

# **EFFECTIVENESS OF COGNITIVE BEHAVIORAL THERAPY IN ADOLESCENTS WITH INTERNET ADDICTION: A SYSTEMATIC REVIEW**

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## **Abstract**

The iceberg phenomenon of internet addiction in adolescent is now increasingly worrying. One of the efforts made to reduce the impact adolescent internet addiction is by rehabilitating teenagers' thoughts and behavior through counseling or therapy. The internet addiction rehabilitation technique used in teenagers is thought and behavior therapy or cognitive behavioral therapy. This systematic review aims to examine the effectiveness of cognitive behavior therapy in recovering from internet addiction in adolescents. A systematic review was carried out on the Science Direct, Proquest , Scopus, Sage Journal and Springer Link databases with searches carried out between September-November 2023. Articles were filtered according to the inclusion criteria in the form of full text articles, in English, and published between 2015 and 2023. The articles were critically assessed using criteria from the Joanna Briggs Institute (JBI). The initial search results obtained 3,793 articles, and after filtering using inclusion criteria, 10 articles were obtained that met the aim of the article review. Based on the 10 articles that have been reviewed, it was found that cognitive behavior therapy has been proven to be effective in recovering from internet addiction in adolescent. Cognitive behavioral therapy must be well designed by providing support to adolescent and instilling positive behavior to help clients of internet addiction recurrence.

**Keywords:** addiction, cognitive behavioral therapy, internet, teenagers

## **INTRODUCTION**

It's fast development technology and information be marked with increasing use of gadgets in society (Ridhani, 2017). In a survey conducted by the Central Statistics Agency (BPS) from results data collection In Susenas 2021, 62.10% of Indonesia 's population has access the internet. At this time Internet use is becoming more widespread, no only in the country forward , but Also country develop including Indonesia. On generally individual to access online can to be very productive , but the use of the internet is compulsive can influential disadvantages, work And connection in family . If individual feel more comfortable with friends online than with friends in the real world, or adolescent. No can withhold away from playing *games online* or open *smartphones* or *gadgets* others , then there is possibility experience internet addiction

. Measuring internet addiction can be done on someone who uses it excessive internalization and lasts at least six months (Jap et al. , 2015 ).

One of the groups age Which can experience Internet addiction is adolescent. According to APJII 2023, adolescent total population (13-18) internet users in Indonesia amount to 215 million people where amount, this increased 1.17% of in 2022, namely 210 million people. Adolescent is on social environment which all internet, like 84% user YouTube , 61% of users TikTok , 58% of users snapchat , 56% of Instagram users , 34% of users Facebook , 33% of users twitter , 27% of users pinterest , 24% of users reddit , 10% of users linkedin , 10% of twitch users ,4% of users bereal .

Internet addiction is characterized with preoccupation which excessive or uncontrolled in access the internet cause disturbance or distress ( Shawn et al , 2019). Internet addiction in accordance official ICD-11 diagnosis as a mental health disorder ( Andrade et.al , 2022). Internet addiction is a behavioral disorder that harms various aspects of life, such as health, psychological, academic, social and financial ( Novrialdy , 2019).

Impact of use game online can be positive or negative. Playing on the internet has a positive impact if it is used as entertainment, relaxation and to ward off boredom from various school assignments. Internet gaming is negative if adolescent play it excessively, which is cause mental health problems (Kim, 2017). Internet addiction in adolescent is often experienced delays in completing tasks which have an impact on decline academic achievement (Kurniawan, 2017). Addiction experienced by a person in the long term will result in loss of self-control in terms of cognitive and deviant behavior and withdrawal symptoms that are similar to drug abuse ( Lindenberg et al. , 2022).

Internet addiction has the impact of disrupting mental health, such as schizophrenia or other psychotic disorders, autism spectrum disorders , a spectrum of social dissociative problems , borderline personality disorders (such as schizoid or avoidant) to late disorders with motivational syndrome, a greater risk of gambling-related problems and has been reported that in some countries cases are comorbid with dysthymic disorder , bipolar affective disorder (type I or II), social anxiety disorder, obsessive-compulsive disorder and major depression ( Cerniglia et al. , 2017). Somebody which experience addiction intern often accompanied with the other mental health disorders, like anxiety, obsession, sensitive, irritable, aggressive, paranoid , phobic and psychosis ( Banunaek , 2021);( Yue et al., 2021).

