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Gamming Addiction and Mental Health among Students

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Abstract:
The present study examined the gamming addiction and mental health among seventy two adolescents selected through convenience sampling technique. Mental health inventory having by Veil & Ware (1983) and game addiction scale standardized by Khazaal et al., (2016) were used as measuring tools. Finding confirmed that playing hours plays a significant role in gamming addiction also. Significant relationship was found between playing hours and mobile gaming addiction. Further boy shows more gamming addiction behavior than girls and girls are having better mental health than boys.

Keywords: *Gamming addiction, Mental Health, Age, Gender, Playing hours*

Introduction

"Technology can be our best friend, and technology can also be the biggest party pooper of our lives. It interrupts our story, interrupts our ability to have a thought or a daydream, to imagine something wonderful, because we're too busy bridging the walk from the cafeteria back to the office on the cell phone". Steven Spielberg (cited, Kolder, 2015).

Mobile phone usage in present times is one of the biggest time stealer, as people spend most of the time on them, particularly children and adolescents. With calling facility mobile phones are now providing so many other facilities like gaming, which facilitate our young generation to play these games (Pub-G, clash royal, real race etc.). These games are developed in such manner that user tries to play all stages without any interruption which directly affect their heath, as mobile phones produce harmful electromagnetic radiation with 450-3800 MHz wave length and our brain receives nearly 220 electromagnetic impulses every minute, therefore if it happens for long time it not only causes cancer but there are chances for problems in nervous system also. Therefore concern about the excessive mobile usage and their impact on wellbeing, researchers reported that problematic use of mobile phone causes neck and back pain (Shan, Deng, Li, Li, Zhang, & Zhao, 2013), headaches and migraine (Cerutti, Presaghi, Spensieri, Valastro, & Guidetti, 2016), depression, (Wang, Sheng & Wang, 2019; Elhai, Dvorak, Levine & Hall, 2017; Stockdale & Coyne, 2008), anxiety (Elhai, Levine, & Hall, 2019; Stockdale & Coyne, 2008), social anxiety, loneliness (Wang, Sheng & Wang ,2019), poor impulse

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control, and attention deficit hyperactivity disorder symptom (Stockdale & Coyne (2008). On the other side Tamura, Nishad, Tsuji & Sakakibara (2017) reported that an excessively long hour of mobile phone use is associated with insomnia.

It is also reported that female adolescents are prone to smart phone addiction than male adolescents, also positive association is found between female users and problematic usage (Aljomaa, Al-Qudah, Albursan, Bakhiet, & Abduljbbar, 2016), however some studies goes against this and reported mobile addiction among boys (Marttunen, Aro, & Lönnqvist, 1993) on the other hand Ching, Yee, Ramachandran, Lim, Sulaiman, Foo, & Hoo (2015) long time on mobile gaming is related to addiction. Furthermore, adolescents use mobile phones for stress relief at the time of conflict to gain acceptance from friend and to avoid being left out (Bae, 2017). Smart phone addiction was found among adolescents with lower self control and self-esteem (Chen, Liu, Ding, Ying, Wang, & Wen, 2017), also depression, somatization, hostility and interpersonal sensitivity is correlated with problematic mobile phone usage (Lee, Choi, Shin, Lee, Jung, & Kwon, 2012). It is also found by researchers that parental education and monthly income shows no effect on smart phone addiction (Demirci, Akgönü, & Akpinar, 2015).

Objectives

1. To assess the mental health and gamming addiction among boys and girls
2. To find the significant differences in mental health and gamming addiction with respect to gender and age.
3. To examine the significant differences in mental health and gamming addiction with respect to playing hours.
4. To find significant relationship in gamming addiction playing and mental health

Hypotheses

1. Mental health and gamming addiction not significantly differs with respect to gender and age.
2. Mental health and gamming addiction not significantly differs with respect to playing hours.
3. The is no significant relationship among gamming addiction playing hours and mental health

Methodology

Variable: In this study gamming addiction and mental health was psychological variables, where as gender, age and playing hours are taken as demographical variables.

Sample: The sample of 72 subjects was selected through simple random sampling method from lovely Professional University.

Measurement:

1. Mental health inventory having 38 items constructed by Veil & Ware (1983)
2. Seven item game addiction scale standardized by Khazaal *et al.*, (2016).

