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### Prevention of Online Game Addiction Through Increasing Self-Control

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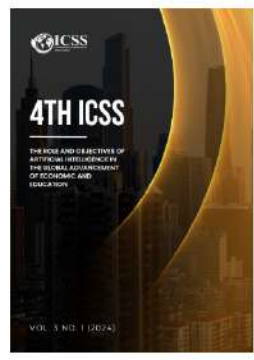
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**Abstract**

Excessive use of online games can result in negative impacts, such as an increased risk of addiction. Therefore, the purpose of psychoeducational activities is to provide understanding to junior high school students about the importance of improving self-control in using online games. Psychoeducational activities began with observation, interviews, pre-tests, and post-tests, as well as the delivery of material on self-control and online game addiction. In its implementation, it was found that as many as 20 students fell into the category of severe online game addiction, while 14 students fell into the low category. The results of psychoeducational activities showed an increase in students' understanding of self-control and online game addiction after receiving counseling.



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