



A DETAILED STUDY ON THE CONSEQUENCES OF GAME ADDICTION AMONG CHILDREN

Dr. G. Mythili

Assistant Professor, Department of Commerce, Vels Institute of Science, Technology and Advanced
Studies, Pallavaram, Chennai, Tamil Nadu, India – 600 117

Email: mythili.sms@velsuniv.ac.in

Abstract

Video game addiction is a compulsive or uncontrolled use of video games, in a way that causes problems in other areas of a person's life. The game addiction has been a disorder and the children have fallen prey to it. Addiction to games shows a high level of symptoms and a much higher impact on the lives of children and your future. So it is high time that it should be prevented in the beginning itself. An empirical study was carried out Among 562 respondents to study about the public opinion on that consequence of game addiction among children. The results show that people are aware about the consequences and the rest available to prevent addiction among their children and it is also found that children of the current age are highly addicted to games.

Keywords: Games, disorder, addiction, prevention, impacts.

INTRODUCTION

Game addiction, commonly referred to as gaming disorder, is the problematic, compulsive usage of games, primarily video games, that over time significantly impairs a person's capacity to function in daily life. The disease can be identified when a person plays video games without considering the consequences, even if it means sacrificing other interests and everyday responsibilities. Video games, computer games, console games, arcade machine games, and many more are included in this category. The 11th version of the World Health Organization's (WHO) international statistical classification of illnesses now includes gaming disorder. Standard video games and online multiplayer games are the two main categories of game addiction. Game addiction has a wide range of causes. These include their demanding character, rapid pleasure, and design. Children who are addicted to video games exhibit warning indicators, much like those of any other addiction. Both emotional and physical problems are possible. Fatigue, migraines brought on by prolonged eye strain or severe concentration, carpal tunnel syndrome, poor personal cleanliness, and other symptoms are among them. Emotional symptoms of video game addiction include feeling agitated or

restless when unable to play, obsessing over past online activities, anticipating the next online session, lying to loved ones about how much time is spent playing, and isolating oneself from others to avoid spending more time online gaming. Addiction to video games can have serious detrimental effects on children, just like any other compulsive disorder. Even though the majority of the symptoms are temporary, if left untreated, they might have more serious long-term implications. Addiction to gaming can have an impact on children's futures. According to the adage "prevention is better than cure," it is therefore preferable to stop it before it gets out of control. Children's therapies, cognitive behavioral therapy, counseling, and behavior treatment, as well as therapeutic approaches like wilderness therapy, are among the preventative strategies. Limiting game access, attempting to block game access with applications or extensions, encouraging children to spend more time playing games and exercising, helping them focus on reading, raising awareness of the negative consequences of game addiction, and many other strategies.

OBJECTIVE OF THE STUDY

To examine the effects of game addiction on kids.

- To research strategies to lessen the effects of game addiction on kids.
- To raise awareness about strategies to avoid gaming addiction.
- To determine the reasons behind children's gaming addiction.
- To look into the extent to which inadequate parental supervision and care contribute to children's gaming addiction.

REVIEW OF LITERATURE

Shivani Singh and Shalini Agarwal (2018) The purpose of this article's author was to evaluate the prevalence of online gaming addiction among adolescents of both sexes. The research was conducted in Lucknow by the author. Nearly half of the respondents, the author found, had a moderate game addiction.

Jeroen S. Lemmens , Patti M. Valkenburg & Jochen Peter (2009) The primary goal of the study, according to the author, is to create and evaluate a scale for assessing teenage computer and video game addiction. The research's author developed 21 items to assess seven characteristics, and two separate samples of teenage gamers were used to gauge the scale's dimensional structure.

Changho Lee & Ocktae Kim (2016) The primary goal of the study, according to the author, is to categorize online and mobile gaming in order to analyze the consequences of online gaming addiction. The author also attempts to examine how much playing video games after midnight influences such compulsive behavior.

Y. Zhou (2009) An initial attempt was made by the author of this study to quantify and attribute online gaming addiction among college students in China. In addition to proposing a thorough model that linked online gaming addiction to the three driving causes, the author also developed three factors for online gaming addiction.

Zhengchuan Xu, Ofir Turel & Yufei Yuan (2012) The functionalist view of human behavior is what the author of this piece is depending on. In this paper, the author also attempts, suggests, and evaluates a fair model of the causes of teenage addiction to online gaming. The author also emphasizes the importance of prevention, harm reduction, and motivation.