Internet addiction causes lots change in daily life, such as : changes in behavior, cognitive and feeling. Internet addiction direct influence a person's behavior which find himself in new

situation ( Cerniglia et al., 2017 ); ( Dyatlova & Mikhina , 2019); ( Zain et al., 2022); ( Khokhlova et al., 2022); ( Wu & Chou , 2023). Internet addiction too make various change cognitive ( Carr , 2017); ( Rashid et al., 2021); ( Yue et al., 2021); (Liza et al., 2023). The change in behavioral, cognitive and affective in Internet addiction adolescent need therapy to adolescent for own guilty and change his behavior become adaptive .

One attempt for overcome problem internet addiction with apply therapy *cognitive behavioral therapy* (CBT). *Cognitive behavioral therapy* (CBT) is one of psychotherapy which most suitable used For overcome addiction, good addiction substance and behavior ( Ministry of Health , 2018). Therapy This has proven effective For various problem including depression , disorder anxiety , trouble use alcohol And drugs , problems marriage , disturbance eat , and disease mentally Which critical . A number studies study show that CBT leads on enhancement which significant in life function and quality, where CBT can lower level social anxiety and emotional disturbance in child school and adolescents (Essau et al., 2019). CBT is effective decrease levels internet addiction, anxiety social And emotional disorders (Zees & Luawo , 2022).

Study previously obtained exists decline level addiction networking social And worry social on student after CBT intervention with results enhancement ability student in control use networking social And more comfortable for interact face to face with others (Putri, 2018).

*Cognitive behavioral therapy* (CBT) has proven effective for maintenance disturbance emotional, psychological or treatment psychiatry. CBT has been tested and effective interventions for help people consider their needs beliefs, thoughts, feelings, patterns behavior, and actions. CBT can help someone with an internet addiction realize and change their behavior and prevent relapse. Therefore, researcher interested to conduct research studies literature for know influence *cognitive behavioral therapy* (CBT) to internet addiction comprehensive.

## METHOD

This systematic review taken \_ from various literature from several *online database*. The steps used in inclusion and exclusion for literature search strategies with *keywords* and criteria existing inclusion and exclusion determined, do extraction and analyzing data, and identifying results.

Search strategy process literature done through *online databases*, such as *Science direct*, *Proquest*, *Scopus*, *Sage Journal* and *Springer Link* with search has done between September-November 2023. Search literature is also adapted with criteria inclusion and exclusion then pass stage end selection with read whole fill article. Appropriate article with criteria inclusion and exclusion will entered into the table matrix gathering results search literature . Reviewed articles is article *full text*, language English published between 2014–2023. Search done with using keywords based on PIO framework (*Patient/problem, Intervention, Outcomes*). Search literature using keywords form *cognitive behavioral therapy* (CBT), adolescent, internet addiction and gadget addiction. Keyword writing \_ combined with combination of “AND” and “OR”. *Medical subject headings* (MeSH) are also used to increase efficiency and precision literature search skills that make it possible to find articles about appropriate topics with title article this.

## RESULTS

Based on the results of the initial screening using selected keywords from several *databases*, 3,793 articles were obtained. Next, an initial stage of screening was carried out by reading the title and abstract so that there were 232 articles remaining which would be processed to the next stage. The next stage, the author checked for duplication of articles, so that 45 articles were obtained. At stage fourth writer read in a way *full text* and obtained a total of 10 articles. Based on article selected This later done evaluation quality article or *critical appraisal* with use JBI (The Jonna Briggs Institute) form .

By more details, stages election article can seen in the prism diagram in figure 1 and table 1 for matrix search literature

