

An Evaluation of Online Gaming Addiction among Children and Adolescents

Ankita Singh^{1*}, Dr. Suvidha²

¹Research Scholar, Human Development, Department of Home Science, Banasthali Vidyapith, Rajasthan, India

²Associate Professor, Human Development, Department of Home Science, Banasthali Vidyapith, Rajasthan, India

Corresponding author email : as.ankitasingh44@gmail.com

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ABSTRACT

According to research, playing online too much might cause symptoms that are typical of drug abusers. Children and teenagers may be more susceptible to acquiring a gaming addiction than other age groups since games are so tempting to them. Methods: In light of these possible issues, a review of the literature was conducted in order to (i) to find empirical studies that evaluate children's and adolescents' online gaming addiction. Results: studies of empirical data retrieve on the basis of various studies show that certain teenagers experience gaming addiction, and that as the addiction worsens, those who are addicted to online gaming spend more time getting ready online gaming addicts spend increasing amounts of time preparing for, organizing, and actually gaming.

Keywords : Online Gaming, Addiction, Children and Adolescence

I. INTRODUCTION

Humans are naturally inclined to play, even as young children (Caillois, 1961). These days, a large portion of gaming is done online and is funded by software revenues. The term "embodied world" transfer of game play describes this occurrence. There is just no comparison to the exhilaration that comes from playing video games. This is a video game that kids may play for fun, and it could occasionally keep them busy and distracted. But keep in mind that excess of anything is bad. In certain circumstances, it may be worse. Children in cities these days are grappling with a new ailment. This problem, which is often called

"video game addiction," is serious and shouldn't be laughed at. Video game addiction can occasionally result in serious behavioral problems and even be fatal. Today, the most researched issue in the field of cyber psychology is video game addiction, which may be attributed to the development of network and gaming technology as well as the increase in public usage of these tools. Researchers have looked at a wide range of subjects, including negative effects, pathological research, conceptual definition, and therapeutic strategies. At the moment, researchers studying video game addiction often focus on the origins and negative effects of the problem. To comprehend the causes of gaming addiction, researchers typically

integrate many theoretical stances with their own fields of study. For example, some experts believe that one of the reasons why children become hooked to computer games is that individuals become psychologically dependent on them to satisfy their needs for both growth and absence. The main psychological tasks of teenagers are the formation of a self-identity, the development of a true self- concept, and the generation of objective knowledge and appraisal of both themselves and others during a period of rapid and unpredictable physical and mental development. The inability to reconcile the "ideal self" in the game with the "real self" in reality leads to the long-term dispersal of identity and the inability to know oneself, and others with objectivity. Nevertheless, this process of forming a self- identity is hampered by online gaming addiction. The activities that teenagers engage in also influence how their imagination, creativity, and ability to reason logically grow. The majority of online games are a really poor example since they frequently contain murder, violence, and obscenity.

They promote racist slurs, vulgarity, obscene gestures, aggression against women, sexual exploitation of women, the killing of people or animals, drug and alcohol abuse, criminal activities, and disrespect for the law and other authorities. These sorts of games promote unethical behavior, which might lead players to feel that it doesn't matter whether they have an immoral mindset. These perspectives on moral disengagement can be translated from the virtual to the real world after the game. For children who are immature morally and have poor judgment. Ultimately, a prolonged concentration on playing online games will inevitably lead to a disregard for learning, which will negatively impact learning outcomes. There is some violence in almost 85% of the video games that are now accessible. According to a research that contrasted the levels of violence in video games, shorter-term aggressive behavior is increased by playing more violent games. It has been

discovered that all violent media makes people numb and indifferent to the suffering and anguish of others. The highest and intermediate blood counts are more likely than others to be tempted to use the character's weapon. The highest and intermediate blood counts are more likely than others to be tempted to use the character's weapon. According to a Taiwanese study, kids and teenagers with severe video game addictions also exhibited higher levels of violence and lower academic achievement than the general population. Playing video games also raises children's heart rates and blood pressure. In conclusion, research suggests that an addiction to internet gaming during a child's formative years may negatively impact their home and school environment overall, hindering their ability to grow and develop. Consequently, it's critical to comprehend the ways in which factors related to the home, education, anxiety, and ego resilience influence the addiction to online gaming. The study's objective was to investigate relevant variables in order to learn more about the causes of kids' addiction to online gaming and potential safeguards.

