

The Impact of the Mobile Legends Games on the Psychosocial Health of Children

Received: ¹Fadhil Nur Hidayat, ²Aminul Qodat

20/11/2024 ¹*Universitas Negeri Yogyakarta, Indonesia

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Published: ¹kisangga1986@gmail.com *Corresponding author)

21/12/2024 ²aminulqodat@gmail.com

Abstract

This study aims to identify the impact of the Mobile Legends Game on the psychosocial aspects of children. This study conducted interviews, observations, and documentation on children aged 10-12 years who actively play this game and their parents. This study was conducted for two months in the Gowok housing area, Sleman, Yogyakarta. The data collected were analyzed using the Miles and Huberman method. The results of the study indicate that active participation in the Mobile Legends Game impacts children's psychosocial aspects. Social acceptance and the surrounding environment in this game influence children's identity. The rules in the game can limit the exploration of children's identity and freedom. In conclusion, active participation in the Mobile Legends game impacts children's psychosocial aspects. These findings provide further understanding of the impact of this game on children, pragmatic mindsets, and internal and external factors that influence children's psychosocial elements.

Keywords: children; mobile legends; psychosocial; mental health

Abstrak

Penelitian ini bertujuan untuk mengidentifikasi dampak Game Mobile Legends terhadap aspek psikososial anak-anak. Dalam penelitian ini, dilakukan wawancara, observasi, dan dokumentasi terhadap anak-anak berusia 10-12 tahun yang aktif memainkan game ini dan orangtua anak. Penelitian ini dilakukan selama dua bulan di area perumahan Gowok, Sleman, Yogyakarta. Data yang terkumpul dianalisis menggunakan metode Miles and Huberman. Hasil penelitian menunjukkan bahwa partisipasi aktif dalam Game Mobile Legends memiliki dampak terhadap aspek psikososial anak. Identitas anak dipengaruhi oleh penerimaan sosial dan pengaruh lingkungan sekitar dalam game ini. Aturan dalam game dapat membatasi eksplorasi jati diri dan kebebasan anak. Kesimpulannya, partisipasi aktif dalam game Mobile Legends berdampak pada aspek psikososial anak. Penemuan ini memberikan pemahaman lebih lanjut tentang dampak game ini terhadap anak-anak, pola pikir pragmatis, dan faktor-faktor internal serta eksternal yang mempengaruhi aspek psikososial anak.

Kata kunci: anak-anak; mobile legends; psikososial; kesehatan mental

Introduction

Online Game enthusiasts in Indonesia have reached a significant number, as recorded by the Central Statistics Agency (BPS) in 2014. The data reveals that the Online Game industry in Indonesia has a market value of 400 million rupiah per year. Most of this industry is dominated by publishers from countries such as America,

Singapore, Korea, and China. Currently, around 248 online game titles are still available in Indonesia. However, in 2015, only 93 titles were still active and in demand by players. Every year, the number of Online Game players increases by 5-10%, along with the development of technology and the increasing internet use (Kolipah & Devy, 2017). Online games can be accessed using digital devices that require internet access (Gonçalves et al., 2023). Online games are applications of several genres with specific rules and levels (Blumberg et al., 2019).

One of the current phenomena is the involvement of children in team-based online games, such as Mobile Legends. This game entertains and requires cooperation, strategy, and social interaction between players (Murni et al., 2024). However, behind its popularity, this game also raises concerns about its impact on children's psychosocial development, especially in elementary school age, where their emotional and social development is crucial (Ong et al., 2023). Based on an initial interview with one of the children who is the leader of the squad in the mobile legends game, it was said that the Mobile Legends Bang-bang (MLBB) game had a reasonably good influence on them because of the feeling of joy when playing, especially if they get a winning streak (Winstreak). Still, if they meet a difficult team or experience a losing streak (Lostreak), it will give them an increasing sense of sadness. Playing the game in one match takes approximately 15 minutes to 20 minutes, regardless of the opponent facing it. Looking at the results of the initial interview, playing the Mobile Legends game raises the players' curiosity and psychological satisfaction, thus increasing their interest in playing. Addiction to the Mobile Legends Game is a type of addiction related to the use of internet technology, known as internet addiction disorder (Fitri et al., 2018).

