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Online gaming addiction among adolescents across gender: A comparative study

Shivani Singh and Shalini Agarwal

Abstract

Adolescence is a period of transition from the child to adulthood that includes mental maturity, emotional, social and physical. In the rapid changing in technical world of today the adolescents are exposed to diverse recreation with regard to online gaming. The course of time outdoor games have been substituted by indoor games which in turn has been out rightly done away with by online games. Rapid expansion of electronic gadgets has come to pose a major threat to the adolescents, leading to measure physical and psychological breakdown. Online gaming has literally broken down child to child interaction which is both emotional and sentimental. Online gaming has converted a child into an automaton. Online gaming popularity is increasing day by day. In India, there are about 66% Youth in India and majority of them are addicted to online gaming and they are not aware of the ill effects of online gaming. These games are readily available at no cost, at all place and all times. The study was conducted with the aim to assess online gaming addiction in adolescents across gender. The study was conducted in Lucknow city. A self made pre tested interview schedule was used to collect general information and some specific information like category of games enjoyed by adolescents, Online gaming addiction among adolescents. The data was first coded, tabulated, decoded and analyzed by applying descriptive as well as relational statistical tools in order to get the inference. Descriptive statistics calculated to have frequency percentages and correlation coefficient. It was concluded that nearly half of the respondents (49.02 percent boys & 42 percent girls) were moderately addicted to online games. There was negative correlation between gender and online gaming addiction.

Keywords: adolescent, online game, technical world, physical and psychological breakdown

Introduction

Adolescence is a period of transition from the child to adulthood that includes mental maturity, emotional, social and physical (Hurlock, Elizabeth B. 1998) [3]. Due to developing communicative technologies, computer games and other audio-visual media as social phenomena, are very attractive and have a great effect on children and adolescents. Computer games are the second most frequently used application after social media (Wakoopa, 2012) [7]. The design of online games can range from simple text-based environments to the incorporation of complex graphics and virtual worlds (Hechman, Mark, 2015) [2]. The increasing popularity of these games among children and adolescents results in the public uncertainties about plausible harmful effects of these games. For many people, the online environment has become a significant arena for everyday living, and researchers are beginning to explore the multifaceted nature of human interaction with the Internet. In the rapid changing in technical world of today the adolescents is exposed to diverse recreation with regards to online gaming. The course of time outdoor games have been substituted by indoor games which in turn has been out rightly done away with by online games. Rapid expansion of electronic gadgets has come to pose a major threat to the adolescents leading to measure physical and psychological breakdown. Online gaming has literally broken down child to child interaction which is both emotional and sentimental. Online gaming has converted a child into an automaton. Online gaming popularity is increasing day by day. In India, there are about 66% Youth in India and majority of which is addicted to online gaming that are not aware of the ill effect of online gaming and popularity. These games are readily available at no cost, at all place and all times. The burgeoning global popularity and distinct design features of massively multiplayer online role-playing games (MMORPGs) have received particular

attention, and discourses about the phenomenon suggest both positive and negative impact upon gamer health (Scott J and Porter A). Gaming addiction refers to the excessive amounts of time spent on online computer games. When the person attempts to reduce the amount of time spent on the activity they suffer withdrawal symptoms such as irritability and anxiety. The preoccupation can cause problems with relationships and even with work performance. The report Online Game Market Forecasts estimates worldwide revenue from online games to reach \$35 billion by 2017, up from \$19 billion in 2011 (Global Games Market 2017) [6].

Diagnosis of online gaming addiction (Symptoms)/ Recognition of an addictive online game player (American addiction centers resource)

- Playing in secret or lying about how long he or she has been playing
- Mulling over video games when engrossed in other activities
- Sacrificing time at work or school in order to play
- Using games to escape from reality
- Anxiety or depression
- Becoming alienated from friends and family
- Becoming irritated if unable to play
- Lacking enough hours of sleep
- Losing interest in other activities and hobbies
- Increasingly ignoring personal hygiene

Objective: To find out online gaming addiction among respondents across gender.

Hypothesis: Ho: There is no association between gender and online gaming addiction.

Method and Materials

Sample: The study was conducted within 1 year from July 2017 to May 2018 by questioning and interviewing among 120 adolescents in Lucknow city.

Data collection: A self made pre tested interview schedule was used to collect general and specific information from adolescents.