Bünyamin Ayhan and Selahattin Çavuş (June 2014) The study was conducted by the author in order to analyze the features of adolescent game addiction. A questionnaire was used to gather data for the study from high schools and secondary schools. The author came to the conclusion that different genders and phases of addiction were distinguished from one another.

Gabriel Thorens, Sophia Achab, Gerhard Gmel, Anne Chatton, Daniele Zullino, Kyrre Breivik, Joel Billieu, and Yasser Khazaal. (August 2018) In order to examine differential item functioning and item response theory modeling, the author of this essay examines the seven-item age addiction scale. Two sizable representative samples of Swiss men (3320 who spoke French and 2670 who spoke German) were used by the author to gather data.

In 2012, Kuss and Griffiths Mark D. Griffiths and Dariya J. Kuss (2012) According to the study's author, excessive internet gaming causes symptoms that substance addicts frequently encounter. Children and adolescents are more vulnerable than other demographics since these games appeal to them more.

SueFisher (September–October 1994) According to the author of this article, some gambling experts believe that playing arcade video games as a teenager can lead to behaviors similar to gambling addiction. Using a scale designed to measure arcade game addiction in 467 secondary school students in a coastal town, the author conducted the study.

Zekihan HAZAR (2019) The primary goal of this study, according to the author, is to look at the connection between the desire to play digital games and their addiction. By examining the connection between the two ideas, the author also attempts to formulate recommendations for resolving the research challenge.

Nagisa Sugaya, Tomohiro Shirasaka, Kenzo Takahashi & Hideyuki Kanda (2019) The author of this study evaluated the clinical implications of internet gaming disorder by doing an updated assessment of research on the illness in children and adolescents.

Hülya KÖK EREN and Özlem ÖRSAL (2018 October) In this paper, the author sought to ascertain the degree of loneliness and computer game addiction among youngsters aged 9 to 10. Between 2017 and 2018, the author conducted a study with fourth-graders at a primary school in the heart of the city.

Doctor Öğr. Üyesi Meryem Altun Ekiz, M. Atasoy (September 2018) The study's goal, according to the author, is to look into children aged 9 to 11 who are addicted to digital games. The author gathered information from 1100 pupils from the six state schools, 552 of whom were females and 548 of whom were boys. The author discovered that age and gender have an impact on digital gaming addiction scores.

Jayalakshmi G, Ranganathan Chidambaram, Ramasundaram Srikumar, Naveen KUMAR .C (January 2017) The purpose of this study was to ascertain how addiction to internet gaming affected the physical and emotional well-being of teenagers in Pondicherry, India. The author came to the conclusion

that the way teenagers connect and communicate has changed significantly as a result of playing online games.

Necmi Eşgi and Hafize Keser (2012) The author's major purpose of the research is to examine the self-perceptions of elementary school sixth-, seventh- and eighth-grade kids between the age of 12 and 15 on computer games addiction. The author discovered that around 16.8% of people identified as having issues with computer gaming addiction.

Ramazan YILMAZ, Fatma Gizem KARAOĞLAN YILMAZ, Ahmet Emre KILIÇ (April 2018) The primary goal of the study, according to the author, is to assess the prevalence of online game addiction among high school students and investigate the connections between these addictions and the children's feelings of loneliness, aggression, and depressive tendencies.

Seval Kizildag, Ozlem Ulas, and Selen Demirtas Zorbaz, (April 2015) In this study, the author examines whether "Total Time Spent on the Computer," "Supportive Family Relations," "Discouraging Family Relations," and "Grade Point Average (GPA)" might predict the prevalence of video game addiction in primary school pupils.

Gülşah Başol and Abdullah Bedir Kaya (2018 September) The purpose of this article's author was to create a scale for online game addiction and analyze its characteristics. Ninety-two percent of the 327 secondary school pupils the author gathered data from were male, and eight percent were female.

