

ABSTRAK

Designing *Visual journaling* as an Educational Media on the Impact of *Online Games* on Teenagers in Banyumas

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Online game addiction is a mental and social problem that is currently often experienced by teenagers, due to excessive playing time which leads to impacts on physical health, mental health, and social issues. In Banyumas, education regarding the impacts of *online games* is still rarely conducted and there is no media owned by the Banyumas District Health Office to address the issue of *online game* addiction. Therefore, the 'Level Up' book media is designed as an interactive medium that can attract teenagers. This study aims to design *Visual journaling* 'Level Up' as an educational medium that helps teenagers reduce *online game* addiction and develop productive habits. The methods used include literature studies, observations, and interviews with psychologists, as well as a visual design approach with *RPG* elements and 21 days of *journaling* activities. Based on the data collection that has been conducted in this research, it is hoped that an engaging and interactive *Journaling* media can enhance adolescents' self-awareness regarding *game* usage and encourage behavioral changes towards a better direction.

Keywords: *Visual journaling*, adolescents, gaming addiction, education, communication design, self-reflection