

A Study to Assess the Negative Psychological Impact of Online Gaming among Adolescents at Selected Schools of Chaubepur, Kanpur, U.P.

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Abstract:

Introduction: With the continuous advancement of technology and the widespread adoption of the Internet, online games have become an indispensable part of modern teenager's entertainment lives. As a new form of entertainment, online games possess unique characteristics and influence, attracting significant attention regarding their positive and negative effects on adolescents. China Internet Network Information Center defines an online game as a game product that takes the computer as the client and the Internet as the data transmission medium.

Materials & Methods: To accomplish the objectives of the study, quantitative research with descriptive survey design was adopted. In this study, the sample consists of 30 adolescent studying in selected schools of Kanpur who fulfilled the inclusion criteria for the study. The convenience sampling technique was used for this study. A structured Socio demographic variable, and Basic Psychological Needs Scale (BPNS) questionnaire and online game addiction checklist. Section A was socio- demographic data, and the section –B was Basic Psychological Needs scale to assess the adolescent's psychological status. Section C online game addiction checklist to assess the online game addiction among the adolescents. Validity of the tool was established with experts. For the main study the data collected from 02- 02-2024 to 28-02-2024 from adolescents studying in selected schools of Kanpur who fulfilled the inclusion criteria. The collected data was tabulated according to various parameters and the complete analysis was done with descriptive and inferential statistics.

Results: Most of the samples belongs to 16-18 years 40%, Most of the samples are male 56.7% most of the samples are staying in hostel 56.7%. Most of the parents marital status are marriage bond continues 70%, widowed 20% and separated 10%, most of the samples mother are had no primary education 40%, most of the samples father had private job 46.7%, most of the samples are belong to above poverty line 53.3%,

Categorization of samples based on their psychological status revealed that 30% samples had no psychological satisfaction 30%, low satisfaction 33.3%, and psychologically satisfied 36.7%. Categorization of samples based on mean, standard deviation and range based on psychological impact reveal that mean 76.70, standard deviation was 34.86, range was 116.

Categorization of samples based on online game addiction revealed that 36.7% had no gaming, 33.3% had average gaming addiction, and 30% had game addiction. Categorization of samples based on, standard deviation and range based on online game addiction reveal that the mean was 61.47 mean, 26.20 standard deviation, 70 range.

Karl pearson correlation used to find out the association between Psychological impact and online game addiction among the adolescents and the obtained value was 0.91 revealed that there was a perfect positive

correlation between psychological impact and online game addiction among adolescents studying at selected schools of Kanpur. It means psychological disturbance leads to more online game addiction and it directly affect the intelligence of an individual hence hence hypotheses 1 was accepted there was a significant association between psychological impact an online game addiction among adolescents studying in selected schools of Kanpur.

Conclusions: The calculated chi square value revealed that among the participant there was no significant association with online game addiction with any one of demographic variables Hence hypotheses 3 was rejected, there was no significant association between online game addiction of adolescent with selected demographic variables.

Keywords: Adolescents; Online Game Addiction; Basic Psychological Needs

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Introduction

Background of the study

It must realize the participation of multiple users at the same time through TCP/IP protocol, and users can realize the purpose of entertainment communication through the operation of tasks, roles, or scenes in the game.

From the technical point of view, online games use the most advanced technical means, presenting magic, realistic situation, make people linger. In online games, the use of 3D technology can deduce a very beautiful and spectacular picture, a strong sense of substitution. The space created by online games provides players with a more intuitive and fine way of cognition that is closer to the real world, making players have a more intuitive and real feeling in the game world.

From the level of psychological needs, Maslow believes that human needs include physiological needs, safety needs, belonging and love needs, respect needs and self- realization needs. Zheng Hongming and Sun Yanjun believe that online games combine the Internet with traditional video games and have the characteristics of interpersonal interaction, openness of plot and greater emotional involvement that single-player games do not have in the past.

Since the emergence of online games, they have spread and promoted among young people rapidly, and have also produced far-reaching and complex influences. On the one hand, online games provide a virtual stage for young people to explore themselves, expand the channels for young people to interact with society, and bring some positive and positive influences to young people's study and life; on the other hand, online games do bring a series of new social problems worthy of attention, bringing negative consequences such as online game addiction, online game violence, interpersonal communication barriers and escapism.

In the current virtual online games, many teenagers experience the real-world experience of pleasure and fun. Many teenagers will appear online game addiction phenomenon. To better introduce the influence of online games on teenagers, the research group studied the stage characteristics of the development of teenagers, from the three dimensions of human physiological development, cognitive development, social development, and personality development.

More than 85% of video games in the market contain some form of violence. They promote the killing of people or animals, the use and abuse of drugs and alcohol, criminal behavior, disrespect for the law and other authority figures, sexual exploitation and violence towards women, racial slurs, foul language obscenities, and obscene gestures.

Rates of teenage video gaming and video game addiction are steadily increasing. About three-quarters of children and teens play video games. As a result, more teens are experiencing video game addiction, which is officially known as internet gaming disorder. And boys are almost twice as likely to experience a gaming addiction. Gaming addiction is one of the common behavioral addictions, also known as process addictions. This type of addiction also includes behaviors such as shopping, using social media, or exercising.

