

Impact Of Online Game Addiction on Adolescent Mental Health

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Abstract—Digital technology is currently advancing rapidly, making it easier for everyone to connect and share the same interests without any obstacles across geographic and temporal boundaries, convenient, flexible to reach, and affordable in developed countries; from these many advantages, there are also concerns among researchers related to the use of digital technology exaggerated. One of the digital technologies that are currently in existence is online games. Online game games are currently booming among adolescent worldwide, even tournaments/competitions are held in playing them, which are integrated by the player's social networks. Internet addiction is currently considered a global problem with possible implications for mental health.

The way people interact with technology is constantly changing. New behaviors have improved, social and recreational activities have changed, and new psychological problems have arisen. In the late 1990s, concerns about addictive internet use were discussed, and, since then, the concept has been widely studied and debated. Although it has been treated from different angles and researchers have used additional terms, "internet addiction" has become one of the most commonly used terms, along with "internet use is problematic."

As the social problem of online gaming addiction has become widespread, online gaming has become viewed negatively such as gambling or alcohol addiction. With the rapid surge in the population of internet users, IA has become an increasing mental health problem worldwide, raising public concern. Healthily using the internet can be understood as achieving the desired goal in an appropriate time frame without experiencing any intellectual or behavioral discomfort. IA is described as an individual's inability to control their use of the internet, which causes disruption and disruption in fulfilling work, social, and personal commitments and appears to have similarities with the category other aspects of behavior.

I. INTRODUCTION

Online game addiction is where people play games and make a habit of it, they would continue playing when found free time for hours together. This leads to less interest in other works, gaming would make a habit, create an impact on daily functioning activities, impact on personal – social relationship, less interest in education and ignorance in occupational responsibilities. Online game addiction can also cause internet gaming disorder, whereas this can be classified as mental illness which has been found from researches.

This addiction is a behaviour similar to gambling disorder, in which people would rush to play games and winning prizes will be the main reason playing frequently. Online games can be segregated in many, which among are: fun games for children, individual games, group games and betting games for prize winning. Betting games may require cognitive skills and sharp mind with full of interest concentration as it is just a matter of chance. This would create a negative impact on daily living and earning, as in betting games peoples would lose money due to which people start borrowing money from others for finance which would add lots of interest on money.

Online game addiction mostly effects children, teenagers and adults, among these adults are the 1st who likely are addicted to games. Males are mostly addicted when compared to females. So far online winning games may increase a release dopamine, it is a brain chemical (neurotransmitter) which effects in many bodily functions including pleasurable rewards and motivations.

For any such disorders peoples refer healthcare providers who are mental professional such as psychologist or psychiatrist. Online gaming also causes obesity in teens, which would cause vision problem in eye strain, which leads to headache and poor concentration in any work. World health organization have defined, gaming disorder is due to access use of online games (this includes video games, online games and TV based games).

Addiction would be like, if one decides to play a game for one hour, but since the player would be lost in playing games and continue playing for another more hours of 4-5 continuously. Player would feel that the game played was for only few minutes of time and would miss some important moments of time. This can be addictive that, they start playing game anywhere and anytime irrespective of present situations.

Here are signs of online game addiction in students:

1. Gaming disrupts your sleep habits.
2. Avoiding school or work to play.
3. Needing to play longer time to get enjoyment.
4. Feeling irritated if someone disturbs you and you are not able to play.
5. Feeling anxious when not played.
6. Being consumed with thoughts about gaming.
7. Playing more than 6 hours a week.
8. Lack of attention with poor academic performance.

9. Create impulsivity and anger.
10. Losing money believing the scammers

II. LEAP UP OF ONLINE GAME ADDICTION.

This was during the period of COVID-19, when compared online game addiction caused more than COVID-19 impact. Due to lockdown schools did not function for a period of time, but only online classes were conducted. Teen age students who were attending classes online also started playing games without the knowledge of teachers and parents. While COVID was dominating outside the house, these online games were dominating inside the house. However, lockdown decreased COVID cases, but increased online game addiction. Even though schools are reopened now, but few of them are continuing to play the games at night mostly and are not able to concentrate on their studies in school.