Data Processing and analysis: The data was first coded, tabulated, decoded and analyzed by applying descriptive as well as relational statistical tools in order to get the inference.

Results

Table 1: Distribution of respondents according to gender

Category	Frequency (Percentage)
Boy	51(42.5)
Girl	69(57.5)

In this research, boys respondent were 42.5 percent and girls respondent were 57.5 percent.

Distribution of the respondents on the basis of scores obtain related to online gaming addiction

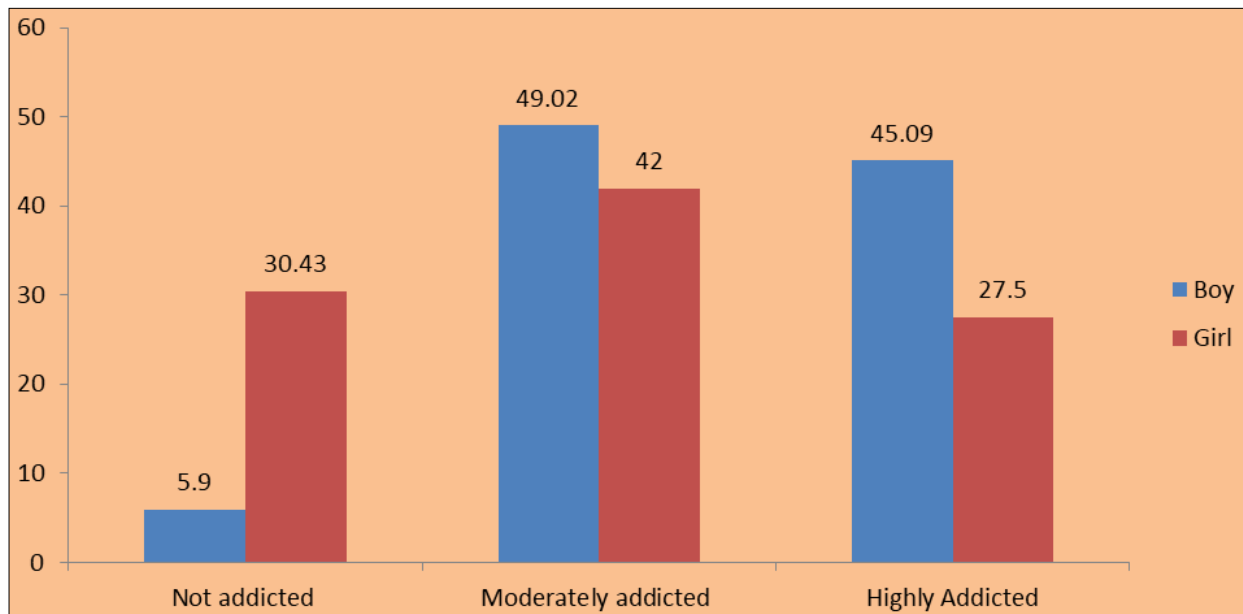


Fig 1: Distribution of the respondents on the basis of scores obtain

It was seen in fig. 1 that 45 percent respondents (49.02 percent boys & 42 percent girls) were moderately addicted while 35 percent respondents (45.1 percent boys & 27.5 percent girls) were highly addicted and 20 percent respondents (5.9 percent boys & 30.43 percent girls) were not

addicted.

Testing of hypothesis

Ho: There is no association between gender and online gaming addiction

Table 2: Correlation value between gender and online gaming addiction

Particular	Mean	S.D.	r	P	Conclusion
Gender	1.58	496	-.292	.001	Rejected
Online gaming addiction	10.8250	4.64118			

Table 2 showed that as $p < .01$, thus the null hypothesis was rejected. It means that online gaming addiction may vary according to gender.

Conclusion

The course of time outdoor games have been substituted by indoor games which in turn has been out rightly done away by online games. These games are readily available at no cost, at all place and all times. Gaming addiction refers to the excessive amounts of time spent on online computer games. Based on the study, it was concluded that nearly half of the respondents (49.02 percent boys & 42 percent girls) were moderately addicted to online games while 35 percent respondents (45.1 percent boys & 27.5 percent girls) were highly addicted to these games. Few respondents 20 percent (5.9 percent boys & 30.43 percent girls) were not addicted to any online game. Online gaming addiction may vary according to gender.

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