

# Let's Play: A Qualitative Inquiry of Gaming Addiction among Emerging Adults

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## Abstract

An online game is a video game that is either partially or primarily played through the internet or any other computer network available. Online gaming is to live and play in a virtual world, and many times this virtual world has been connected with others using the internet. Addiction is a complex condition, a brain disease manifested by compulsive substance use despite harmful consequences. They keep using alcohol or a drug even when they know it will cause problems. The internet and social media affect an individual's personal, social, and psychological aspects in a harmful manner. Adolescents become involved with online virtual communities and play games daily with people they have never seen in 'real' life. **Design:** In this research, the qualitative method of analysis and quantitative analysis are used to focus on the data/content of individuals. **Sample:** The sample of this study is divided into two categories, which are emerging adults, that is, between ages 18 to 24. The categories are as follows. **Tools:** Quantitative data consisting of 14 questions, and the sample size was 100—qualitative data of 35 males and females who were influenced by online gaming. The questions for this research are in the form of semi-structured interviews and the questionnaire form. **Results & Discussion:** The results indicated that the level of the proneness of males and females towards online gaming was found to be almost equal. The results also exhibited a few facts of how online gaming affects a person if he/she lives in a joint family or nuclear family. Lastly, the study helps understand the difference in the level of proneness towards online gaming when a person has a private room. It has been observed that males are more prone to online gaming than females.

**Keywords:** Gaming Addiction, Environment.

## Introduction

The world has witnessed various changes as a result of the revolution in information technology and globalization. The emergence and popularity of mobile games have been among the radical changes in the recent past. Initially, it was considered the business prevalent among children, but suddenly it became popular among adolescents, young adults, and even the elderly. Online gaming addiction has been transformed smoothly from its popular phase to the addiction phase in a brief period. India is a young country with a massive population of the age below thirty-five years of age. This strength turned into weakness very quickly when most young people became a game addict by putting aside many of their essential tasks. Gaming addiction was especially dangerous in the Indian environment in many ways. It killed the youth's energy and time and led to the emergence of different psychological problems ranging from mild to severe. That is why there is little doubt that gaming addiction's effects seemed more damaging, especially in the Indian environment. This situation needs immediate attention, and an immediate and inclusive policy needs to address the various vital concerns.

## Review of Literature

### Online Game

Online gaming seems to be relatively easy to understand. It is connected to the internet directly on the heat or the spread of the internet. In simpler words, online gaming is the game played via connecting the internet through computers, mobile phones, laptops, tablets, etc. With the

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Internet connection, a person sitting in India gets connected to all those playing the game worldwide. Thus a person does not need a local player.

They quickly get the opportunity to play with anyone in the whole world at that particular time.

## **Addiction**

The term edit addition is being used to refer generally to the context of drugs. But it has recently been observed that this term suddenly became popular in other dimensions such as eating, listening to music, and playing games. This refers to a situation in which a person reaches the maximum level of doing anything. It crushes all possible criteria or standards of the standard to play the game. It dominates the individual's mind and makes the person incapable of thinking anything else

## **Online Gaming Addiction**

It refers to the exclusive use of games on the internet and social media, which affects an individual's personal, social, and psychological aspects in a harmful manner. Over thirty years, video games have evolved from Pac-man to photorealistic, massively populated, three-dimensional environments. Adolescents become involved with online virtual communities (tribes, guilds, groups) and play games daily with people they have never seen in 'real' life. Massive online games provide a virtual environment in which they have fun and can freely experiment with different identities, speak another language, and form new social connections simultaneously. As a new type of addictive behavior and distinct from traditional internet game addiction on desktop computers, mobile game addiction has attracted researchers' attention due to its possible adverse effects on mental health issues (Wang, Sheng, & Wang, 2019).

## **Data and Studies**

Previous research by IVO, specifically the Monitor Study Internet and Youth, confirms that video gaming is a popular activity in the Netherlands. Over 70% of children aged between 10 and 15 years plays games occasionally, while 40 % of adolescents play an online multiplayer game. (Van Rooij & Van den Eijnden, 2007). Researches confirm that gaming can be severely disruptive to school, work, and 'real-life' social contacts for some individuals. Studies have consistently demonstrated the existence of a small subgroup of video gamers that is seemingly 'addicted' to games (Gentile, 2009; Grusser et al., 2007; Lemmens, Valkenburg, & Peter, 2009). Although video game addiction is not a new phenomenon (Keepers, 1990), the introduction of an online component in the current generation of gamers has probably increased the problem's size and scope. This online gaming component led to treatment programs targeting gaming addiction (Sharples, 2009; Telegraph (U.K.), 2009). Consequently, there is an increasing focus on online gamers when studying video game addiction (Hussain, & Griffiths, 2009; Petersm & Malesky, 2008; Wood, 2008).