During this period, students had less work to do and lots of time to spend, whereas they didn't have a mode of self-interactions with others than their family members. Due to which students started opting another mode to keep them busy and entertaining them. They started opting online games, as these games provide interested, thrill and eagerness to win the game. These were played individually, but as the technology grew, networking also grew to an extent where players can play in groups. Irrespective of location and distance, the game can be played and operated from every corner of the world.

These games also created competition within the groups, which includes: levels cleared in games, game achievements, addition goodies and creation of groups. As these were achieved by one and the other among them, will also try to achieve it to build his popularity. In terms to build, one started spending most of time to achieve it, playing the same game again and again. Losing the game would create the dissatisfaction in them which to attract to continue playing game again from start.

III. RESEARCH METHODOLOGY

OBJECTIVE OF STUDY:

- The most dependable qualitative research strategy that aids in overcoming addiction disorders in daily life is to investigate the cause of the problem under examination.
- To understand and learn how can we overcome from online addiction to keep our self and others healthy, physically and mentally.
- To assess the prevalence of online game addiction among adolescents.
- To identify demographic factors (age, gender, socioeconomic status) associated with online game addiction.
- To explore the relationship between online game addiction and mental health outcomes (anxiety, depression, sleep disturbances, social isolation).
- To examine the impact of online game addiction on academic performance and social

relationships.

- To investigate the role of parental involvement, peer influence, and social media on online game addiction.

STATEMENT OF THE PROBLEM

Even though local resources and entertainment options are constantly being improved and expanded, the number of people who are dependent on online gaming is increasing every year. Earlier, this was not thought to be a serious problem, but now that it has more users, it is thought to pose a serious threat.

Addiction to online games is linked to social and psychological problems caused by a lack of self-control. Gamers are now much older, and teenagers are no longer thought of as the primary demographic for the hobby. Online video game play was once regarded as a meaningless past time, but it has now come to play a significant role in many people's lives.

- The growing appeal of online gaming is attributed to the notion that these games allow for far more immersive engagement and are intensely creative and original. It is evidence that the issue impacts everyone with whom they come into contact in their personal, professional, social, and family lives in addition to those who are actively involved in it.
- According to studies, between 1.6 and 8.5% of young people in Western countries suffer from online gaming disorder. This condition is frequently accompanied by other psychological issues such depression, anxiety, attention deficit hyperactivity disorder, and social phobia.
- The evolution of the online gaming habit and people's attitudes towards it will be the study's key goals. The most prevalent signs of an addiction to online gaming are irritable sensations when there is no Internet access.

Learning objectives and goals.

- The possibility to receive accurate information.
- Suitable way to reveal and understand people's complex problems.
- How to improve people's wellbeing.
- Make people express their thoughts.
- To understand how people develop addiction in them and how they feel about it.
- Creating opportunities of values, different ways of learning about people's problems and experiences.
- Overcoming bad habit of online games

IV. DATA COLLECTION

Data collection is the process to gather information about the relevant topic of research, which is being done by researcher. Data collection is a term used to describe a process of preparing and collecting data. The following method of data collection can be used while doing research.

COLLECTION OF PRIMARY DATA:

In today's world correct information is the key to success. Primary data is collected by the Google Forms which is circulated with my friends, Teachers, Cousins etc.

COLLECTION OF SECONDARY DATA:

Secondary data are those data which have been already collected and analyzed by some earlier researchers for its own use; and later that same data is used by a different report. Also used Google and AI techniques.

V. SAMPLING PLAN AND SAMPLING DISTRIBUTION

The respondents for the study will be General Public i.e., Students, Friends, Family members, Teachers etc.

FINDINGS AND DATA ANALYSIS:**PROFILE OF RESPONDENTS:**

Age- wise distribution of the employees:

Count of Age	Column Labels				
Row Labels	15-20	20-25	25-30	30 and above	Grand Total
Female	6	20	2	0	28
Male	0	12	2	1	15
Grand Total	6	32	4	1	43

Interpretation

In the cross table shows that total no of respondents is 43, Moreover in 20-25 Age respondents are Higher in numbers i.e., 32 out of 43 (Male is 12 & Female is 20), 25-30 Age is equally respondent i.e., 15-20 Age only female responded i.e., 6.30 & above only 1 responded in Male.

Online Game Addiction Has a Significant Negative Impact on Adolescent's Mental Health.