Mobile Legends Game players are usually dominated by students, ranging from elementary school, junior high school, high school, college students, and even adults (Muna et al., 2024). Students who often play Mobile Legends Games will cause themselves to become addicted. Addiction to playing Mobile Legends Games will have a negative impact, especially in terms of academics and society. Even Mobile Legends Games significantly impact the development of children or a person's soul (Amran et al., 2020; Muna et al., 2024). This is also following research from Kishimoto, which shows that the impact of self-esteem on playing time has the largest patch coefficient. Surprisingly, self-esteem has no significant effect on satisfaction (Kishimoto, 2021). In general, addiction to the Mobile Legends game has an impact on the psychosocial development of adolescents, especially elementary school children. This is because when entering the age mentioned, adolescents' thinking is more influenced by the socio-emotional factors they have at that time (Desi et al., 2020). The impact of this game is that children become less social with their surroundings, less communicative with family or siblings, and less concerned with their friends. The effects on health are also very much, namely sore eyes, emotions, being easily offended, and not wanting to listen to the advice given by parents (Santi et al., 2021). Along with the rapid development of technology, games have also experienced significant developments,

along with technological advances also bringing changes that have quite an impact on Psychosocial among students (Gong et al., 2024; Prawiradilaga, 2016).

The development of technology in the digital field, especially in internet programs, from another perspective, the use of internet technology provides benefits for individuals by providing convenience in finding information, establishing relationships with friends, and providing entertainment through various activities such as playing games, watching videos, and listening to music (Gong et al., 2024; Nugraini & Ramdhani, 2017). From a different perspective, excessive and uncontrolled use of technology can cause negative phenomena, such as addiction to playing video games excessively and other detrimental behaviors (Gonçalves et al., 2023). Technological developments have also made old-school games increasingly challenging to find or practice because they have been replaced by the Mobile Legends game (Muna et al., 2024; Murni et al., 2024). The emergence of the Mobile Legends game impacts children's psychosocial development.

Based on Erik Erikson's psychosocial theory, children aged 10–12 years are in the *industry vs. inferiority* stage, the fourth of eight stages of human development. At this stage, children strive to develop a sense of competence through their success in daily activities at school, at home, and in social interactions (Abd-Rabbo & Nasrallah, 2024; Neimneh, 2024). Mobile Legends, a team-based game that requires cooperation and competition, allows children to test their skills, such as problem-solving, strategy, and collaboration (Husna et al., 2024; Amanda et al., 2024). Children who succeed in this game can develop a sense of self-confidence and competence, strengthening their positive identity. Conversely, children who experience failure or receive criticism from the team tend to feel dissatisfied, leading to feelings of inferiority (Nagygyörgy et al., 2013; Utami, 2024).

Furthermore, Mobile Legends games have a complex influence on children's time balance and priorities. Playing time often impacts other obligations, such as studying or social activities in the real world (Husna et al., 2024). Children who cannot manage their time well may face difficulties completing academic tasks or maintaining social relationships, which ultimately contributes to low self-esteem (Melvin & Suwarno, 2023). However, for children who can manage their activities in a balanced way, this game can develop constructive social and emotional skills, such as effective communication, leadership, and tolerance for defeat (Fauzi & Rusli, 2024).

Based on the description above, this study aims to identify the impact of the mobile legends game on the psychosocial aspects of adolescents and children. Although this game is already popular among the general public and has received considerable attention, seeing its broad influence, it is essential to explore how the Mobile Legends game affects the psychosocial development of children in the context of Erik Erikson's theory. Thus, this study focuses on conducting a deeper exploration of the mobile legends game on adolescents and children's social and psychosocial behavior. In addition, this study will also expand the understanding of the relationship between the Mobile Legends game and the psychosocial aspects of adolescents and children by looking at the factors that influence social interaction, aggressive behavior,

impulsiveness, and addiction in adolescents and children. This study is expected to profoundly contribute to the impact of the Mobile Legends game on the psychosocial aspects of adolescents and children. The results of this study are also helpful as a basis for setting appropriate policies and interventions to support children's growth and development, and these dynamics are not only relevant for parents and educators. Still, they can also be a reference for encouraging healthy games and supporting positive child development.