II. OBJECTIVE

To find out the empirical studies that evaluate children's and adolescents' online gaming addiction

III. REVIEW OF LITERATURE

Griffiths et. al., (2012) – assessed that the subject of gaming addiction is drawing more attention from researchers. The amount of empirical research exploring different facets of problematic video game play and video game addiction has increased significantly during the past ten years. This essay starts out by providing a quick overview of the developments in the last three decades (the 1980s, 1990s, and 2000s) in the field of video game addiction research. The current study literature is then examined in further detail by examining the following: (i) the prevalence of problematic video

game use and addiction; (ii) the detrimental effects of excessive video game usage; (iii) variables linked to problematic video game use and addiction; and (iv) the therapy of compulsive video game playing and addiction. In conclusion, the study examines current trends in the field and offers a theoretical analysis of potential future developments for video game addiction.

Mohammadkhani et al. (2017) “examined the connection between internet addiction and mental health issues. The design of this study was correlational and descriptive. 400 individuals were chosen at random via the cluster sampling technique for analysis. The Brief Symptom Inventory and the Internet Addiction Test were used to gather data, and the t-Test, Pearson correlation coefficient, and multiple regression analysis were employed to analyze the results. The findings indicated that there is no discernible difference between male and female high school pupils in terms of the incidence of Internet addiction. Nonetheless, there is a strong correlation between the symptoms of mental illnesses and Internet addiction; in particular, the independent variables of anxiety and psychosis from the indicators of mental disorders had a substantial impact on Internet addiction. Internet addiction has a detrimental impact on people.”

Kayastha et al. (2018) “evaluated the extent of internet addiction and the effects it has on high school pupils. The foundation of a conceptual framework was Roy's Adaptation Model. According to the study, the bulk of the teenagers (70.5%) were regular users, while 23% had mild addiction, 6% had serious addiction, and 0.5% had severe addiction. 7.5% of samples had no effect, 16.5% had a moderate influence, and the bulk (73%) had a mild impact. A few of their demographic factors, such as fathers' age, class, and employment, show a strong correlation with internet addiction and its effects.”

Shao et al. (2018) “Researchers in the People's Republic of China looked studied the prevalence of Internet addiction among students at Chinese colleges in an effort to improve the mental health of college students and provide evidence that it may be prevented.

Of the 38,245 individuals in the sample, 4573 were diagnosed with Internet addiction. The overall detection rate of Internet addiction among Chinese college students was 11% (95% confidence interval [CI] 9–13%). Compared to female students (8%), male students had a higher detection rate (16%). 11% (95% CI 8–14%) in the south, 11% (95% CI 7–14%) in the north, 13% (95% CI 8–18%) in the east, and 9% (95% CI 8–11%) in the mid-west were the regions with the highest detection rates of Internet addiction. Using the Young scale, the detection rate of Internet addiction was 11% (95% CI 8–15%), whereas the Chen scale showed a detection rate of 9% (95% CI 6–11%). The detection rate exhibited a little increase trend and steadily stabilized over the course of the previous three years, according to cumulative metaanalysis. Our study's pooled rate of Chinese college students' detection of Internet addiction was 11%, which is higher than in some other nations and clearly indicates a concerning scenario.

Sharma & Sharma (2018) “examined the connection between college students' psychological well-being (PWB) and internet addiction. In the Indian state of Madhya Pradesh, a multicenter cross-sectional research was conducted among college students in Jabalpur. This research comprised 461 college students who had used the internet for at least the previous six months. In this study, the 42-item Ryff's PWB scale, which is based on a six-point scale, and Young's Internet addiction scale were utilized. Four hundred and forty-three questionnaires were examined. With a mean age of 19.11 (± 1.540) years, 62.3% of the students were male. A substantial negative correlation was found between internet addiction and both PWB and its subdimensions ($r = -$

0.572, $P < 0.01$). Higher internet addiction rates among students are associated with a higher risk of low PWB. Internet addiction was a significant negative predictor of PWB, according to simple linear regression. College students' psychological health is adversely impacted by internet addiction.”

Xin et al. (2018) “examined teenage online behavior, the frequency of internet addiction in connection to demographic traits, and risk variables pertaining to family and education. A multi-stage stratified random selection technique was used to choose 6468 adolescents aged 10 to 18 who were recruited from local schools in Guangzhou, China. The mean age of the sample was 13.78 ± 2.43 , with a female/male ratio of 2886/3582. A standardized questionnaire was completed by the participants. A total of 26.50% of people had an internet addiction, with 0.96% having a severe addiction. Males were more likely than females to be internet addicts (30.6% vs. 21.2%). The rate of Internet addiction was higher among older grade kids ($\chi^2 = 431.25$, $P < 0.001$). Social networking (94.73%), academic work (86.53%), leisure (82.44%), Internet gaming (73.42%), and online shopping (33.67%) were the top five activities done online. The biggest relative risks for Internet addiction were associated with low academic performance (OR: 1.22, 95% CI: 1.17–1.35), a bad connection between two parents (OR: 1.23, 95% CI: 1.18–1.37), and a negative relationship with instructors (OR: 1.35, 95% CI: 1.20–1.53). While mild internet addiction was indicated by more than one-fourth of individuals, severe internet addiction was not widespread.