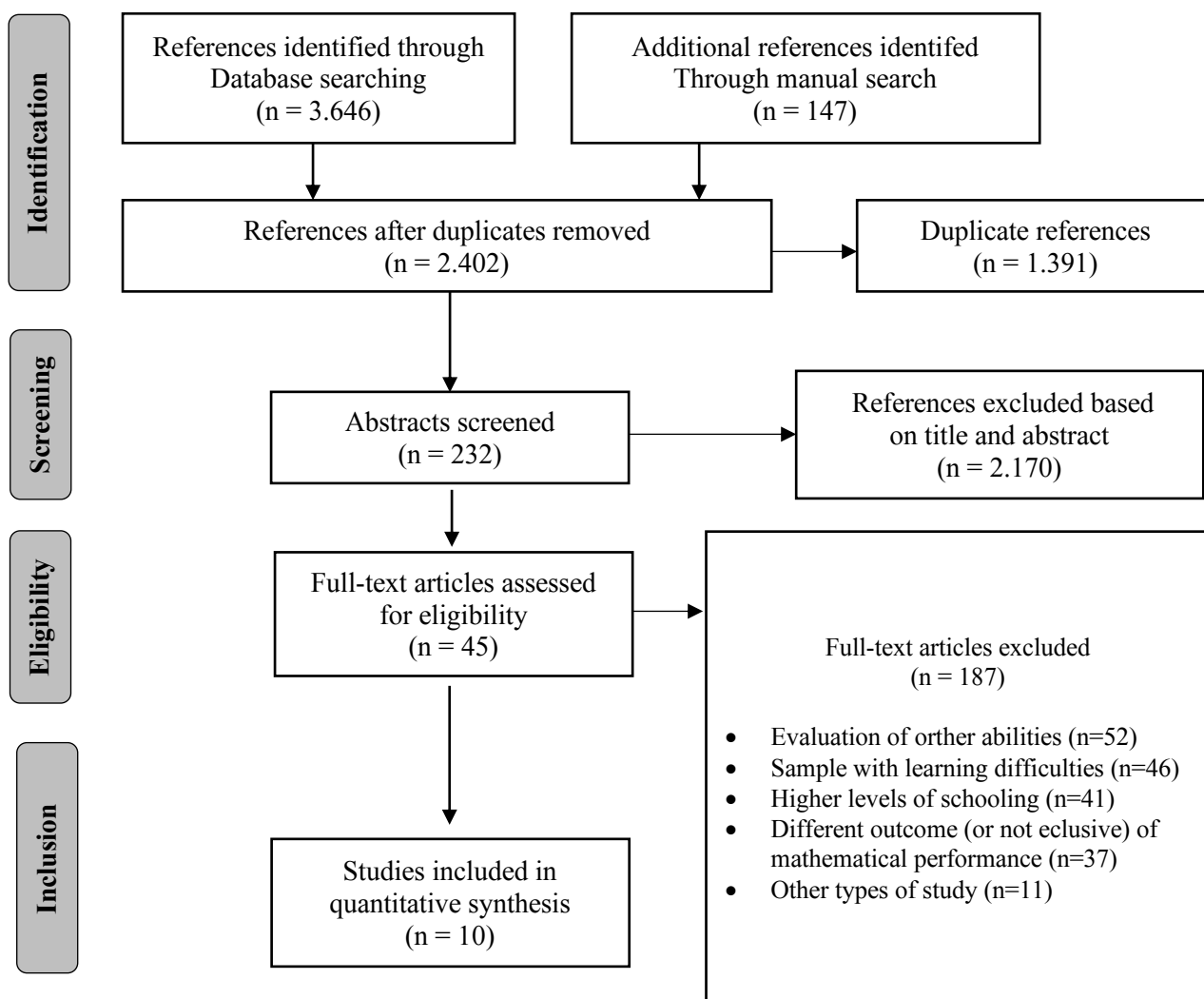


Figure 1: PRISMA Diagram

Table 1: Matrix Search Literature

No	Author ,	Title , year rise	Problem Study	Objective	Population / Sample	Method Study	Research result	Information
1.	Katajun Lindenberg; Sophie Kindt ; Carolin Szasz-Janocha Scopus	Effectiveness of Cognitive Behavioral Therapy–Based Intervention in Preventing Gaming Disorder and Unspecified Internet Use Disorder in AdolescentsA Cluster Randomized Clinical Trial n 2022	Previous research _ it's about pe prevent disturbance playing games and interference unspecified internet use It doesn't have randomization, bro follow-up size, and w cloud diagnostic means that assess the level of occurrence	To investigate whether the PROTECT intervention ( Profs sioneller Umgang mit technischen Medien can reduce to severity of symptoms and prevent full syndrome and onset it's a disturbance per sub-threshold play and peng interference unauthorized use of the internet on at-risk youth .	Respondent 422 teenagers aged 12-18 years of 33 schools in Germany at risk for gaming disorder and unspecified internet use disorder	Study This use design Randomized Clinical Trial. Data processing programs use SPSS 2 7 , chi square test , and descriptive statistics	Differences in incidence rates do not exist achieve statistical significance. PROTECT group menu showed a significantly greater reduction in delays (■11 = -0.458; 95% CI, -0.735 to -0.180; P < .001) at 12 months, but no significant differences were found for other secondary outcomes	JAMA Network Open. 2022;5(2)