Research Method

This study uses a qualitative descriptive method to analyze the impact of online games on children's psychosocial based on Erik Erikson's theory. The qualitative descriptive approach was chosen because it aims to explore in-depth children's experiences, behaviors, and views related to the use of mobile legends games and their implications for their psychosocial aspects. Data collection techniques involve in-depth interviews, participatory observation, and document studies to understand better the phenomenon being studied. The study subjects consisted of 5 children who were members of a mobile legends game squad aged 10-12 years and the parents of the children in the team, with regular and monitored online gaming activities. The study was conducted over 3 months and included observations of playing patterns, social interactions, and the influence of online games on their daily lives. The study was conducted in Sleman, Yogyakarta, due to its accessibility and relevance as one of the areas with high technology penetration among children.

Informants in research This was selected using purposive sampling, which allows researchers to determine informants based on specific criteria relevant to the focus of the study. These criteria include children with experience playing in a team or squad and caregivers interacting directly with children in the environment. The data collection process focused on exploring the experience of playing online games, their influence on children's daily lives, and their interactions in the family, school, and social environments. In this approach, in-depth interviews are the primary method for exploring the subjective views of children and other informants. At the same time, participant observation is used to observe children's behavior directly in certain situations, both when playing games and in social activities. To ensure the validity of the data, researchers used source triangulation. Data analysis was carried out using the Miles and Huberman model, which includes four steps: data collection based on interviews and observations, data reduction by entering core information into tables, data analysis, data presentation, and conclusion. Researchers form patterns and look for similarities between existing categories (Creswell, 2017). Data collection instruments based on Psychosocial Indicators can be seen in Table 1.

Table 1 Psychosocial Indicators

Ericson's Psychosocial Stages	Research Indicators	Measurement Aspects
Industry vs Inferiority	Discipline and responsibility	Children's ability to manage play time and obligations
	Confidence	Level of self-confidence in school or social environment
	Social competence	The ability to establish social relationships in the real world
	Emotional resilience	Response to criticism or failure, both in-game and in real life
Supporting aspects	Playtime	Total time spent playing online games
	Dependence	The level of need to play games to the point of neglecting other activities
	Finance	The level of expenditure or costs incurred by children in participating in various events in the Mobile Legends game

The collected data will be analyzed descriptively and interpretively to gain a deeper understanding of the impact of the Mobile Legends game on the psychosocial aspects of children and adolescents. By using purposive sampling and involving a solid squad, this study ensures that the data obtained reflects group dynamics and interpersonal relationships during the mobile legends game. This approach provides an in-depth picture of the pattern of psychosocial impacts that arise over three months so that it can enrich the analysis in the context of children's psychosocial development according to Erikson's theory.

Results

Understandably, Mobile Legends is a game specifically intended for smartphones. This game involves two teams: the own and the enemy. The main goal of both teams is to destroy all enemy buildings while defending their buildings from being taken over by the enemy. The results of the interview analysis and participatory observation can be seen in Table 2.

