

# ADDICTION TOWARDS ONLINE GAMES AND ITS IMPACT ON ADOLESCENTS: A CONCEPTUAL STUDY

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## Abstract

*Every coin has two sides. In the same way, every aspect of our life has its own pros and cons. Technology these days is making human work process more comfortable and easier. It has impacted human life in a every possible way. This paper tries to analyse the most common and biggest addictive habit of playing online games on Adolescents. Using structured questionnaire method, it was found that more than 70% of children prefer playing online games over offline and the most commonly used device used to play games is mobile phones. It was also found that the addiction is impacting day to day life of the respondents. This also leads to increase in communication gap between children and parents in families. These problems can be easily tackled with proper counselling of children and their parents. The game addict should be treated with respect to help them to come out of this addiction as soon as possible.*

Every coin has two sides, same way every aspect of our life has its own pros and cons. Technology these days is making human work process more comfortable and easier. This major benefit of technology also brings lots of associated problems which directly hit the physical and mental health of the person using technology. The new generation also known as Generation Z are more inclined towards technology and wants privacy. This need for privacy converts into addiction in no time leading to many harmful physical and mental health habits. Out of the long list of technology related addictions, the biggest one is addiction of playing online games.

Technology has impacted human life in a every possible way. Lots of inventions has been done till date to make our daily lives easier and altering the way we live our lives. The biggest and most addicted invention till date is smartphone. The strong willingness to use the smartphone for the whole day converts easily into an addiction. Ever age group of humans are affected by its addiction. Not only small kids and adolescents but elderly also can be seen gazing at their mobile screen for the whole day. The major impact of this addiction has been on our day-to-day life. Children who used to play outdoor games earlier are now a days sitting at home for the whole day leading to many unhealthy lifestyle related diseases including diabetes and BP at early age. Our social interaction has increased but

## Paper Identification



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## INTRODUCTION

digitally only in this technology driven era. People prefer spending time on their smartphones rather than interacting with their friends and family. The problem further worsen during the pandemic of COVID 19 era. Work from home culture and online study has might have helped everyone in keeping themselves and their family members safe from corona virus and this time period proved to be a boom period for the technology industry. All over the world smartphone, tablets are liked by all age groups because of its user-friendly and advanced features. On the other hand, it took away the feeling of peace and happiness of spending time with loved ones. All outdoor games which we used to enjoy a lot like cricket, football, kho-kho used to help us to learn overcome anger, and stress and be more disciplined. All these positive feelings are disappearing and going to vanish soon. It has been displaced by online games PUBG, BLUE WHALE, and many more. Interestingly result is on front of us like stress, waves of anger, depression psychological disorder, and sleep disorder.

This paper analyses the positive relationship between addiction of playing online games and social distancing. The paper also describes the problems like sleep disorders insomnia, depression, loneliness, and social anxiety irritation, which occur due to addiction to online games. we have received a total of 100 responses from parents and 150 responses from Adolescents. Among the parents, the majority(53%) were females while in Adolescents both genders were male 84% and female 66%. Among the children, most of them fell under the age group of 13-19 years. The paper analysis showed that more than 70% of children prefer playing online games over offline and the most used device for them to play games came out to be their mobile phones.

## LITERATURE REVIEW

1. ***Aswathy V, Devika E, and Girish. S (2019)*** tried to investigate the impact of excessive usage of online gaming and its addiction among youth. The study concluded that in this generation the development of the mobile industry and network industry has helped in the growth of the online gaming industry. The study concluded that Online Gaming is used as a tool to escape from stress in life. Due to excessive usage of online gaming people get addicted to it which will cause many health issues like vision problems, headaches, neck pain, etc, and also mental issues which lead to many gaming disorders.
2. ***Park, Hyun Sook; Kwon, Yun Hee; Park, Kyung-Min (2007)*** tried to find the factors related to internet games addiction for adolescents. From the study, it was found that the risk of being addicted to games is 2.2 times higher in males than females. The paper further concluded that people with low academic performance also are addicted to online games. The study also suggested that these factors are related to internet games addiction like gender, academic performance, etc.
3. ***Yangil Park, Wisconsin-La Crosse, and Jeng-Chung V. (2007)*** Determined the problems associated with online game addiction. The study is motivated by a causal connection found from previous research on computer game addiction. The study also described two typical types of online games and looks further into the causes of the addiction by using two main theories. We also discussed the possible implications of online game addiction.
4. ***Dham, Swati Oberoi (2016)*** The study tried to find about new applications of advertising techniques in the light of new media and says about their usefulness. It evaluates the returns on

investment. Advergaming is an online game that entertains gamers and brings about brand awareness.

5. *Jayalakshmi G, ChidambaramR. , SrikumarR. ,Vijayakumar R(2017)*. The study determined the effects of online games on adolescent's. It was found from the study that 29% of adolescents are considered as addicted to online games. The results also showed that there was relation between online games addiction and less physical activities. It also affects the sleep of gamers. It is concluded that online games have caused changes in the way adolescents interact.

## OBJECTIVES

1. To find out the impact of online gaming among Adolescents in Delhi, NCR.
2. To analyse the addiction level of online games among Adolescents in Delhi, NCR.
3. To describe the different types of online gaming disorders among Adolescents in Delhi, NCR.

