



## Sociology of Education

### The Effectiveness of Short-Term Cognitive Behavioral Therapy on Aggression in Male Adolescent with PUBG Game Addiction

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#### Abstract

**Purpose:** Aggression in male adolescent is a common phenomenon and addiction to electronic games can increase their aggression. Therefore, the present study was conducted with the aim of determine the effectiveness of short-term cognitive behavioral therapy on aggression in male adolescent with PUBG game addiction.

**Methodology:** This research in terms of purpose was applied and in terms of implementation method was semi-experimental with a pretest-posttest design with a control group. The research population was male adolescent referred to the computer game clubs of Sari city in 2021 year, who among them number of 30 people after checking the inclusion criteria were selected as a sample with the purposive sampling method and by simple random method with the help of lottery were assigned into two equal groups (each group 15 people). The experimental group received eight sessions of 90 minute for two months (one session per week) the short-term cognitive behavioral therapy based on Stark and Kendall's model (1996), and during this period the control group did not receive any training. The research tools were included the D'Souza et al's PUBG addiction test (2019) and the Buss and Perry's aggression questionnaire (1992), which their psychometric indicators were appropriate and desirable. Data were analyzed by univariate analysis of covariance method in SPSS version 26 software.

**Findings:** The findings of the present research showed that there was a significant difference between the experimental and control groups in terms of aggression in male adolescent with PUBG game addiction. In the other words, short-term cognitive behavioral therapy reduced aggression in male adolescent with PUBG game addiction ( $P < 0.001$ ).

**Conclusion:** According to the results of the present research, i.e., the effectiveness of short-term cognitive behavioral therapy on reducing aggression in male adolescent with PUBG game addiction, to reduce emotional problems of adolescents such as aggression can be used short-term cognitive behavioral therapy along with other treatment methods.



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## Detailed abstract

**Purpose:** The electronic games are among the entertainments of present today children and adolescent, and the main audience of these games are adolescent. The acceptance of this age group from the electronic games has made their usage and social consequences an important issue to be investigated. These attractive and exciting games keep adolescent in front of the screen for hours, take them from the world of reality to the world of imagination and play an important role in shaping their personality and culture. In recent years, the expansion of the use of electronic games and their addiction has become one of the main concerns of parents, professionals and officials of health institutions. Addiction to these games means dependence on the game and the inability to control them, which leads to disturbance in the natural cycle of life and academic, occupational and social performance, and this addiction like other addictions has symptoms such as tolerance, relapse and behavior change. Although electronic games have positive characteristics such as being educational and filling free time, but have been introduced for them many harms such as aggression and violence, obesity and inactivity, isolation and loneliness, physical injuries, etc. Also, 75 to 90 percent of children and adolescent use these games, and signs of addiction are observed in 2.7 to 11.9 percent of them. Adolescence is a period of social, psychological, behavioral and physical changes at the same time, which can cause an increase in aggression in them and has adverse effects and consequences on a person's internal states and interpersonal behaviors. Aggression is a conscious behavior whose purpose is to inflict direct and indirect physical or psychological pain and suffering on others. One of the treatment methods for improving psychological and emotional characteristics which accounts for a significant percentage of treatments is a short-term cognitive behavioral therapy. Cognitive-behavioral therapy is an organized method resulting from the combination of cognitive and behavioral therapies, which has the advantages of both treatment methods and emphasizes both cognitive reconstruction and coping skills training to achieve self-help and self-management. This treatment method is originally designed to overcome emotional issues and is based on the assumption that people impact their psychological problems and their symptoms by the way they interpret events and situations. In the other words, based on this approach, cognitions, behaviors and emotions impact each other significantly and have a cause and effect relationship. The reasons of the effectiveness of cognitive behavioral therapy on improving various characteristics include dynamism, participation, directness and short-termism with emphasis on improving interpersonal skills, coping skills and mastering the main skills for daily life. In cognitive behavioral therapy, a person is encouraged to consider the relationship between negative spontaneous thoughts and feelings of depression and anxiety as hypotheses that must be tested, and uses the behaviors that are the result of negative spontaneous thoughts as a criterion to evaluate the correctness of those thoughts. Few researches have been conducted about the short-term cognitive behavioral therapy method and no research was found that investigated its effectiveness on adolescent aggression. Another important point is that, as mentioned above and the research background, the results of researches about the effectiveness of cognitive behavioral therapy on aggression are different, and sometimes the results of researches indicate its effectiveness and sometimes they indicate its lack of effectiveness, which needs more research to be summarized in this field. Aggression in male adolescent is a common phenomenon and addiction to electronic games can increase their aggression. Therefore, the present study was conducted with the aim of determine the effectiveness of short-term cognitive behavioral therapy on aggression in male adolescent with PUBG game addiction.

**Methodology:** This research in terms of purpose was applied and in terms of implementation method was semi-experimental with a pretest-posttest design with a control group. The research population was male adolescent referred to the computer game clubs of Sari city in 2021 year, who among them number of 30 people after checking the inclusion criteria were selected as a sample with the purposive sampling method and by simple random method with the help of lottery were assigned into two equal groups (each group 15 people). The

inclusion criteria were included male gender, addiction to PUBG game and scoring less than 102 in the relevant test, age of 15 to 17 years, not suffering from physical diseases and not participating in other counseling and treatment sessions at the same time. Also, the exclusion criteria were included absence of more than two sessions and refusal to continue cooperation. The experimental group received eight sessions of 90 minute for two months (one session per week) the short-term cognitive behavioral therapy based on Stark and Kendall's model (1996), and during this period the control group did not receive any training. The research tools were included the D'Souza et al's PUBG addiction test (2019) and the Buss and Perry's aggression questionnaire (1992), which their psychometric indicators were appropriate and desirable. In the present study, the face validity of the PUBG addiction test and the aggression questionnaire were confirmed by 10 experts from the psychology department and their reliability was obtained by Cronbach's alpha method 0.876 and 0.902, respectively. Data were analyzed by univariate analysis of covariance method in SPSS version 26 software.

**Findings:** The findings of the present research showed that there was a significant difference between the experimental and control groups in terms of aggression in male adolescent with PUBG game addiction. In the other words, short-term cognitive behavioral therapy reduced aggression in male adolescent with PUBG game addiction ( $P < 0.001$ ).

**Conclusion:** According to the results of the present research, i.e., the effectiveness of short-term cognitive behavioral therapy on reducing aggression in male adolescent with PUBG game addiction, to reduce emotional problems of adolescents such as aggression can be used short-term cognitive behavioral therapy along with other treatment methods. The results of this research have many applied implications for the officials and planners of counseling centers and psychological services and addiction treatment clinics, and they based on the results of this study can use psychological treatments such as short-term cognitive behavioral therapy along with biological treatments.