No	Author ,	Title , year rise	Problem Study	Objective	Population / Sample	Method Study	Research result	Information
2.	Ayşe Tanrı ; Gül Ünsal  Proquest	Effectiveness of cognitive behavioral - based psycho education in university students with smartphone addiction  2023	Smartphones continue to make changes just in habit an , communication method, approach culture , and family interactions. However, even though they omitted to difficulty and increase fast life , in another dimension, those things meny prevent things that cannot be prevented behavior. Especially in the academic field, smartphones have clearly had a negative impact on students' learning processes , so this is a problem influence his achievements at university	This research aims to : know effective vita psychoeducation cognitive-behavioral basis on the level of cell phone addiction in college students	Population this research _ consisting of 1,320 students . From students the, analysis strength applied right on 513 students with SAS scores are above average ( between 31 and 60 ). Mark effective calculated use Power Analysis for Sample application Size (PASS) 11 and include variations _ expected from research previously	Study This carried out in groups con trolley random pretest and posttest by using _ design study experimental research desi gn Peng program Useful data processing right SPSS 21, "Mann- Whitney U" test method ( value Z- table ) and the "Friedman	Comparison average addiction score cell phone on the clog pok experiment and control at post intervention and the 3rd and 6th months are present significant difference _ between group (p<0.05).	Journal of Psychiatric Nursing; 4(2):165-174
3 .	Klaus Wolfling ; Nanne Dominick  ScienceDirect	Using cognitive behavioral ral therapy as the select treatment approach for problematic Internet usage  2022	Disturbance _ gambling antics and gaming disturbances comp ter is classified as an addictive behavioral disorder, which can be further defined offline and especially online . Evidence of the effectiveness of cognitive behavioral therapy approaches for internet gaming disorder has been seen in various clinical studies nis , some evidence has been demonstrated for pharmacological interventions; In particular, antidepressant drugs have been shown to have a good effect in reducing pathological Internet use .	Objective research CBT studies This for reduce time play And symptom disturbance use i nter net	Fifty _ six student teenagers (12-17 years) from Shanghai berpar participation in study This And shuffled inward intervention group active and group control clinical	Studies done in a randomized controlled trial (RCT) study. Data processing programs use SPSS 24 . Correlation between CBT therapy and disorders Peng Internet use is evaluated use koef Pearson correlation efficiency	The results showed that 69.4% of patients in the CBT group showed remission compared to the control group Apart from that, compared with the control group, the treatment group decreased suggest improved psychosocial functioning and reduced depressive symptoms.	Current Opinion in Behavioral Sciences 45 (2022) 101121
4.	Su Hyun Bong; Geun Hui Won; Tae Young Choi  Scopus	Effects of cognitive-behavioral therapy based music therapy in Korean adolescents	29.3% of teenagers aged 10-19 years suffer from smartphone/internet addiction . Therefore, action deterrent Effective	Study This ber my goal is to evade expand the effects of penam music therapy (MT) materials to cognitive	Sample _ 132 people, consisting of respondents 67 in the CBT-MT group and 71	Study This use design pretest posttest with one group treatment . Study This use SPSS 18	Young Internet Addiction Scale (YIAT) and Smartphone Addictive total scores tion Proneness Scale (SAPS) decreased	Psychiatry Investigation 2021;18(2):110-117