In short, for people with process addictions, the behavior has the same effect on the brain as alcohol or drugs.

With the emergence of a new concept called 'Internet Gaming Disorder' in DSM-5 and ICD- 11, related research is underway around the globe. However, not enough literature on Internet gaming addiction has considered the diversity in game genres. Internet gaming addiction may take on a different form according to the characteristics of a game being played.

Signs and symptoms of game addiction

- Loss of self-control with the amount of time they spend gaming
- Needing to play video games for longer stretches of time in order to feel “good”
- Neglecting important responsibilities like work, school, and extracurricular activities
- Social isolation from friends, family, and peers
- Physical aches and pains

Gaming addiction can have a profound addiction on a teen's brain. Excessive gaming, social media use, and more can decrease a teen's attention span, exacerbate anxiety and depression, and lead to the formation of coexisting unhealthy habits. Enforcing screen time limits can make a major positive impact on your teen's tech habits. Limits can help your teen foster a healthy relationship with gaming and engage with friends, family, and hobbies more regularly again. Another way to help your teen conquer gaming addiction is rewarding positive behaviors. Offering your teen incentives for building healthy habits can help them find the inherent value in unplugged activities.

Objectives

1. To examine the effects of online games on adolescents at selected schools of Kanpur.
2. To examine how online games influence on adolescent's intellectual capacity.
3. To calculate the social behaviours of adolescents involved in playing online games.
4. To explore the perception of adolescents regarding online games.
5. To find association between impact of online games on adolescents and selected demographic variables.

Hypotheses

H₁ – There will be a significant association between psychological impact and online game addiction among the adolescents.

H₂:- There will be a significant association between psychological needs of adolescents with selected demographic variables.

H₃:- There will be a significant association between online game addiction and selected demographic variables.

Operational definitions

- Assess: In this study, assess means evaluating the psychological status and online gaming addiction among the adolescents.
- Adolescents:- In this study adolescents means a candidate at the age of 12-21 years.
- Basic psychological needs:- In this study basic psychological needs means food, water, shelter, safety and security, love and belonging ness, autonomy, respect from the side of parents for the decision of adolescents
- Online game addiction:- In this study online game addiction means the adolescents spending more that 6 hours per day for playing online games
- Socialization distraction:- In this study socialization distraction means adolescents

who fails to communicate with their peers, parents, teachers and with society due to busy in playing online games.

Materials & Methods

This chapter describes the methodology for assessing the negative impact of online gaming addiction among adolescent studying in selected schools of Kanpur.

Research Approach: A research approach tells the researcher, from whom the idea is to be collected, what to collect, how to collect and analyze them. The research approach in this study was adopted for this study was quantitative research approach.

Research Design: The research design is explicit blueprint for research activities to be carried out. Research design helps the researcher to determine what data to collect and how to analyses it. It also suggests possible conclusions to be drawn from the data. For the present study, descriptive survey design used.

Setting of the Study: The setting is the location where a study is conducted. The study was conducted in selected, schools of Kanpur. There are 30 adolescent studying in selected schools of, Kanpur.

Variables: Variables are characteristics that vary among the subjects being studied.

Demographic variables: - age in year, gender, educational status of mother, residential status, occupational status of father, marital status of parents, economic status of the family.

Dependent variables: Dependent variable is also known as “Responding variables”

In this study negative psychological impact of online gaming addiction among adolescents studying in selected schools of Kanpur considered as dependent variable.

Population: In this study the population are adolescent studying in schools.

Target Population: In this study the target population are adolescents studying in schools of, Kanpur

Accessible Population: In this study, the accessible population are adolescents studying in selected schools of Kanpur

Sample: Sample refers to subset of the population that is selected to participate in a particular study. In this study, the sample consists of 30 adolescent studying in selected schools of Kanpur who fulfilled the inclusion criteria for the study.

Sampling Techniques: The convenience sampling technique is a strategy in which the researchers' knowledge of the population and its elements are used to select sample which are typical to the population. The convenience sampling technique, a type of non-probability sampling in which the researcher selects a subset of participants from a population. Data is then collected from as large a percentage as possible of this subset.

Sampling Criteria Inclusion Criteria

1. Adolescent student who are willing to participate in the study.
2. Adolescents who are present at the time of study.

Exclusion Criteria

1. Adolescent who are not willing to participate.
2. Adolescent who already attended the conferences discussed the psychological impact of online game addiction.

Selection and Development of Tool: Based on the research problem and objectives of the study, the following steps were undertaken to select and develop the data collection tool.

Description of the Tools

Section A- Socio demographic variables:- age in year, gender, educational status, residential status, mother education, father occupational status, socio economic status.

Section B- basic psychological need scale used to assess the psychological status of Adolescents.

Section C:- Structured check on online game addiction used to assess the online game addiction of adolescents.