## RESEARCH METHODOLOGY

A descriptive study has been done for this paper. Data has been collected from respondents of Adolescents and their parents in Delhi, NCR. The sample size of the paper is 250.

**Sources of Data:** The data for the study has been collected from both primary and secondary sources. Primary data has been collected through a structured questionnaire while secondary data has been collected from various websites and journals.

**Population and sample size:** The sample population for the study has been taken from Delhi, NCR and the sample size is 250.

## ANALYSIS AND INTERPRETATION

### I. Respondents' Details

#### (i) Respondents' Details (Adolescents)

Gender (Adolescents)	Responses	In Percentage (%)
Male	84	56
Female	66	44
Total	150	100

Source: Primary Data

#### Interpretation

In a sample of 150 responses, 84 respondents were male counting for 56% of the population and the remaining 66 were female which is approx.. 44 % of the total population. None of the respondents were from the third gender. The table clearly shows the equal no. of respondents male and female.

#### (ii) Respondents' Details (Parents)

Gender (Parents )	Respondent	In percentage (%)
Male	47	47%
Female	53	53%
Total	100	100%

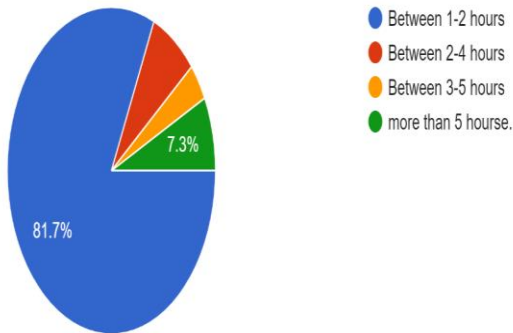
**Interpretation:** In a sample of 100 responses, 47 respondents were male counting to 47% of the population and the remaining 53 were female which is 53% of the total population. None of the respondents were from the third gender. The table clearly shows almost equal no. of respondents from male and female.

### II. Parent's consent and Time spent in playing online games:

Parents' consent to play online games	Percentage
Yes	35.2%
No	64.8%

Gisella Mari A. Averion, Florentino L. Elic at  
 Fernando A. Garcia  
 BS in Psychology

<b>games like BGMI</b>		



**Interpretation:** Approx. 65% of the respondents among the total population do not give their children consent to play online games. While the remaining 35% of the parents witnessed an increase in time spent by their children playing online games

The majority of the respondents (approx. 82%) spent between 1-2 hrs for playing online games daily and approx.. 27% of them felt moderately excited after playing games. While the no. of respondents spending more than 5 hours is very less (approx.. 7% only)

**III. Changes in your children's behaviour because of addiction to online Game .**

<b>Insomnia</b>	<b>7.8</b>	
<b>Anxiety</b>	<b>9.3%</b>	
<b>Sleep disorder</b>	<b>16.7%</b>	
<b>Defacement of Education</b>	<b>32.9%</b>	
<b>Mood swing</b>	<b>33.3%</b>	
<b>Lost contact with family and peer groups</b>	<b>76.8 % (yes) in large extent</b>	<b>23.2% (No)</b>
<b>Govt. to restrict/ Ban certain online</b>	<b>98.1% (yes)</b>	<b>1.9%(No)</b>

**Interpretation:** 64.8% of the parents have noticed a change in the behaviour of their child since he/she started playing online games. Among these changes 32.9% have led to defacement in education; 7.8 % have faced the problem of insomnia; 16.7% found sleep disorder; 9.3% started facing anxiety and 33.3% have witnessed mood swings and started being irritated .98.1% of the parents wanted the government to ban certain addicting online games like BGMI, etc. the analysis also showed that 76.8% parents believe that their children have lost contact with their family and peer groups due to online gaming addiction.

**IV. Are respondents (Adolescents ) skipping their daily routine for gaming addiction:**

1. The survey showed that 53% of children never skipped or delayed daily tasks such as bathing, eating, etc due to their gaming addiction.
2. 32% did get influenced and skipped their tasks sometimes while 15% always found themselves skipping daily activities when it comes to playing games with or without a partner
3. 53% of children prefer playing games without a partner involved. The analysis also showed that 63% of children do not believe in buying or making in-game payments and
4. 58% of them played games casually, however, 30% of them were moderately serious and 15% of them were professional gamers.
5. In the end upon being asked that whether playing games helps children rejuvenate their mind 58% replied 'yes' and 35% said 'no'.

## V. Among the parents, the analysis showed that

However, in 87% of the parents responded that their children have never asked for borrowing money in order to purchase/make payments in online games. Upon being asked 86% of the parents have reported that their child does not know anything about certain outdoor games like kho kho , hide and seek, five stones, etc

## CONCLUSION

The results of this study are in agreement with the findings of other studies around the world. The results show that addiction to computer games affects various dimensions of health and increases physical problems, anxiety, and depression while decreasing social functioning disorders. Major problem caused is the increase in gap between parents and children and the pandemic has only worsened the situation. Addiction of anything is always harmful and self-control is necessary to overcome that. Adolescence is the best time for youngsters to study and aim for a brighter future but addiction to online games acts as a roadblock in helping them achieve their goals.

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