No	Author ,	Title , year rise	Problem Study	Objective	Population / Sample	Method Study	Research result	Information
		with smart phone and internet addiction 2021	management and management are urgently needed right.	behavioral therapy (CBT) on smartphone/internet addiction symptoms and psychiatric comorbidities.	in the CBT group	application with method Independent t test , chi square test , analysis covariance (ANCOVA)	significantly (p<0.001 for both) in both groups	
5.	Seyyed Salman Alavi ; Maryam Ghanizadeh ; Mohammad Reza Mohammadi; Fereshteh Jannatifard ; That's it Esmaili Alamuti ; Malihe Farahani  Proquest	The effects of cognitive-behavioral group therapy for reducing symptoms of internet addiction disorder and promoting quality of life and mental health  2019	Addiction disorders an internet report It has become an important cause for health and social reasons problem. The aim of this research is to investigate the effectiveness of cognitive-behavioral group therapy for internet addiction symptoms, quality of life, and mental health of students with internet addiction .	The purpose of pene This research is to determine the effectiveness of cognitive behavioral group therapy on addiction Internet support , quality of life and health a student's mental health with internet addiction .	Data was collected from 50 internet addicts (25 in the control group and 25 in the experimental group) who were successively presented at the internet addiction counseling center at the university. their sity (random clinical sample).	Type study This is Pene litian quasi-experimental study with measurement pretest-posttest measures and groups con trolley . Data processing programs use SPSS 20 with analysis – covariance (ANCOVA)	After therapy, kelompok therapy cognitive-behavioral CBT shows decrease in score addicted internet (p<0.05).  The ANCOVA results show difference in quality significant life _ between group experiments and groups control at posttest stage (p <0.05)	Trends Psychiatry Psychother . 2021;43(1) – 47-56
6.	Carolin Szasz Janocha ; Eva Vonderlin ; Katajun Lindenberg  Scopus	Treatment outcomes of a CBT-based group inter discovery for adolescents with Internet use disorders  20 20	Disturbance _ user internet naan (IUD) includes internet gaming disorder (IGD) and users naan internet pato Logical non-gaming ( ng -PIU) is now increasingly developing mental health problems. Individuals suffering from IUDs show a variety of symptoms, high levels of comorbidities and disorders in various areas of life.	This research aims to men investigate the long-term effects of brief manual cognitive behavior therapy program (CBT) for adolescents with internet use disorder (IUD)	Respondent 54 teenagers (16.7% girls) ber between 9 years old up to 19 years which has sign for group therapy programs due to self-reported or parent-reported excessive gaming or internet use and reporting gangan subjective psychological (self-selection).	Studies done in a randomized controlled trial (RCT) study. Data processing programs use SPSS 25 with using the McNemar Test	Individual with pretest CSAS - SR scores tall heading right level more changes _ tall along time (p = 0.005).  McNemar Test menu Juan significant difference _ in proportion Peng use category No problematic vs. peng use risky high / pathological (IGD P<0.001; ng-PIU P<0.001)	Journal of Behavioral Addictions 9 (2020) 4, 978–989
7.	Muhammad Tahir Khalily , Mujeeb Masud Bhatti, Irshad Ahmad, and Tamkeen Saleem  Proquest	Indigenously adapted cognitive-behavioral therapy for excessive smartphone use (IA CBT-ESU): A randomized controlled trial  2021	Very high prevalence p eng use of a smart phone ber the excess has been noted in ke group young adults in Middle Eastern and Asian countries . Study _ in Saudi Arabia and Iran reported that 48% and 56% of students , mem have significant symptoms user	This study aimed to assess whether 12 sessions of cognitive - behavioral therapy / CBT locally adapted for smart use redundant phones (IACBT-ESU) will reduce excessive smartphone use	Sample A total of 106 participants were required to give power 80%  Participant recruited from school secondary schools and universities in Islamabad and Rawalpindi,	Study This randomized single-blind trial for 12 weeks where the participant meets kri teria cell phone users intelligent excessive  Peng program data processing using SPSS 25	The IACBT-ESU group demonstrated significant decline _ in Peng use cell phone excessively clever , with _ decline symptom depression , anxiety , stress , hyperactivity , and ke difficulty emotional at the end trial and during the follow-up period further 3 months (p < 0.01) compared right with participant control .	Psychology of Addictive Behaviors . 2021, Vol. 35, no. 1, 93–101