Lee and Morgan (2018)- This study makes an effort to raise awareness of the growing number of Korean youngsters who are overusing digital games, which may be detrimental in a variety of ways and is a result of both the availability of high-speed Internet and greater academic pressure. This study focuses on the disastrous impacts of computer gaming addiction in school-age Korean youngsters. This essay discusses the

qualities of dangerous video games and makes a distinction between internet addiction and computer game addiction. It explains how Korean youngsters use computer games as a coping strategy for stress and how frequent and excessive usage of high-speed Internet leads to addiction. This study also discusses the harmful effects of addiction and the kinds of youngsters who are most vulnerable. Lastly, it discusses the Korean government's attempts to combat gaming addiction by offering family therapy and an addiction recovery camp, and it offers helpful advice for parents looking to avoid and cure gaming addiction at home.

Gangwar and Suvidha (2019) researcher undertook this study entitled "Influence of internet use upon lifestyle of adolescents. Convenient sampling was used for the selection of school. By using systematic random sampling, the researcher selected 500 adolescents from 10 schools of bareilly and their either parent (500) comprised the sample of the study. Internet addiction test by (Dr. Kimberly S. young) 1998, lifestyle questionnaire for adolescents (self-constructed questionnaire) and risk behaviour questionnaire (self-constructed questionnaire) for adolescents and parents was used. The data was analysed using frequency, percentage, t-test, correlation, chi-square test. The result revealed that internet usage pattern among 5.4 percent adolescents was normal internet users, 22.4 percent adolescents were mildly addicting, 37.2 percent had moderate internet addiction and 35 percent had severe internet addiction. Results revealed that there was significant difference in the lifestyle of internet addict and non-addict adolescents. There was no significant difference in social pattern and study pattern of internet addict and non-addict adolescents. The Major finding of this study were found to be correlated as far as mood and attention disturbance associated with internet use were concerned. Perceptions of parents and adolescents were found to be correlated as far as routine and social disturbance associated with

internet use were concerned. Overall risk perception of adolescents and parents was found to be significantly correlated. According to adolescents 27.4 per cent had poor lifestyle.

Subhashiny and Kumar (2020)- investigated the proportion of children who are hooked to mobile games, a study on the subject has been done. The samples are gathered from handy sources, and the study approach is descriptive in nature. The purpose of the study is to determine the proportion of children who are dependent on mobile gaming. It was shown that 40% of children played mobile games for longer than four hours. It is also implied that 80% of children who play mobile games experience different eye-related problems, and the majority of pupils play action games.

Jin et.al., (2021) – studied that technology has advanced quickly in the twenty-first century. A growing tendency in the age of information overload and fast technological advancement is video game addiction. particularly among teens, which has alarmed a number of academics. This review article will examine the social determinants of teen video game addiction from the viewpoints of peers, family, and school. Teenagers who are having mental or physical problems might benefit from playing video games, since it provides them with an escape from reality. Unfortunately, playing video games has a number of negative effects on teens. They often lose focus, self-control, and time management skills—all of which are necessary for success in school and in adjusting to adulthood. There are several reasons for it, but social influences have the most impact on teens. Families have a significant impact on how teenagers learn and comprehend the world. Reducing the impact of difficult life experiences on video game addiction is another possible benefit of the school environment and school-to-school connectivity. Other factors contributing to addiction include the gaming habits of peers and other people's self-

satisfaction. This work provides theoretical basis for the ongoing research in this topic, based on an analysis of earlier studies from the aforementioned perspectives.

Khorsandi and Li (2022) - examined the market for video games has grown in popularity among kids and teenagers. The Video Game Addiction Scale (VGAS) for Chinese children and adolescents was examined in this study. The goals were to compare the trajectory of video game addiction among kids and teenagers and look at how they prioritized the VGAS criterion. A cross-sectional paper questionnaire research including 1400 Chinese students ranging in age from 9 years old in grade 3 to 18 years old in grade 12 was carried out. The VGAS exam and the sociodemographic data collection were required of the responders. The Revised Chinese Internet Addiction (CIAS-R), the Gaming Addiction Scale (GAS), and the Video Game Addiction Test (VAT) were combined to create the 18 criteria that make up the VGAS characteristic. In the end, the Technique for Order Preference by Similarity to Ideal Solution (TOPSIS) technique was used to methodically order the VGAS criterion prioritizing for each grade independently. In addition, the video game addiction of each grade under the four possibilities was examined separately using the Analytic Hierarchy Process (AHP) weighting approach. According to the findings, the youngest kids who believed their lives would not be enjoyable without video games were third-grade addicts. The youngest kids to admit that they use video games to escape from their issues or to feel better were those in the fifth grade who had some degree of addiction. They also did not get enough sleep since they were playing video games more than they had previously. Sixth graders stated that they had played video games more than they had the previous semester. They believe that playing video games for this long is reasonable and does not need cutting back on playing time. Seventh graders ranked playing video games too late as their top cause for not