Table 2 Results of interview analysis and participatory observation

Research Indicators	Results
Industry Vs Inferiority <ul style="list-style-type: none"> - Discipline and responsibility - Confidence - Social competence - Emotional resilience 	<p>Children spend more time playing and are more worried about losing in games than studying, which results in neglecting their obligations.</p> <p>Lack of self-confidence if dominated by defeats in the game and more frequent crying (unstable emotions), but if they have a winning streak (win streak), they will be cheerful. This also impacts the real world in terms of social interaction and the school environment.</p> <p>They are more silent at home and do not like to interact with parents or neighbors when focusing on playing games. If disturbed, it will cause a verbal or physical commotion (anger). Active communication is only with the squad (group in the game), and when playing the game, when meeting a difficult opponent, they will say rude words as a habit (negative reflex).</p> <p>When the game experiences a losing streak (Lost Streak), the emotional level increases, causing a commotion, which can be high-pitched speech or other rude behavior, such as slamming the smartphone (Toxic Relationship).</p>
Other aspects	
<ul style="list-style-type: none"> - Playtime - Dependence - Finance 	<p>Most children spend an average of 8-9 hours playing time per day; on holidays, it can reach 12 hours per day.</p> <p>When the game experiences a losing streak (Lost Streak), the emotional level increases, causing a commotion, which can be high-pitched speech or other rude behavior, such as slamming smartphones (Toxic Relationship). This also causes excessive dependence between them.</p> <p>If the prizes are attractive at certain events in the game, you will top up the diamonds used to buy items, sometimes spending up to around 500,000 rupiah per event.</p>

Discussion

The impact of MLBB game addiction on children's development of competence vs. sense of inferiority

MLBB is a MOBA game that is starting to be popular because it allows many people to play in one match and requires strategy. In Mobile Legends, there are two teams with a total of 10 players. Each team consists of five players, the red and the blue teams. This game is an online team versus a team battle (Chan, 2020). Players must destroy enemy towers gradually. In addition, this game also involves fighting tiny monsters to get coins that can later be used to buy items that can defeat enemies. If the player manages to collect items and reach the maximum level, the enemy will lose the fight. Therefore, keeping the enemy from dying quickly and not having the opportunity to gather resources (farming) is an opportunity to achieve victory (Utami et al., 2022).

Based on data from participant observation and interviews, this game is played online, and the frequency of playing plays a vital role in shaping children's social personality. The analysis results in Table 2 show that playing Mobile Legends influences the psychosocial development of children aged 10-12 years. Namely, it can help children develop a sense of competence, especially when they succeed in winning a match or achieving a certain rank. Children feel appreciated by their squad members, strengthening their self-confidence and ability to face challenges. This can be seen from the form of communication between children via the MLBB squad group on their WhatsApp application in Figure 1.