Results

Table 1: - Distribution of samples based on their demographic variables

S.No.	Demographic variables	frequency	percentage
1	Age in year		
	12-15 year	9	30
	16-18 year	12	40
	19-21 years	9	30
2	Gender		
	Male	17	56.7
	Female	13	43.3
3	Residential status		
	Hostler	17	56.7
	Home	10	33.3
	PG	3	10.0
4	Parental marital status		
	Separated	3	10
	Widowed	6	20
	Married	21	70
5	Mother educational status		
	No formal education	8	26.7
	Primary or secondary education	12	40
	High school	5	16.7
	Graduation and above	5	16.7
6	Socio economic status		
	Above poverty line	16	53.3
	Below poverty line	14	46.7
7	Father educational status		
	Self employed	11	36.7
	Private	14	46.7
	Government	5	16.7

Table 2:- Distribution of samples based on Basic psychological need scale score among adolescents.

S.No.	No satisfaction	Low psychological satisfaction	Psychological satisfaction
Frequency	9	10	11
Percentage	30	33.3	36.7

Table 3:- Distribution of samples based on mean, standard deviation and range based on their Basic psychological need scale score.

S.No.	Mean	Standard deviation	Range
Psychological impact	76.70	34.86	116

Table 4:- Distribution of samples based on check list score on online game addiction of adolescents

S. No.	No gaming	Low gaming	Game addiction
Frequency	11	10	9
Percentage	36.7	33.3	30

Table 5:- Distribution of samples based on mean, standard deviation and range based on their online game addiction score.

Sl.No.	Mean	Standard deviation	Range
Online game addiction	61.47	26.20	70

Table 8: - Chi square test used to find out the association between psychological status of adolescent with selected demographic variables.

Sl.no	Demographic variables	Psychological status			Obtained value	Table value	interference
		No satisfaction	Low satisfaction	Psychological satisfied			
1	Age in year						
	12-15 year	2	4	3	4.60	9.49	NS
	16-18 year	2	4	6			
	19-21 years	5	2	2			
2	Gender						
	Male	4	6	7	.81	5.99	NS
	Female	5	4	4			
3	Residential status						
	Hostler	5	6	6	2.15	9.49	NS
	Home	4	3	3			
	PG	0	1	2			
4	Parental marital status						
	Separated	1	0	2	2.09	9.49	NS
	Widowed	2	2	2			
	Married	6	8	7			
5	Mother educational status						
	No formal education	1	3	4	5.27	12.59	NS
	Primary or secondary education	3	4	5			
	High school	2	1	2			
	Graduation and above	3	2	0			
6	Socio economic status						
	Above poverty line	3	6	7	2.09	5.99	NS
	Below poverty line	6	4	4			
7	Father educational status						
	Self employed	3	4	4	.55	9.49	NS
	Private	5	4	5			
	Government	1	2	2			

Table 9: - Chi square test used to find out the association between online game addiction of adolescent with selected demographic variables.

Sl.no	Demographic variables	Psychological status			Obtained value	Table value	interference
		No addiction	Low addiction	High game addiction			
1	Age in year						
	12-15 year	3	4	2	4.64	9.49	NS
	16-18 year	6	4	2			
19-21 years	2	2	5				
2	Gender						
	Male	7	6	4	.81	5.99	NS
	Female	4	4	5			
Residential status							
3	Hostler	6	6	5	2.15	9.49	NS
	Home	3	3	4			
	PG	2	1	0			
4	Parental marital status						
	Separated	2	0	1	2.00	9.49	NS
	Widowed	2	2	2			
	Married	7	8	6			
Mother educational status							
5	No formal education	4	3	1	5.27	12.59	NS
	Primary or secondary education	5	4	3			
	High school	2	1	2			
	Graduation and above	0	2	3			
6	Socio economic status						
	Above poverty line	7	6	3	2.09	5.99	NS
	Below poverty line	4	4	6			
Father educational status							
7	Self employed	4	4	3	.557	9.49	NS
	Private	5	4	5			
	Government	2	2	1			

Implications

Nursing Administration

Nurse administrator must take an initiative to educate those parents visiting their hospitals regarding online game addiction of children. They can organize campaigns in community areas to give awareness among public regarding online game addiction. Nurse administrators can encourage and appreciate the nurses also for their efforts to educate the parents regarding online game addiction.

Nursing Research

Through research nurses can assess the knowledge of parents and teenagers regarding the harmful effects of online game addiction. The nurses can educate the teenagers regarding online game addiction and their harmful effects through research. Nurses can organize structured teaching programs and video assisted

teaching programs in schools and colleges to make the adolescents aware about the danger of online game addiction.

Nursing Education

Nurse educators must encourage the nursing students to go to schools and communities to educate the public and teenagers regarding online game addiction. Nursing students can give education to parents also regarding online game addiction during their clinical hours.

Nursing Practice

During clinical duty hours staff nurses and student nurses must observe the children regarding use of mobiles. If they are using mobiles and playing games throughout the day, then educate them regarding the negative effects of online game addiction. Nurses must educate the parents who are visiting the OPDs also regarding the ill effects of online game addiction.

Conclusions

This research study aims to find out the psychological effects of online games on students. The researcher wants to investigate the importance of online games in student's life and the role these games play in their life. The researcher wants to find out how much students are aware about the dangers they can get themselves involved in by engaging in these online games

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