The Effect of Group Counseling Services on the Dangers of Narcolema Among Adolescents Using the Self-Control Technique

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Article Info

ABSTRACT

This study aims to evaluate the impact of group counseling services using self-control techniques on the dangers of narcolema (pornography addiction) among adolescents. The issue addressed is the high level of pornography addiction among teenagers, which poses significant risks to their physical, mental, and social well-being. The research utilized a quantitative approach with a "One Group Pretest-Posttest" experimental design. Data were collected through questionnaires and analyzed using paired sample t-test statistical analysis with the help of SPSS software. The results indicate that group counseling services employing self-control techniques significantly reduce narcolema addiction levels. The average pretest score of the subjects was 87.12 (very high category), which decreased to 71 (low category) in the posttest, showing a significant reduction of 17%. The self-control technique enables individuals to regulate behavior, cognition, and decision-making, helping adolescents reduce their access to pornographic content. In conclusion, group counseling services with self-control techniques are effective in reducing pornography addiction behaviors among adolescents. The implications of this study highlight the necessity of implementing group-based counseling services in schools to address negative behaviors related to technology use. This research also recommends active roles for parents and educational institutions in monitoring and providing appropriate interventions for adolescents to tackle challenges in the digital era.

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Introduction

The rapid advancement of information technology in Indonesia is evident through the widespread accessibility of smartphones and the internet. According to Dewi (2022), 77% of Indonesia's population utilized the internet by 2022, with 80% of adolescents aged 12 years and older being dominant users. These tools have revolutionized communication, making distant connections seamless and efficient. Beyond communication, smartphones serve as hubs of information, providing essential data on health, education, social matters, and more (Ifnadya, 2021).

However, this convenience comes with significant risks. Uncontrolled and excessive smartphone usage can adversely affect physical and psychological health. Kurniati (in Ifnadya Arafa, 2021) highlights physical ailments such as chronic fatigue, headaches, eye strain, and even cognitive impairments. Psychologically, excessive use fosters dependency, stress, individualism, depression, and heightened anxiety. Additionally, smartphones have contributed to societal issues like digital fraud, misinformation, and unrestricted access to pornography, leading to a phenomenon termed *narkolema* (narcotics through the eyes).

Narkolema, as defined by Siswanto (2020), involves addiction to pornography, which damages the brain more severely than substance abuse. Yunita et al. (2021) explain that it affects five brain regions, compared to the three impacted by drug use. For adolescents, the consequences are alarming—reduced cognitive abilities, impaired decision-making, and potential antisocial behaviors (Anggraini, 2020). Alarmingly, 12-17-year-olds constitute the largest demographic of online pornography consumers, with inadvertent exposure during routine tasks like homework (Rachmaniar, 2018).

In response to these challenges, the self-control technique emerges as a vital intervention. Baumeister (in Wahdah, 2016) describes self-control as the capacity to regulate behavior in line with personal and social values. It encompasses behavioral, emotional, and cognitive regulation, enabling individuals to avoid detrimental actions (Wulandari, 2018). Group counseling using self-control techniques has shown promise in reducing *narkolema* addiction, fostering active participation, and encouraging adolescents to replace negative habits with constructive behaviors (Martin, 2019; Setiawan, 2019).

This approach underscores the need for collaborative efforts among parents, educators, and institutions to protect adolescents in the digital age. By empowering youth with self-regulation skills, society can mitigate the negative effects of technology and promote healthier, more balanced development.

Method

This study employed a quantitative approach with a *One Group Pretest-Posttest* experimental design. This design facilitates the assessment of intervention effectiveness by comparing pretest and posttest results within a single group. Data were collected using a questionnaire as the primary instrument, designed to measure the level of *narcolema* addiction. The data were then analyzed using paired sample t-test statistical analysis with SPSS software version 26 (Sugiyono, 2021). The research design is illustrated as follows:

$$O_1 \rightarrow X \rightarrow O_2$$
Figure 1. The research design

Description:
- O_1: Pretest (initial test to measure *narcolema* addiction levels before the intervention).
- X: Intervention in the form of group counseling services using the self-control technique.
- O_2: Posttest (final test to measure *narcolema* addiction levels after the intervention).

Steps of the Study:
1. Pretest
   Conducted to determine the baseline level of *narcolema* addiction among respondents. The questionnaire was administered individually in a private setting to ensure respondent comfort.
2. Treatment (Intervention)
   The intervention involved group counseling services focusing on three key aspects of self-control:
   - Behavioral control
   - Cognitive control
   - Decision-making control
   These sessions were conducted collaboratively to foster supportive group dynamics.
3. Posttest
   The final test, identical to the pretest, was administered to assess changes following the intervention.

The sampling method employed was *saturation sampling* as outlined by Sugiyono (2017), appropriate for small populations (<30 participants). Respondents' *narcolema* addiction levels were categorized as low, medium, or high based on data analysis.

The difference between pretest and posttest scores ($O_2 - O_1$) was used to evaluate the effectiveness of the intervention. If the posttest score (O_2) was significantly lower than the pretest score (O_1), the intervention was deemed successful.