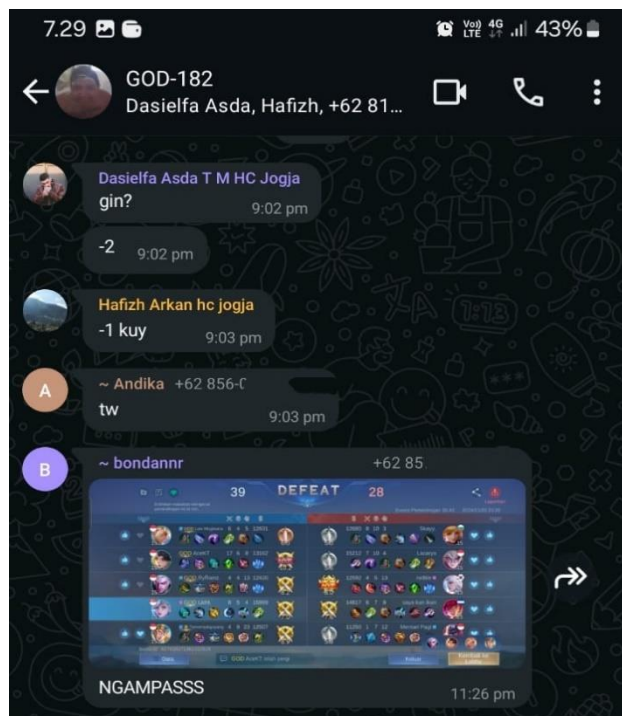


Figure 1 Forms of communication between children in private WhatsApp groups

Game-playing activities have an impact on children's psychosocial aspects. Overall, playing is an essential activity in development and growth. Playing should be done on the child's initiative and decision and done with joy. Playing related to fun play activities will undoubtedly result in an effective learning process for children. Through play, children can learn through experience with materials, objects, interactions with other children, and adult support, all of which contribute to child development (Anisa et al., 2022). Related to Erikson's fourth stage of psychosocial development (industry vs. inferiority) (Abd-Rabbo & Nasrallah, 2024), This stage is characterized by the child's need to feel competent and appreciated for their efforts, especially in their social environment, playing games can be a means of developing social skills such as cooperation and competition, however, children who often experience defeat or are not recognized for their contributions by the team tend to feel inferior (inferiority) (Muna et al., 2024; D. P. Utami, 2024). This is exacerbated if the child faces criticism or ridicule from his playmates (Fauzi & Rusli, 2024; Husna et al., 2024). Therefore, the role of parents and companions is significant in ensuring that the gaming experience supports children's positive social development.

Playing is the best way for children to develop their skills. In addition, playing helps children understand themselves, other people, and their environment (Moon-Seo et al., 2024). During play, children focus their energy on their chosen activities, thus encouraging their development. In terms of language, play is defined as a direct or spontaneous activity where a child interacts with people and objects around him, done happily, of his own free will, using his imagination (imaginative), and involving the five senses and limbs (Beisly, 2024; Lubis, 2019). Through play, a child can gain new knowledge and experiences and fulfill new needs. The game is an activity carried out for entertainment or pleasure, which involves specific rules so that some players win and others lose (Kolipah & Devy, 2017, p. 105; Pollarolo et al., 2024).

Online games are a technology that covers various genres, functioning as a mechanism to connect players through specific rules and games. These online games can be played in multiple forms that utilize the internet network (Surbakti, 2017, p. 30). Initially, online games were used for entertainment and fun (Rosyati et al., 2020). Online games provide entertainment and reduce boredom due to a busy study schedule or when completing assignments given by teachers. By playing online games, students can feel the joy and relieve the stress they experience. This is due to the desire that arises from within them to play games and enjoy the experience (Amran et al., 2020). Initially, online games were mainly war or airplane simulation games originally developed for military purposes but later released and commercialized. These games inspired the development of other games (Kustiawan et al., 2019, p. 8). Mobile Legends Bang Bang is a game specifically designed for smartphones, but the game can also be played on PC/Laptop (A. T. Utami et al., 2022, p. 902). Mobile Legends is a game specifically created for smartphones. MLBB, as an online game model, is a multiplayer battle arena (MOBA) that has similarities to Dota II, where strategy is used to achieve victory in a five-on-five battle with the enemy team (Wijaya & Paramita, 2019, p. 265). This game has three lanes reinforced with tower animations to win the match by destroying the enemy's central tower using the hero chosen by the player. Currently, the MLBB game is popular among the public and has a variety of fans, from children to adults, regardless of age (Rani et al., 2020, p. 7). This can be seen in Figure 2.



Figure 2. Screenshot of children's games over time

Furthermore, based on participatory observation with informants, as in the picture above, in addition to increasing competence and feelings of inferiority and children's social skills, children's psychosocial changes can also be seen from changes in children's emotional resilience. Children who actively play show varying levels of emotional resilience; children who can accept defeat well show healthy emotional development, according to the industrial stage. Conversely, children who are easily frustrated or angry when losing in a game show an inability to manage stress, hindering their psychosocial development.

Implications of MLBB dependency on children's psychosocial well-being and the role of parents

Based on Erik Erikson's theory, the impact of Mobile Legends on children's psychosocial development at this stage depends on the extent to which children can achieve a balance between a sense of competence and a sense of inferiority. This game has the positive potential to help children build self-confidence and social skills. Still, it can also reinforce feelings of inferiority if children do not get recognition or support in playing. Therefore, the role of parents and educators is significant in guiding children to play wisely and still pay attention to academic tasks and social interactions in the real world (T'ng et al., 2023).