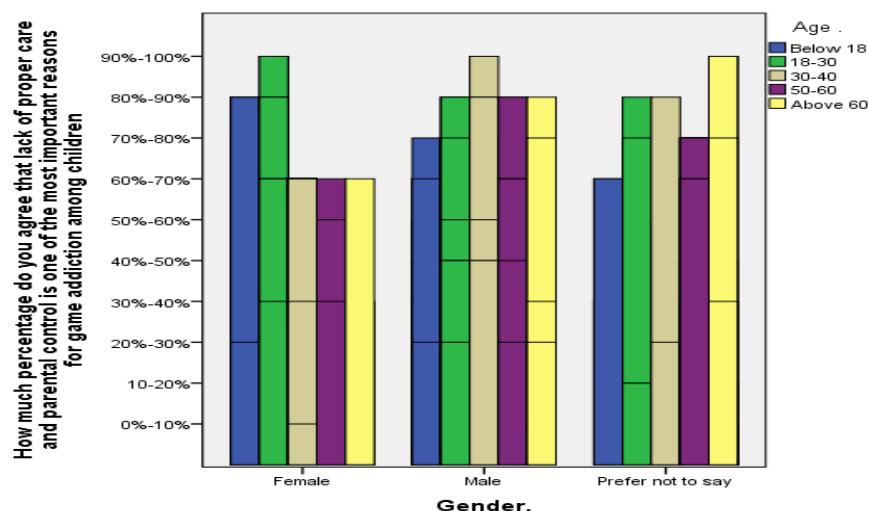
Christian Vollmer, Christoph Randler, Mehmet Barış Horzum, and Tuncay Ayas (January-March 2014) In addition to age, gender, BIG-5 personality, and chronotype, the author of this article evaluated computer game addiction and computer usage time. Through the use of questionnaires, the author gathered information from 741 teenagers in Turkey.

RESEARCH METHODOLOGY

Empirical research is the methodology used in this study. A straightforward sampling technique was used to extract 562 samples in total. The researcher collected the sample frame in public areas in and around Chennai. Here, gender, age, occupation, and level of education are considered independent variables. The dependent variables include agreeability in terms of the percentage that one of the main causes of children's game addiction is a lack of appropriate care and control. the game to which children nowadays are addicted, the efficacy of strategies for managing game addiction, and the likelihood that playing video games makes kids more aggressive, depresses them, alters how they view the outside world, and has numerous other negative consequences on kids. The researcher employed pie charts, graphical depiction, and correlation analysis as statistical tools.

ANALYSIS AND DISCUSSION RESULTS

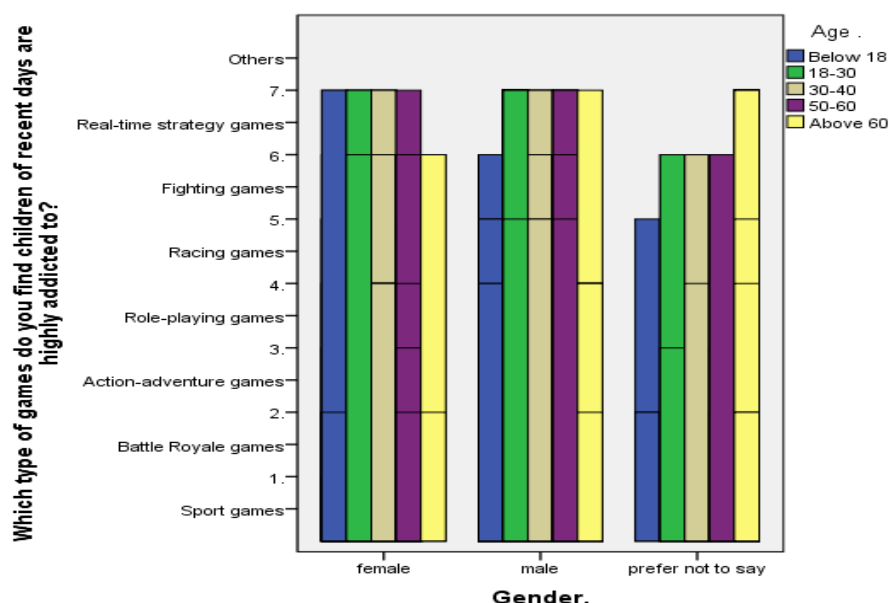
Figure 1- The breakdown of respondents' ages and genders regarding their agreement or disagreement with inadequate care.



Interpretation

Male and female age groups differ in their views on the agreeability that one of the major causes of children's game addiction is a lack of appropriate care and supervision.

Figure 2- The respondents' age and gender distribution on the kinds of games they believe kids nowadays are addicted to.