No	Author ,	Title , year rise	Problem Study	Objective	Population / Sample	Method Study	Research result	Information
		2022	smartphone overload . Smartphone p eng its use is also very common in Pakistan, based the latest research on College students report that 56% of all individuals engage in excessive smartphone use. Research on children aged 5 to 16 years in Pakistan reports high levels of smartphone usage (72%), including children using smartphones more than 2 hours per day (31% ) show insomnia , reduced concentration, and poorer school performance		and consequently the participants originate from area urban	with using Student's <i>t</i> test for parametric data and chi-square test ( or Where there is size sample small in any cell ), Fisher's exact test ( exact test ) for nonparameter data ric and analysis – covariance (AN-COVA)	More individuals who received IA CBT-ESU intervention compared to control participants showed no depression (61.7% v. 27.1%, 2 15.90, p 0.01), anxiety (48.3% v. 22.0%, 2 11.05, p .01), or symptom distress (54.2% v. 31.0%, 2 15.13, p .01) at the end of the trial, with This benefit was maintained at 3-month follow-up	
8.	Wenjie Yang; Wenyan Hu; Nobuaki Morita; Yasukazu Ogai ; Tamaki Saito; Yan Wei  Proquest	Impact of Short-Term Intensive-Type Cognitive Behavioral Therapy Intervention on Internet Addiction among Chinese College Students: A Randomized Controlled Trial  2022	Support please_ An is an important protective factor Ting. Currently, some of the available studies on hope have been conducted on people undergoing rehabilitation compulsory licitation	The aim of this study was to test inter- effects vention of short-term intensive type Cognitive Behavioral Therapy (CBT) for men Prevent internet addiction among Chinese students	Size sample at least 28 participants (14 each in the intervention and control groups ) .	This research is rando mized controls led trials that compare groups between vension with con groups trol with analysis Analysis was carried out with SPSS Ver 27.0, Bonferroni test , sample t-test independent and analytical covary ans (ANCOVA)	Average YIAT scores for intervention group _ was 59.7 ± 8.5 at baseline and 52.3 ± 8.2 at post , while score group control was 59.9 ± 6.1 at baseline and 58.8 ± 7.0 at post . Post score For _ group intervention in a way significant more low compared right group control	International Journal of <i>Environmental Research and Public Health</i> . 2022, 19, 5212
9.	Olatz Lopez-Fernandez et.al  Proquest	Perceptions Underlying Addictive Technology Use Patterns: Insights for Cognitive-Behavioural Therapy  2022	Therapy (CBT) in considered the 'gold standard' in the treatment of disorders addicted an that connected an with user about technology _ excess. However, the cognitive component of problematic internet use is not well understood. Self -reported addiction to social networks, the internet , and gaming has a prevalence between 1.2% ( gaming ) to 2.7% (social networking).	The aim of this research is to examine exploration of cognitive components, which users find problematic, could potentially lead to addiction an internet	854 people mature Europe ( aged between 18 and 79 years old ; mean age 26.7 years ) which consisting of 175 men and 679 women country European countries complete therapy on line	• This research uses <i>posttest only design</i> where respondents work out the results of therapy using the user submit a questionnaire voluntarily answer online surveys and SPSS 24 analysis with Koefi Pearson correlation efficiency ( <i>r</i> ) and Student's <i>t</i> -test	Student's <i>t</i> -test me indicates that the user is using I have felt dependent on my regular use of the internet at least once in a lifetime (i.e., self -perception of the problem), were classified as presentations with potential: GIA (real CIUS: $t(488) = 7.52$ , $p < 0.001$ ), and/or SIA (CIUS- gaming : CIUS original: $t(316) = 6.32$ , $p < 0.001$ ; CIUS-SNS: $t(489) = 2.9$ , $p < 0.01$ ; CIUS-Cybersex : $t(255) = 2.58$ , $p < 0.05$ ).	International Journal of <i>Environmental Research and Public Health</i> . 2022, 19, 544



No	Author ,	Title , year rise	Problem Study	Objective	Population / Sample	Method Study	Research result	Information
10.	HS Seo , E.-K. Jeong , S. Choi, Y. Kwon, H.-J. Park, and I. Kim Scopus	Changes of Neurotransmitters in Youth with Internet and Smartphone Addiction: A Comparison with Healthy Controls and Changes after Cognitive Behavioral Therapy 2020	Neuro changes transmitter in dating teenagers dual internet and smart phones on compare normal control and on subject after cognitive behavioral therapy. In addition, the correlation between neurotransmitter and Affective factors were investigated.	Study This ber objective to investigate _ correlation between neurotrans Miter and affective factors	Dating group The duo consisted of 9 men and 10 women who were diagnosed as suffering from internet and smartphone addiction . The mean age was 15.47 ± 3.06 years and ranged from 11 to 22 years.  Con group trol consisted of 19 healthy young subjects, gender and age matched an addiction group.	This study was randomized controlled trial , where different _ an GABA _ and Glx among adolescents with inte addiction rnet and smart phones and dieva control expand using Student's t test and Pearson correlation coefficient	Internet addiction score and smart phone significantly _ fications were higher in the addiction group compared to the healthy control group (P < .001) as well as depression scores (P = .018), status, trait, and total anxiety (P < .001, P < .001, and P = 0.001, respectively); impulsivity score (P = 0.001); insomnia severity (P = 0.006); and poor sleep quality (P = 0.008).	American Society of Neuroradiology. July 2, 2020 as 10.3174/ajnr. A6632