Both Korean and Western researchers specifically report that Massive Multiplayer Online Role-Playing Games (MMORPGs) are the main culprit in online video game addiction (Chappell et al., 2006; Council of Science & Public Health, 2007). In an

MMORPG, the player develops one or more characters (avatars) over time in a persistent virtual world. Examples include World of Warcraft, Age of Conan, and PUBG- Mobile. Typically, higher levels require players to cooperate to achieve goals. In time, outdoor games have been substituted by indoor games, which has been outrightly done away by online games (Shivani, & Agarwal, 2018).

Moreover, MMORPGs cannot be completed: due to the regular introduction of new content, it is practically impossible to finish all assignments. This places a considerable burden on the players' time as they must continue playing to 'keep up' with the game. Research among a sample of World of Warcraft players identified a group of 10% that played an average of 63 hours per week and showed many negative symptoms (Longman et al., 2009). Grüsser et al. sampled readers of an online gaming magazine in an online survey and found that 12% of those gamers fulfilled diagnostic criteria of addiction concerning their gaming behavior (Grüsser et al., 2007).

## **Methodology**

### **Rationale**

Along with this a game named PUBG-Mobile is another trending online game. This is available free on mobile, so more and more emerging adults are engaged in it. They are so involved in that game that it has started affecting their personal, social, and occupational lives. It has been observed that because of this, the game aggression of players is increasing. This study tries to establish the harmful effects of online gaming on an individual and the need to regulate the time spent on online gaming to support a healthy lifestyle.

### **Design**

In this research, the qualitative method of analysis and quantitative analysis are used, which focuses on individuals' data/content.

### **Sample**

The sample of this study are divided into two categories which are emerging adults, that is, between age 18 to 24, the categories are as follows

1. Quantitative data consisting of 14 questions, and the sample size was 100.
2. Qualitative data of 15 males and females who were influenced by online gaming.

### **Tools**

The questions for this research are in the form of semi-structured interviews and the form of a questionnaire.

### **Quantitative Questions**

- A. How often do you find it challenging to stop gaming?
- B. How often do you continue to use the games, despite your intention to stop?
- C. How often do others (e.g., parents or friends) say you should spend less time on games?
- D. How often do you prefer to game instead of spending time with others (e.g., friends or parents)?
- E. How often do you not get enough sleep because of gaming?

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# Asian Resonance

- F. How often do you think about gaming, even when you're not online?
  - G. How often do you look forward to the next time you can game?
  - H. How often do you think you should be gaming less often?
  - I. How often do you game to forget about problems?
  - J. How often do you feel restless, frustrated, or irritated when you cannot game?
  - K. How often do you rush through your homework to play games?
  - L. How often do you neglect to do your homework because you prefer to game?
  - M. How often do you game because you are feeling down?
- IN THIS QUESTIONNAIRE THE 5 DEGREES ARE THEIR IF SOMEONE HAVE A

### Qualitative Questions

- A. How much time do you spend on internet gaming?
- B. How does online gaming affect your day-to-day life?
- C. How does online gaming affect your sleep cycle?
- D. What effect does online gaming have on your friendship?
- E. At what level has online gaming affected your aggression?

- F. Have you ever felt that you have missed a vital event of your life due to online gaming?
- G. How often do you feel the urge to play, even when you are not online?
- H. Do you engage in online gaming to escape your problem?
- I. When you feel down, how often do you engage yourself in online gaming?
- J. How much do you feel frustrated or irritated when you cannot play online games?
- K. What are the effects you feel on your academics due to online gaming?
- L. How do you feel that online gaming has affected your relationship with your family?

### Procedure

#### For Qualitative Data

In the form of semi-structured interviews of 15 individuals, including both male and female, it was recorded which verbatimly transcribed were. From the transcription, certain salient themes were driven based on which the factors for analysis were derived. These factors then contributed to the results.

#### For Quantitative Data

Questionnaires were filled by 100 people selected from all over Madhya Pradesh, including males and females, and recorded in Google forms.

