally supportive environment for adolescents. Such a partnership may involve initiatives like regular seminars or workshops on healthy digital habits and parenting strategies, equipping parents with tools to better understand and support their children. Routine meetings between teachers and parents can further promote shared insights and foster mutual understanding regarding student development. In contrast, student participation in extracurricular activities can help reduce excessive gaming and build social skills. Within this collaborative framework, parents are encouraged to adopt democratic parenting styles, offering emotional support and cultivating open communication to help adolescents navigate psychological pressures. Future research should focus on developing effective interventions, including accessible school-based counselling and peer support programmes. By involving all stakeholders—schools, families, and adolescents themselves—a more resilient and supportive ecosystem for adolescent mental health can be established both at SMA Negeri 1 Leuwidamar and beyond.

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Dwi Agung Riyanto : Conceptualization, Methodology, Review & Editing, Funding Acquisition, Project Administration

Conflicts Of Interest

There is no conflict of interest.

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