## DISCUSSION

Based on results study article found that implementation Cognitive behavior therapy (CBT) provides benefit in change cognition and behavior adolescent with internet addiction. Giving type therapy this give significant impact to adolescent in give benefit in change cognitive and behavior adolescent with internet addiction to provide more changes to adolescent in overcome internet addiction. This matter in accordance with research by Bong et.al (2021) which shows that implementation Cognitive behavioral therapy (CBT) in adolescents (primary and middle school) can lower in a way significant to smartphone/internet addiction symptoms and psychiatric comorbidities in Daegu Metropolitan City and North Gyeongsang Province (p < 0.0 01) with \_ using *the Young Internet Addiction Scale (YIAT)* and *Smartphone Addiction Proneness Scale (SAPS)* instruments. Statement about implementation therapy thought behavior (CBT) provides benefit in change thoughts and behavior teenager with Internet addiction is supported results study Seo et.al (2020) with internet and smartphone addiction scores significantly higher in the addiction group compared to the healthy control group ( p < .001) and adolescents with internet and smartphone addiction improved significantly after 9 weeks of cognitive behavioral therapy based on the internet addiction scale and smartphones (p < 0.001).

Internet arrived moment this already experience development until made as style meaningful life in utilization time (screen time) already surpass limit or excessive, so result individuals who play the internet become negligent to task as well as obligation to other activities. Example simply put, like no shower, ignore O'clock eat, late For school, neglect of duties house and etc (Yuslaini & Hasanah , 2020). Internet addiction capable identified based on duration time which used for play. The average individual will experience Internet addiction will consume the screen time deep internet a week range 20-25 O'clock.

Lots of it internet innovation created for give benefit which positive for life humans forward. But progress Internet technological innovation does not forever give impact positive for its users, however can also give rise to impact negative which complex exceed the benefits of the technology itself (Janocha, 2021). Before the existence of the internet, for get information and communicate man still use equipment which simple, like clacking as signal exists danger, use bird dove post, letter, telegraph as sender information Which written and so forth.

The internet is very helpful for adolescent in follow development era. However, adolescent not yet know the bad impact from internet use excessively and with internet use capable reduce interest child in learn, play and socialize with people around him. Internet of course influential positive for adolescent, lots of learning media for adolescent which interesting, learning various language with easy, improve creativity adolescent past game which educational. However, internet use which excessive can give bad influence, which bad for behavior as well thought in adolescent.

Results study which done by (Dewy et al 2022) stated almost all (90.5%) experienced level internet addiction currently. Results this describe how the height level internet addiction on adolescent, this because adolescent more tend to focus when using media, excessive use the time for playing internet and feel fun with the internet because no can denied along walking time lots feature and application which interesting like social media and game on line which can make its users want to keep going use it. Before given therapy mind behavior, adolescent feel the time more lots wasted for playing the internet , adolescent cognitive already feel lots impact negative but playing online keep going become habit which repeated for them, impact which every day them feel it among them sleep late night, it's hard get up morning, lazy do task school, not focused when interact with family, lazy socialize in the world real, and hard to arrange activity their daily lives.

Family very often complain about behavior and habit in use of internet in a way excessive. Lots adolescent which experience development pattern think and that behavior in accordance with they age. If habit internet use on adolescent which already excessive and no quick done prevention, it will have an impact bad on adolescent which can give rise to in aspect physical, aspect psychological nor aspect social on adolescent. Internet addiction on adolescent can prevented with various giving a therapy which use cognitive behavior therapy. This effective in lower addicted Internet on adolescent.

Internet addiction experienced by adolescent need noticed and no only overcome by adolescent only, but must be helped by family. Support from family for help process recovery from internet addiction is very important for increase motivation recover adolescent. Family support capable recognize need adolescent, family support, management stress and burden which possible appeared at family time follow participate in process recovery internet addiction. Task family for nurse the client will add burden which experienced. Cognitive behavior therapy can used for finish problem which experienced by adolescent family in overcome problem internet addiction.