Count of Gender	Column Labels		
Row Labels	Female	Male	Grand Total
Natural	4	0	4
Somewhat Agree	3	3	6
Somewhat disagree	2	1	3
Strongly Agree	19	9	28
Strongly Disagree	0	2	2
Grand Total	28	15	43

Interpretation:

As shown in the above table Out of 43

Strongly Agree: 28 (65.1%), Somewhat Agree: 6 (14%), Neutral: 4 (9.3%), Somewhat Disagree: 3 (7%), Strongly Disagree: 2 (4.7%)

1. The majority of respondents (65.1%) strongly agree with the statement, indicating a high level of concern or recognition regarding online gaming addiction.
2. Females tend to show stronger agreement with the statement than males.
3. A small proportion of respondents (4.7%) strongly disagree with the statement, indicating some skepticism or disagreement.

Excessive Online Gaming Can Lead to Social Isolation Among Adolescents

Count of Gender	Column Labels		
Row Labels	Female	Male	Grand Total
Agree	7	1	8
Disagree	0	3	3
Neutral	6	0	6
Strongly Agree	14	8	22
Strongly disagree	1	3	4
Grand Total	28	15	43

Interpretation:

As shown in the above table Out of 43 –

Strongly Agree: 22 (51.2%), Agree: 8 (18.6%), Neutral: 6 (14%), Disagree: 3 (7%), Strongly Disagree: 4 (9.3%)

1. Females are more likely to strongly agree (14/28, 50%) than males (8/15, 53.3%).
2. Males are more likely to disagree (3/15, 20%) or strongly disagree (3/15, 20%) than females.
3. Females account for all neutral responses (6/6, 100%).

Online Game Addiction Affects Academic Performance

Count of Gender	Column Labels		
Row Labels	Female	Male	Grand Total
Agree	10	3	13
Disagree	2	3	5
Neutral	4	3	7
Strongly agree	9	4	13
Strongly disagree	3	2	5
Grand Total	28	15	43

Interpretation:

As shown in the above table Out of 43 –

Strongly Agree: 13 (30.2%), Agree: 13 (30.2%), Neutral: 7 (16.3%), Disagree: 5 (11.6%), Strongly Disagree: 5 (11.6%).

1. Females tend to show stronger agreement (19/28, 67.9%) than males (7/15, 46.7%).
2. Males are more likely to disagree (3/15, 20%) or strongly disagree (2/15, 13.3%) than females.
3. Neutral responses are evenly distributed between genders.

Which Age Group Is Most Vulnerable to Online Game Addiction

Count of Gender	Column Labels		
Row Labels	Female	Male	Grand Total
11-14 years	12	4	16
15-20 years	9	8	17
21-25 years	2	1	3
6-10 years	5	2	7
Grand Total	28	15	43

Interpretation:

As shown in the above table Out of 43 –

11-14 years: 16 (37.2%), 15-20 years: 17 (39.5%), 21-25 years: 3 (7%), 6-10 years: 7 (16.3%)

1. The majority of respondents (37.2%) fall within the 11-14 age range.
2. Females dominate the 11-14 (12/16, 75%) and 6-10 (5/7, 71.4%) age groups.
3. Males are more represented in the 15-20 age group (8/17, 47.1%).
4. The 21-25 age group has the fewest respondents (3).

What Is the Potential Consequence of Online Game Addiction on Adolescent Mental Health?

Count of Gender	Column Labels		
Row Labels	Female	Male	Grand Total
11-14 years	12	4	16
15-20 years	9	8	17
21-25 years	2	1	3
6-10 years	5	2	7
Grand Total	28	15	43

Interpretation: As shown in the above table Out of 43 –

- The majority of respondents (37.2%) fall within the 11-14 age range.
 - Females dominate the younger age groups (11-14 and 6-10 years).
 - Males' representation increases in the 15-20 age group.
 - The 21-25 age group is underrepresented.
1. Female-dominated age groups: 11-14 (75%) and 6-10 (71.4%).
 2. Male representation peaks in the 15-20 age group (47.1%).
 3. Few respondents (7%) are in the 21-25 age group.

Online Gaming Has No Link to Increased Symptoms of Anxiety and Depression?