In this game, there are two teams: our team and the opposing team. The goal is for both teams to destroy all enemy buildings while keeping their own team's buildings from being destroyed by the enemy. Each team fights with the intention of winning the game by eliminating the enemy and fighting each other. The player's task is to destroy each enemy tower, with each lane having three towers. The last tower, located at the top near the enemy base, is the main target for victory. Mobile Legends game requires tactics and strategies to achieve these goals. The game has a layout consisting of three main animation paths: the top, middle, and bottom, usually followed by the created characters, known as minions. Minions function to help defend buildings and fight enemies.

Based on Table 2, it can be described in general that playing MLBB has positive and negative impacts. The positive effects are adding friends, mastering computerization or mobile phones, making money, and being able to entertain yourself. While the negative impacts that arise from playing *MLBB games* in general (Kolipah & Devy, 2017), namely:

- a. Financially, individuals who always play will waste money by spending it to buy additional features or diamonds so that their game account continues to grow.
- b. Time Aspect: The Mobile Legends Game usually makes its players forget the time because of its nature, which is continually updated or renewed, such as updating game levels, adding levels, adding experience, and so on. The individual feels addicted to always playing until they forget the time to study and even worship because the individual's feelings feels like they want to keep playing it.
- c. Social, making relationships with peers and family feel strained because time together is significantly reduced. Interactions are also only done in cyberspace, so they are isolated from peers and the environment. Behavior changes to be violent and aggressive because it is influenced by what is played in the game.

Another impact of addiction to the mobile legends game, which is one of the online games that is already known to the general public, can undoubtedly cause dependence that has an impact on neglecting real life. This is a problem for players who need self-control. Playing games excessively can cause isolation, where they focus too much on the game and forget about relationships with the surrounding environment. Addiction to playing can hurt mental health (Vornhagen et al., 2023). Excessive gaming behavior can also change mindsets and affect a person's psychological balance (T'ng et al., 2023).

Some of the problems that occur are related to the psychosocial aspects put forward by Erikson in the fourth stage, namely the stage that lasts around the age of 5-12 years. This concept refers to individual development involving emotional, motivational, and personal aspects, as well as changes in interaction (Almeida & Lomônaco, 2020, p. 241). The term psychosocial refers to social aspects that involve individual psychological factors. Therefore, psychosocial development is a process of human psychological development that depends on interactions with others (Drury et al., 2019, p. 2).

Erikson identified eight stages of psychosocial crisis that individuals experience throughout their lifetime. Each stage involves psychosocial conflicts that must be resolved. This lifelong development consists of eight stages, where each stage has values that contribute to forming a positive or negative character and developing aspects of individual weaknesses. This causes negative behavior to dominate individual growth (Habsy et al., 2024). Erikson believed that each crisis stage has an essential virtue that individuals gain when they successfully resolve the conflict in that crisis stage (Nehru, 2020). However, failing to achieve these values can reduce their ability to determine the next crisis stage. The stages of crisis include; 1) Trust vs. Trust, 2) Autonomy vs. Shame & Doubt, 3) Initiative vs. Guilt, 4) Industry vs. Inferiority, 5) Identification vs. Role Confusion, 6) Intimacy vs. Isolation, 7) Generativity vs. Stagnation, 8) Ego Integrity vs. Despair (Abd-Rabbo & Nasrallah, 2024).

In addition, at this time, psychosocial development is at the Industry vs. Inferiority stage, where they begin to establish relationships with new experiences. Middle and late-childhood children focus on mastering knowledge and intellectual skills (Rizki, 2024). At this stage, the child's social environment extends from family to school so that all parties, such as parents, teachers, and peers, have an essential role. Parents need to be encouraged, teachers must pay attention, and friends must accept their presence (Abd-Rabbo & Nasrallah, 2024; Moon-Seo et al., 2024; Rizki, 2024).