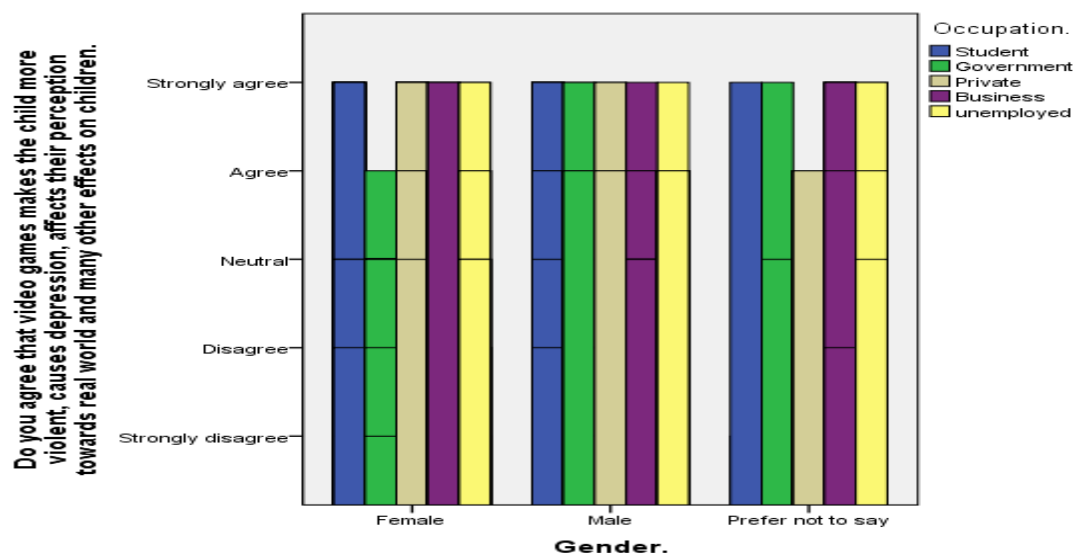


Interpretation

individuals in the 18–60 age range, regardless of gender, Those under the age of eighteen who are female and those who do not want to reveal their gender, as well as men over sixty, reported that they have seen children become addicted to real-time strategy games. Males under the age of 18, females over 60, and those who would rather not reveal their gender who are between the ages of 18 and 60 reported that they have seen

children become addicted to fighting video games. Those in the 18-year-old age group who would rather not reveal their gender stated that they see kids who are addicted to racing

Figure 3- According to the respondents' gender and occupation, they agree that playing violent video games makes kids more aggressive, depresses them, changes how they view the outside world, and has many other negative consequences on kids.



Interpretation

Regardless of gender, individuals from every profession—with the exception of women working in the public sector—strongly agreed that playing violent video games increases a child's likelihood of experiencing depression, alters their perspective on the real world, and has numerous other negative consequences on them.

Figure 4 – association between the efficacy of strategies for managing game addiction, such as limiting access to games and experimenting with apps or extensions to do so.

Correlations			
		On a scale of one to 10, how much do you think the following methods are effective in controlling game addiction . [Setting Limits on Access to Games]	On a scale of one to 10, how much do you think the following methods are effective in controlling game addiction . [Trying apps or extensions to block your access to games]
On a scale of one to 10, how much do you think the following methods are effective in controlling game addiction . [Setting Limits on Access to Games]	Pearson Correlation Sig. (2-tailed) N	1 562	.655** .000 562
On a scale of one to 10, how much do you think the following methods are effective in controlling game addiction . [Trying apps or extensions to block your access to games]	Pearson Correlation Sig. (2-tailed) N	.655** .000 562	1 .000 562

** . Correlation is significant at the 0.01 level (2-tailed).

Source: Primary data.

Interpretation

Given that the correlation coefficient is positive (.655**), there is a connection between strategies for managing game addiction, such as limiting game access and attempting to ban game access through apps or extensions.

Figure5- There is a correlation between the effectiveness of strategies including limiting game access, attempting apps or extensions to prevent game access, educating kids about the negative consequences of game addiction, and emphasizing reading in order to control game addiction.