Count of Gender	Column Labels		
Row Labels	Female	Male	Grand Total
Natural	7	4	11
Somewhat agree	9	0	9
Somewhat Disagree	3	2	5
Strongly Agree	5	4	9

Strongly disagree	4	5	9
Grand Total	28	15	43

Interpretation:

As shown in the above table Out of 43 –

1. Females tend to Somewhat Agree (9/28, 32.1%).
2. Males are more likely to Strongly Disagree (5/15, 33.3%).
3. Females dominate Neutral responses (7/11, 63.6%).
4. No males Somewhat Agree.
5. Females are more likely to Strongly Agree (5/28, 17.9%) than males (4/15, 26.7%).
6. Males are more polarized (Strongly Agree/Disagree: 9/15, 60%).

Parent Involvement Can Prevent Online Game Addiction Among Adolescents?

Count of Gender	Column Labels		
Row Labels	Female	Male	Grand Total
Disagree	2	1	3
Neutral	9	3	12
Somewhat Agree	5	5	10
Strongly agree	8	4	12
Strongly disagree	4	2	6
Grand Total	28	15	43

Interpretation:

As shown in the above table Out of 43 –

1. Females tend to Strongly Agree (8/28, 28.6%).
2. Males are more evenly distributed across categories.
3. Females dominate Neutral responses (9/12, 75%).
4. More respondents agree (22) than disagree (9).
5. Females show stronger agreement (28.6% Strongly Agree).
6. Males' opinions are more dispersed.

School Should Incorporate Online Games Addiction Prevention Programs Into Their Curriculum?

Count of Gender	Column Labels		
Row Labels	Female	Male	Grand Total
Disagree	1	1	2
Neutral	6	4	10
Somewhat Agree	9	3	12
Strongly agree	7	5	12
Strongly disagree	5	2	7
Grand Total	28	15	43

Interpretation:

As shown in the above table Out of 43 –

1. Females tend to Somewhat Agree (9/28, 32.1%).
2. Males are more likely to Strongly Agree (5/15, 33.3%).
3. Females dominate Strongly Disagree responses (5/7, 71.4%).
4. More respondents agree (24) than disagree (9).
5. Females show stronger disagreement (5/7, 71.4% Strongly Disagree).
6. Males' opinions are more positive.

Online Game Addiction Is Associated with Decreased Self-Esteem Among Adolescents?

Count of Gender	Column Labels		
Row Labels	Female	Male	Grand Total
Disagree	1	1	2
Neutral	9	6	15
Somewhat Agree	10	6	16
Strongly agree	5	2	7
Strongly disagree	3	0	3
Grand Total	28	15	43

Interpretation:

As shown in the above table Out of 43 –

1. Females tend to Somewhat Agree (10/28, 35.7%).
2. Males are more likely to Neutral (6/15, 40%).
3. No males Strongly Disagree.
4. Most respondents are positive or neutral.
5. Females show stronger agreement (10/28, 35.7% Somewhat Agree).
6. Males are less likely to disagree.

VI. RECOMMENDATIONS:**Prevention:**

1. Parental monitoring and guidance
2. Education on responsible gaming and digital citizenship
3. Encourage physical activity and socialization
4. Set limits on gaming time and access

Intervention:

1. Counseling and therapy for addicted adolescents
2. Support groups for parents and adolescents
3. Collaborative efforts between parents, educators, and mental health professionals
4. Development of treatment plans addressing underlying issues.

Game Development:

1. Design responsible games promoting healthy gaming
2. Parental control features and monitoring tools
3. Disclosure of addiction risks and resources
4. Community norms promoting balanced gaming.

VII. HYPOTHESIS

1. Main Hypothesis: Online game addiction positively correlates with adverse mental health outcomes among adolescents.
2. Sub-Hypotheses:
3. Anxiety, depression, sleep disturbances, and social isolation increase with online game addiction.

VIII. DISCUSSION

The main source of enjoyment and a method to avoid boredom is playing online games. After a stressful day at work or in daily life, they also assist people in calming down and relaxing. According to research, gaming addiction affects people physically and behaviorally, especially children. Online gaming competitions involving other players are also held at many levels, including local, national, and international, in an effort to find the best player overall.

IX. CONCLUSION:

Online game addiction significantly impacts adolescent mental health, highlighting the need for:

1. Increased awareness and education
2. Effective prevention and intervention strategies
3. Collaborative efforts among stakeholders
4. Ongoing research into gaming addiction's consequences and treatment.

REFERENCE

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E-Resources

- <https://www.slideshare.net>
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