# CHAPTER I

# INTRODUCTION

## 1.1    Background

The Global School-based Health Survey showed that 20.6% of Indonesian students aged 13–17 years old were bullied. The proportion was lower than those reported from Southeast Asian countries (28.3–51.0%)[1]. This means that according potentially more than half of Indonesian students reported experiencing bullying at school. Bullying can have a detrimental impact on the well-being and academic achievement of victims, as well as on the social climate of schools [2]. Despite the recognition of the severity of the problem, there is a need for more effective interventions to prevent and address bullying.

One potential approach is to use visual novel games as a learning medium. While traditional methods like posters, assemblies, and brochures are used to address bullying, their effectiveness can be limited as they are often passive forms of communication. Visual novel game is an interactive story that combine text, images, and sound, and allow the player to make choices that affect the outcome of the story. Visual novel has been used in various educational contexts, including language learning and health education. The interactive and immersive nature of visual novels may make them well-suited for addressing sensitive topics such as bullying.

The objectives of this thesis are to evaluate the effectiveness of "If Only" as a learning medium for addressing bullying among Indonesian students and to explore the potential of visual novel games as a tool for addressing sensitive topics. In conclusion, this thesis aims to contribute to the development of effective interventions to prevent and address bullying among students, and to explore the potential of visual novel games as a tool for promoting social and emotional learning.

## 1.2 Problem Formulation

Traditional anti-bullying interventions often lack the engagement and perspective-taking necessary to create a lasting impact on students. This research seeks to address that gap by exploring an interactive, narrative-based approach. The central research question is therefore formulated as: "How effective is the visual novel game 'If Only' as an educational medium for increasing students' awareness of the complexities and consequences of high school bullying?"

## 1.3 Problem Limitations

In order to keep this research on the right track and limit the scope of this research to relevant problems, the author as established these limitations:

1. The game's genre is Visual Novel.
2. The game is developed using GDLC method.
3. The game should be developed using the Godot game engine.
4. The story of the game should only take place in a high school background.
5. The game's target audiences are 16-25 years old high school and college students.
6. The game could only be played in single player mode.

## 1.4 Research Purposes

These are the objectives that this research is hoping to achieve:

1. To design and develop "If Only," a choice-driven visual novel that simulates scenarios of high school bullying from the perspective of a bystander.
2. To evaluate the effectiveness of "If Only" in enhancing players' understanding of the nature of bullying, its potential harm, and the critical role of bystander intervention.
3. To measure the usability of the "If Only" visual novel according to the ISO 9126 standard, ensuring it is an accessible, engaging, and suitable tool for its target audience.

## 1.5 Research Benefits

These are the few benefits that this research provides:

A. Theoretical Benefits

This research can hopefully improve upon the general knowledge of video game development and more specifically the game for learning media field of study.

B. Practical Benefits

This research can hopefully help bring awareness to the underlying issue of school bullying among students.

## 1.6 Writing Schematic

### CHAPTER I INTRODUCTION

This chapter elaborates on the background, problem formulation, problem limitations, research purposes, research benefits, and writing systematically.

### CHAPTER II LITERATURE REVIEW

This chapter contains the literature study and theoretical framework used in this research that is collected from books, papers, journals, or other sources that support this research.

### CHAPTER III RESEARCH METHODOLOGY

This chapter contains a general view of the research's objects, research flow, tools, and materials used in this research.

**CHAPTER IV RESULTS AND DISCUSSION**

This chapter presents the results of the research conducted, followed by a detailed discussion and analysis of the findings.

**CHAPTER V CLOSING**

This chapter contains the conclusion and suggestions that the author summarizes throughout the process of this research.