Correlations					
		On a scale of one to 10, how much do you think the following methods are effective in controlling game addiction . [Setting Limits on Access to Games]	On a scale of one to 10, how much do you think the following methods are effective in controlling game addiction . [Trying apps or extensions to block your access to games]	On a scale of one to 10, how much do you think the following methods are effective in controlling game addiction . [Creating awareness among the children about the ill effects of game addiction]	On a scale of one to 10, how much do you think the following methods are effective in controlling game addiction . [Concentrating on reading]
On a scale of one to 10, how much do you think the following methods are effective in controlling game addiction . [Setting Limits on Access to Games]	Pearson Correlation Sig. (2-tailed) N	1	.655** .000	.385** .000	.389** .000
		562	562	562	562
On a scale of one to 10, how much do you think the following methods are effective in controlling game addiction . [Trying apps or extensions to block your access to games]	Pearson Correlation Sig. (2-tailed) N	.655** .000	1	.513** .000	.587** .000
		562	562	562	562
On a scale of one to 10, how much do you think the following methods are effective in controlling game addiction . [Creating awareness among the children about the ill effects of game addiction]	Pearson Correlation Sig. (2-tailed) N	.385** .000	.513** .000	1	.815** .000
		562	562	562	562
On a scale of one to 10, how much do you think the following methods are effective in controlling game addiction . [Concentrating on reading]	Pearson Correlation Sig. (2-tailed) N	.389** .000	.587** .000	.815** .000	1
		562	562	562	562

Source: Primary data.

Interpretation

There is a somewhat positive association because the correlation coefficient is positive (.655). There is a less positive correlation (.385) between the efficacy of limiting game access and attempting to use an app to prevent game access. There is a moderately positive relationship (.513) between trying apps and extensions to raise awareness among children, a moderately positive relationship (.587) between trying apps and extensions to block access to games and focusing on reading, a high positive relationship (.815) between the effectiveness of focusing on reading and raising awareness among children in controlling game addiction, and a lower positive relationship (.389) between the effectiveness of setting limits to gain access and raising awareness among children.

Discussion

According to a detailed examination of figure 1, women over 30 share the same viewpoint. According to their rating, only 60% to 70% of respondents concur that the primary cause of children's game addiction is inadequate parental supervision. Although not always, female responders could believe that parents bear some responsibility as well. However, among men, their opinions range from 70% to 80%. They may therefore believe that a lack of parental supervision and care is the cause, and their viewpoint is more elevated than that of women. But to a greater degree, both men and women concur with that notion.

Figure 2 shows that the majority of men and women may believe that kids play real-time strategy games. Additionally, some fighting games. Children play racing games, according to those under the age of eighteen who do not want to reveal their gender. This isn't a confirmation, though. According to 562 respondents, they might have seen the kids engaging in these games.

Figure 3 makes it very evident that people of all genders and professions strongly agree with the assertion. The other groups may believe that they strongly agree with the statement, but the female government employees also agree with it, so they may have some confirmation. Therefore, the majority of respondents believed that playing video games can lead to sadness, increase a child's aggression, change how they view the actual world, and have many other negative consequences on kids.

Figure 4 demonstrates how two elements, such as limiting game access and experimenting with apps and extensions to prevent game access, have a moderately good association and are useful in managing game addiction. People who have a moderate opinion on the association between two elements believe that limiting access to games can be achieved by employing applications and extensions that can block game access.

After careful examination, figure 5 demonstrates a somewhat moderate belief that game access may be managed by raising awareness, establishing access restrictions, and focusing on reading instead of gaming. However, there is a strong belief that raising awareness among kids, attempting to block access via applications or extensions, or focusing on reading may have a greater impact on preventing game addiction in kids.

Limitations

The sample size is the study's main drawback. There are just 562 people in the sample. The sample size is insufficient to determine the opinions of the populace in a big city. The opinions of educated unemployed persons are quite low, which could compromise the survey's comprehensiveness. Students make up the majority of responders. Thus, this study reflects the majority of the students' perspectives. The study's sample frame is small. Only urban residents' opinions are documented. Therefore, the study's physical components represent a significant limitation on its comprehensiveness.

Conclusion

Since they will be the nation's future pillars, children must be correctly shaped during their formative years in order to improve the future of the nation. Though some restraint can prevent addiction, children's

gaming should not be entirely prohibited. It is possible to stop video game addiction early on by raising awareness and taking preventative measures. Children are on the verge of developing a serious game addiction, according to the analysis and research, and it is past time that they receive some sort of assistance to keep them from developing an addiction. in order for the country and its children to prosper together.

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