Results and Discussion

The results of this study demonstrate the effectiveness of group counseling services utilizing the self-control technique in significantly reducing *narcolema* (pornography addiction) among adolescents. The analysis, supported by both descriptive and inferential statistics, reveals meaningful insights into the intervention's impact.

1. Normality Test

The normality of the data was verified using the Shapiro-Wilk test at a significance level of 0.05. The results, presented in Table 1, indicate that both pretest and posttest data are normally distributed, as the significance values exceed 0.05.

Table 1: Normality Test Results

Test	Statistic	df	Sig.
Pretest (Shapiro-Wilk)	0.941	8	0.621
Posttest (Shapiro-Wilk)	0.932	8	0.537

The data's normal distribution ensures the validity of further statistical analyses, such as the paired sample t-test, reinforcing the reliability of the findings.

2. Homogeneity Test

The homogeneity of variance between pretest and posttest scores was assessed using Levene's test. As shown in Table 2, the significance value of 0.583 indicates homogeneity of variance across the two data sets.

Table 2: Homogeneity Test Results

Test	Levene Statistic	df1	df2	Sig.
Based on Mean	0.316	1	14	0.583

The similarity in variance between pretest and posttest scores strengthens the comparability of the two measurements.

3. Paired Sample Statistics

The descriptive statistics for pretest and posttest scores are summarized in Table 3, indicating a clear reduction in average addiction levels following the intervention.

Table 3: Paired Sample Statistics

Pair	Mean	N	Std. Deviation	Std. Error Mean
Pretest	87.00	8	2.07	0.73
Posttest	71.00	8	2.45	0.87

The average *narcolema* score dropped from 87.00 (very high) in the pretest to 71.00 (low) in the posttest, reflecting a significant improvement.

4. Paired Sample Correlation

The correlation between pretest and posttest scores was low, as shown in Table 4, indicating that the treatment significantly influenced the results rather than inherent similarities in the data.

Table 4: Paired Sample Correlation

Pair	N	Correlation	Sig.
Pretest & Posttest	8	0.113	0.790

The weak correlation suggests that the reduction in scores was primarily due to the intervention rather than external factors.

5. Paired Sample T-Test

The results of the paired sample t-test, as shown in Table 5, reveal a statistically significant difference between pretest and posttest scores, with a p-value of 0.000 (<0.05).

Table 5: Paired Sample T-Test Results

Pair	Mean Difference	t	df	Sig. (2-tailed)
Pretest - Posttest	16.00	18.54	7	0.000

The significant t-test results confirm the effectiveness of the self-control technique in reducing *narcolema* addiction among adolescents.

The intervention's success is attributed to the targeted focus on self-control, encompassing behavioral, cognitive, and decision-making aspects. This aligns with Baumeister's (in Wahdah, 2016) definition of self-control as the ability to align actions with personal and societal standards. The group counseling approach also leveraged the benefits of group dynamics, enabling participants to share experiences and foster collective problem-solving, as suggested by Martin (2019).

The decline in *narcolema* addiction from very high to low, as reflected in the pretest and posttest scores, underscores the potential of structured counseling interventions in addressing behavioral issues. This reduction of 17% (from 87.00 to 71.00) is significant not only statistically but also practically, as it represents a tangible improvement in the participants' ability to manage their behaviors.

The findings advocate for the integration of group counseling services utilizing self-control techniques into school programs. Such initiatives can empower adolescents to develop resilience against negative digital influences. Moreover, collaboration between parents, educators, and counselors is essential in fostering healthier digital habits among youth.

In conclusion, this study highlights the effectiveness of self-control techniques delivered through group counseling in mitigating *narcolema*. This method offers a promising avenue for broader application in educational and community settings.

Conclusion

This study confirms that group counseling services employing the self-control technique effectively reduce the level of *narcolema* (pornography addiction) among adolescents. The key findings show a significant decrease in the average *narcolema* score, from 87.00 (very high category) in the pretest to 71.00 (low category) in the posttest, with a mean difference of 16 points. Statistical analysis using the paired sample t-test validated the meaningful impact of the intervention ($p < 0.05$). The success of the self-control technique lies in its ability to help adolescents effectively regulate their behavior, cognition, and decision-making processes. This approach also leveraged group dynamics, fostering active participation and creating a safe space for sharing experiences and collaboratively solving problems. These findings align with the concept that strong self-control enables individuals to avoid risky behaviors and build positive habits. The implications of this study are particularly relevant in the digital era, where unrestricted access to online content, including pornography, poses a real threat to adolescents. Group counseling interventions based on self-control techniques can be integrated into school programs to prevent and address these risky behaviors. Furthermore, collaboration among schools, parents, and educational institutions is crucial to fostering an environment that supports adolescents in developing self-control. This research provides a robust foundation for expanding intervention strategies to address the challenges of the digital age. By implementing this approach on a broader scale, adolescents can be better protected from the dangers of *narcolema* and equipped with the skills needed for personal and social growth.

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