Data analysis: For statistical analysis frequencies, mean, standard Deviation, ANOVA, t -test and Correlational analysis were applied

Procedure: The data was collected through convenience sampling method from lovely Professional University. Before collection the data proper consent were taken from the subjects and they were informed about the purpose of our work, after that the mental health inventory and gamming addiction scale was administrated on them, after getting the responses from the subjects they were thanked for their cooperation and support

Data analysis: The obtained data statistically analysis and findings were given in table with graphical tables. The findings of the study are showing in the tables given below:

Table:- 1 *Distribution of respondents with respect to gender*

Variable	Group	Frequency	Percent
Gender	Boys	29	40.3
	Girls	43	59.7
Total		72	100.0

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Table:-2 *Distribution of respondents with respect to playing hours*

Variable	Group	Frequency	Percent
Playing Hours	Up to 2 Hrs	45	62.5
	2- 4 Hrs	20	27.8
	More than 4 Hrs	7	9.7
Total		72	100.0

Table:-3 *Mean differences in gamming addiction and mental health with respect to gender*

Variable	Gender	N	Mean	S.D	df	t-value
Gamming addiction	Boys	29	19.28	6.16	70	.486
	Girls	43	18.58	5.81		
Mental Health	Boys	29	124.83	19.95	70	1.539
	Girls	43	131.44	16.38		

Table:-4 *Mean differences in gamming addiction and mental health with respect to age*

Variable	Age	N	Mean	S.D	df	t-value
Gamming Addiction	15-18 years	32	19.88	5.75	70	1.307
	19-22 years	40	18.05	5.99		
Mental Health	15-18 years	32	128.56	19.29	70	.090
	19-22 years	40	128.95	17.26		

Table:- 5 *Mean differences in gamming addiction and mental health with respect to playing hours*

Variable	Playing hours	N	Mean	S.D	df	f-value
Gamming Addiction	Up to 2 Hrs	45	17.87	5.79	2,71	4.08
	2- 4 Hrs	20	19.15	5.64		
	More than 4 Hrs	7	24.43	4.89		
	Total	72	18.86	5.92		
Mental Health	Up to 2 Hrs	45	129.47	20.15	2,71	.21
	2- 4 Hrs	20	126.60	14.55		
	More than 4 Hrs	7	130.57	13.76		
	Total	72	128.78	18.06		

Table:-6 *Relationship among gamming addiction, playing hours, and mental health*

	Gamming addiction	Playing Hrs	Mental Health
Playing Hrs	1	.297*	.069
Mental Health		1	-.021
Gamming addiction			1

"*. Correlation is significant at the 0.05 level (2-tailed)".

Discussion

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To achieve the objectives of this study the sample of 72 students selected through simple random sampling technique out of the total respondents 40.3% was boys and rest 59% was girls. It is also found that 44.4% of respondents were between the age group 15-18years old and 55.6% comes under 19-22 year of age.

The results also confirmed that the majority 62.5% of respondents use to play the mobile game up to two hours per day, whereas 27.8% use to play two to four hours and very least 9.8% of respondents play more than fours in a day respectively.

The finds also demonstrated that there is no significant difference found in gamming addiction and mental health with respect to gender and age as no t-value is found significant at 0.05 level of significance. However the study also infers that boy and those belongs to 15-18 years of age shows more gamming addiction behavior than girls and those belongs to 19-22 years of age respectively. Further it is also found that girls and those belongs to 19-22 years of age are having better mental health than boys and those belongs to 15-18 years of age. Therefore the null hypothesis "*Mental health and gamming addiction not significantly differs with respect to gender and age*" is accepted.

The second null hypothesis "*Mental health and gamming addiction not significantly differs with respect to playing hours*" is partially rejected as the f-value of gamming addiction is found significant at 0.01 level of significance. However the f-value of mental health was found less than tabulation value at 0.05 level of significance. Therefore on the basis of this finding it is confirmed that playing hours plays a significant role in gamming addiction.

Further it is reported that respondents playing mobile game more than four hours in a day are more prone to gamming addiction than those playing less than four hours in a day. It is also unveiled that respondents playing mobile game more than four hours in a day are having better mental health than those playing less than four hours in a day.

The findings from the above given table infers that there is significant relationship found between playing hours and mobile gaming addiction (r=.297) Where as negative insignificant relationship was found between playing hours with mental health. Hence on the basis of above findings it is unveiled that playing hrs plays a significant role is gaming addiction Hence the null hypothesis "*There is no significant relationship among gamming addiction playing hours and mental health"* is partially rejected.

Conclusion

1. Boy shows more gamming addiction behavior than girls.
2. Respondents belong to 15-18 years of age shows more gamming addiction behavior than those belongs to 19-22 years of age.
3. Girls are having better mental health than boys.
4. Respondents belong to 19-22 years of age are having better mental health than those belongs to 15-18 years of age.
5. There is significant relationship between playing hours and mobile gaming addiction
6. Playing hours are negative insignificant related with mental health.
7. Respondents playing mobile game more than four hours in a day are more prone to gamming addiction than those playing less than four hours in a day.
8. Those playing mobile game more than four hours in a day are having better mental health than those playing less than four hours in a day.

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