Internet addiction in adolescent can treated Cognitive behavior therapy which refers on improvements cognitive in deviate consequence incident which harm himself good physique nor psychic. Through therapy, adolescent which currently experience change biological, cognitive, and emotional can trained for control himself. CBT therapy is capable give treatment in a way psychological for adolescent which experience impact internet dependency.

Cognitive behavior therapy (CBT) is classified on psychotherapy deep focus overcome maladaptive behavior patterns through restructurisation cognitive which is a lot between individual pattern think as well as confidence, so that impact negative towards behavior. Cognitive behavior therapy considered become relevant therapy ones are used in handle addicted games online. Adolescent frequent internet addicts use for finish they problem. Adolescent believe that the internet can help they overcome problem they face it, like frustration at school, problems connection social, problems in work, and others (Yuslaini & Hasanah, 2020). However thinking which thereby can creates deviant behavior others, CBT objective main for change cognition which currently in circumstances distorted so become more rational and capable create behavior patterns more adaptive.

Handling on internet addictive behavior need done remember impact which bad for adolescent. *Cognitive behavioral therapy* is one of therapy which suitable for addiction. CBT

(*cognitive behavioral therapy*) is approach therapeutic And educational which is combination of theories and technique therapy cognitive and behavioral therapy. Internet addiction in adolescent trained for monitor their thinking and identify their feeling as well as situational which can trigger deviant behavior. Benefits of this therapy is has proven effective in mental health nursing which enough critical like depression and addicted. Cognitive Behavior therapy constitutes approach therapeutic by making modifications thoughts, assumptions, and attitude which there is on individual. Therapy thinking behavior believing that on basically thinking man formed because stimulus, cognitive , and processes response with each other related and form sort of network in brain man.

*Cognitive behavioral therapy* own superiority compared to approach therapy the other, this therapy can help client for understand pattern think deviate and weaken thinking which no rational and can change deviant behavior. This therapy proven effective compared with cognitive therapy which only change pattern think deviate without changing client behavior. Therapy used for change pattern think and behavior owned by adolescent with internet addiction. This therapy must be done in a way routine for changes pattern think and student behavior which experience addiction can controlled. Support from parents and the wishes of adolescent also is matter which support happen change.

*Cognitive behavioral therapy* give stages for process change in cognitive and behavior becomes more adaptive, in between stages the form modeling provide educational videos related Internet addiction, behavioral training provides benefit behavior change, giving motivation every achievement target, deliver praise and support, restructuring cognitive, evaluation cognitive and related impact negative internet addiction and solution behavioral strategy problems taught for handle problem in daily life. By hence, *cognitive behavioral therapy* give help to individual for change thought and internal behavior internet use. *cognitive behavioral therapy* can become intervention which effective for reduce internet addiction because *cognitive behavioral therapy* can change maladaptive behavior become adaptive behavior .

## CONCLUSION

Based on results study article which has done, can withdrawn conclusion as following :

1. Adolescent which experience Internet addiction requires therapy or counseling which good for motivation recovering from internet addiction and Internet addiction recurrence (relapse).
2. For change cognitive and behavior of internet addiction, then adolescent can given with various therapy, one of the therapy is *cognitive behavioral therapy* (CBT).
3. Giving cognitive therapy and proven behavior give positive impact which good to adolescent which experience internet addiction.
4. Implementation *cognitive behavioral therapy* giving cognitive and behavior which positive in change cognitive and behavior of adolescent with internet addiction.

## RECOMMENDATION

The findings of this study indicate the need for policy makers to pay more attention to the main reasons recovery from internet addiction experienced by adolescent, understanding factors influencing recovery from internet addiction and developing effective prevention strategies which in recovery internet addiction in adolescent. *Cognitive behavioral therapy* programs must be well designed and implemented in individuals, families, institutions and communities to further improve the ability and maintain internet addiction recovery experienced by adolescents. The government, families, community leaders, local governments and religious institutions must work together to limit or reduce internet use while increasing the ability of adolescents and families to be able to sustain recovery from internet addiction experienced by adolescents by implementing and following thought and behavior therapy programs or *cognitive behavioral therapy* (CBT). *Cognitive behavioral therapy* Which accompanied instill positive behavior and moral can help adolescent from the threat of internet addiction relapse.

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