If children at this age are not appropriately treated or considered incapable, this can trigger feelings of inferiority, namely, being unable to compete or being unproductive (Abd-Rabbo & Nasrallah, 2024; Moon-Seo et al., 2024). Children are also very active in learning about their environment and believe they can do something according to their abilities. However, limited knowledge and skills often make children face obstacles or failures (Husna et al., 2024). Therefore, parents need to help children develop the ability to work hard and prevent feelings of inferiority.

Then, based on an interview with RS as one of the child's parents, he said, "The use of cellphones to play MLBB games by children is like a double-edged sword. On the one hand, this activity can benefit children's development. Still, on the other hand, it also has the potential to bring negative impacts that endanger their character development. The positive effect can be seen from the attitude of competence that arises and the various abilities to understand each other's friends in the game, which positively impacts children's social skills. On the negative, children sometimes don't want to be kept away from cell phones and emotions that are less controlled.

In this regard, parents need to be careful because many of them contain elements that are not suitable for children. Choosing educational games is a wise step to support children's growth and development more positively (Pongpalilu et al., 2023). Each parent has a way of preventing children from becoming addicted to playing games. Prevention efforts are carried out with an approach that children readily accept. One step that can be taken is to be firm by prohibiting children from playing if the duration is too long, including taking away the child's cell phone to stop playing activities (Hermawan & Abdul Kudus, 2021). Even so, parental firmness must still be accompanied by a wise approach. Children tend to learn and imitate what they see, especially their parents' behavior, because the family is one of the main factors in forming a child's character. Parents significantly influence children's moral development, considering that children often view them as ideal role models. Whatever parents do, children are likely to imitate (Munawaroh et al., 2024).

One of the obstacles faced by parents in preventing online gaming addiction is the inability of children to understand the advice given. Playing online games has affected children's parenting and behavior, often causing deviant behavior associated with addiction (Muna et al., 2024; Munawaroh et al., 2024; D. P. Utami, 2024). According to Dr. Jenny Radensky, children cannot learn effectively from videos or virtual worlds compared to direct interaction in the real world and their surroundings. Optimal learning for children occurs through authentic experiences that involve touch and direct involvement (Yanti et al., 2024).

Game addiction can make children feel restless when kept away from the gadgets used to play, spending most of their time on these activities. As a result, closeness with parents decreases, children become more introverted, and their brain development can be disrupted (Muna et al., 2024; A. T. Utami et al., 2022). Therefore, the role of parents is significant in accompanying children. Parents need to set clear boundaries regarding when children can play online games and the duration allowed to balance children's activities.

Based on the discussion above, the results of this study provide findings that children and adolescents who are addicted to online games in the form of mobile legends games will have a significant impact significantly negative influences in their psychosocial realm according to the fourth stage in Erikson's theory, as explained some of these children will spend their time playing games, stimulating emotional outbursts, spending money to get items in the game, and influencing their social character in

society. Therefore, this study can be further developed in the future because there are certain limitations to informants, as well as the time and location of the study.

Conclusion

From the results of this study, it can be concluded that active participation in the Mobile Legends Game significantly impacts the psychosocial aspects of children and adolescents. This game influences adolescent identity through a sense of acceptance of social activities and the influence of the surrounding environment. The rules in the game can be a barrier for adolescents who are in the process of finding their identity. And freedom. In addition, this game also impacts the pragmatic mindset of adolescents, where they tend to only pay attention to momentary pleasure without considering the overall purpose of life. Internal factors such as personality weaknesses and lack of understanding of the purpose of life also play a role in the impact of this game on children.

On the other hand, external factors such as disharmony in parental relationships and negative peer influences also contribute to the psychosocial impacts of late-stage adolescents who play the MLBB (*Mobile Legends Bang-bang*) game. Therefore, this study provides insight into how games can affect children and adolescents psychosocially. The results of this study can be used as a basis for appropriate development in supporting the psychosocial health of children involved in games. To minimize the negative impacts, parents, schools, and the community must play an active role in adequately understanding game use, developing an awareness of identity and life goals, and promoting a balanced mindset in adolescents. This collaborative effort is expected to help adolescents face the psychosocial challenges that arise in the context of mobile games.

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