getting enough sleep. Students in the tenth grade were the first to disregard their significant obligations in order to play video games. Every student in the seventh and twelfth grades was susceptible to video game addiction. In conclusion, playing video games can negatively affect learning, lead to sleeplessness, cause a person to isolate themselves from others, and cause a child to forget important schoolwork. Moreover, it was been shown that younger ages displayed the symptoms of video game addiction. Because of the insights this data provided, decision-makers were able to concentrate effective actions to prevent kids and teenagers from developing a video game addiction.

Kim and Chun (2022)- investigated that majority of research on gaming addiction has focused on teenagers attending schools, with a dearth of studies on the problem among teenagers who do not attend school. Thus, among Korean teenagers who are not enrolled in school, this study examined the impact of peer and parental attachment on gaming addiction, which was mediated by social stigma. A sample of 437 dropout teenagers was analyzed using the Dropout Youth Panel Survey. The findings demonstrated that the association between parental and peer attachment and gaming addiction was totally mediated by the social stigma experienced by teenagers who are not in school. By reducing their social stigma, parental attachment was a strong predictor of gaming addiction in teenagers who are not in school. Through the mediated effects of social stigma, peer attachment also had an impact on gaming addiction in teenagers who were not enrolled in school. This study offers a reliable method to explain how Korean out-of-school teenagers become addicted to video games and experimentally validates the significance of social stigma based on modified labeling theory. The results point to practical approaches for South Korea's teenage dropout prevention and therapy.

Bhatiasevi et.al., (2023)- studied that gaming is becoming a lot more popular, especially with kids and teenagers. Consequently, excessive gaming time has emerged as a significant problem that might negatively impact teenagers' quality of life. The purpose of this essay is to determine the elements and level of influence that contribute to gaming addiction and how it affects Thai teenagers' quality of life. 2,044 teenagers from five major regions of Thailand, both in municipal and nonmunicipal areas, provided information via a questionnaire. The data was analyzed using the neural network model and structural equation modeling. The findings show that there are certain distinctions between boys and girls when it comes to the causes of gaming addiction. However, it has been discovered that gaming addiction negatively affects both genders' quality of life. Conversations including theoretical and applied viewpoints are also showcased.

IV. CONCLUSION

In an era of information overload, natural talents like attention and restraint are becoming increasingly valued and challenging to come by as the internet has grown more accessible. Time is lost significantly as a result of multitasking and other digital addictions like video game addictions. Particularly among young people, the popularity of video games is growing. There is a bandwagon effect when teens who don't want to play video games are pushed to do so because they need to engage with others. Nowadays, there is a growing impact of society on the development of teenagers. Peer pressure, school administration, and family guidance can all have a direct or indirect impact on a teen's addictive behavior. Sociological analysis of adolescent video game addiction may be used to better understand one of the main causes of the addiction for researchers and creators of treatment plans. Due to parental absence or high expectations, children may opt to find fulfilment in games that provide a quicker sense of achievement,

which increases the risk of video game addiction. Furthermore, there was a strong relationship between video game addiction and the school setting, with children who attended schools with protective settings scoring lower on game addiction scales. Other factors that may be connected to video game addiction include wanting camaraderie and appealing to peers in addition to receiving self-satisfaction from others. Founded on a study of the social dimensions of addiction to video games. Education professionals and psychologists have both studied this subject. One strategy for preventing video game addiction and disorder is to concentrate on areas that could be impacted by awareness. The opinions of their parents, schools, and peers may have some effect on teenagers' decision to pursue their hobbies in the real world rather than withdrawing into the virtual one. Ultimately, the best way to avoid addiction in kids is to be more compassionate and to closely monitor their mental health. Parents, teachers, and other adults should respect teenagers and encourage them to try things other than video games that they enjoy. Potential areas of investigation for future research include the effects of peer gaming habits, parenting styles, school rules, and the amount of time teenagers spend gaming after school. Overall, these findings give theoretical support for avoiding young video game addiction as well as insight into the elements that contribute to it.

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