### Results

#### Quantitative Analysis

Gender	N	df	Mean	SD	T Value	Remark
Male	62	98	37.6129	10.96	2.240	Significant
Female	38	98	32.6316	10.49433	2.240	Significant

Family type	N	df	Mean	SD	T Value	Remark
Nuclear	64	98	37.8438	11.64995	2.649	significant
Joint	36	98	31.9444	8.69793	2.649	significant

Room	N	df	Mean	SD	T Value	Remark
Personal	70	98	38.1429	11.28586	3.553	significant
Shared	30	98	30.0667	7.96948	3.553	significant

### Qualitative Analysis

#### Themes

Interpersonal Relations	
Family	काफी हद तक मनमुटाव तो रहते ही हैं फैमिली से मैं बाहर का हूँ तुम मुझे इतनी प्रॉब्लम नहीं होती
Friends	फ्रेंड के साथ भी कोई प्रॉब्लम नहीं होती है काफी हद तक मनमुटाव तो रहते ही हैं फ्रेंड से मेरे सिर्फ वही दोस्त हैं जो खेलते हैं
Personal Factors	
Aggression	हां गुस्से पर प्रभाव पड़ा है छोटी-छोटी बातों में मुझे गुस्सा आ जाता है और उसके कारण मुझे लगता है
Frustration	

हां जब नहीं खेल पाता हूँ तो frustrated feel करता हूँ
जैसे कि कभी इंटरनेट नहीं चल रहा है तो मुझे बहुत ज्यादा इरिटेशन होता है
<b>Time Management</b>
करीब 3 4 घंटे मान लीजिए
मैं रात में 2 से 3 बजे तक खेलता रहता हूँ
मैंने maximum 8 से 10 hours तक कॉल ऑफ़ ड्यूटी खेला हूँ
5 से 6 घंटे लगातार मैं खेलती ही रहूँ
<b>Academic Factors</b>
आज कल क्लासेज मिस कर रहा हूँ PUBG के कारण
कभी मेरा पढ़ने का मन है और मैं खेलने बैठ गया तो पढ़ाई नहीं हो पाती है
मार्क्स काम आ रहे हैं
<b>Motivational Factors For Games</b>
वह मतलब कोई भी जैसे यदि टेंशन में हूँ या फिर कुछ भी हो रहा है तो सबसे पहले गेम पर ही ध्यान जाता है
जब खेलता हूँ तो थोड़ा रिलैक्स मिलता है

### Discussion

In this research, the objective is to examine the reason behind online gaming addiction amongst emerging adults and check the addiction level amongst them. Emerging adults are now more and more involved in playing online multiplayer games. After these games' availability on their smartphones, they are getting more and more involved in online gaming. Through the qualitative research method, specific salient reasons are observed, implying the transcription problem, which suggests they can be evaluated based on many factors, including interpersonal relations, personal factors, time management skills, academic factors, and motivational factors.

The interpersonal relations are further divided into two, family and friends. The relationship with the family has been affected due to online gaming. That is, the parents think that their kin is in some bad habit. They try to restrict their children and encourage them to indulge in physical gaming rather than online, which is very beneficial to their health and strengthens their social bond. According to the themes that emerged from this research, aggression and lack of time management are the most prevalent. The themes of the games which are very popular nowadays are very violent, which in turn is what may trigger aggressive behavior. This can be related to the conditioning of a person's mind.

Through quantitative research, the data has been observed in three different areas. Firstly, the level of the proneness of males and females towards online gaming. Secondly, how online gaming affects a person if he/she lives in a joint family or nuclear family. Lastly, to see the difference in the level of proneness towards online gaming when a person has a private room. It has been observed that males are more prone to online gaming than females. Many researchers have supported this result like Bonanno & Kommers, 2005; Ogletree & drake, 2007; Winn & Heeter, 2009; Padilla- Walker, Nelson, Carroll, & Jensen, 2010. Along with this, the result has been verified using T-Test. It was observed that there is a significant difference between the two variables. That

is, males and females have different online gaming levels. So it can be said that males are more prone to online gaming than females.

Secondly, it was observed that those who live in a nuclear family are more prone to online gaming. This can be so because in a nuclear family, the parents are busy doing their own jobs and due to which child can do whatever he/ she wants and grow such types of addictions. But when he/ she is living in a joint family, there are other family members other than mother and father to look after them, so a child has fewer chances to grow such addiction. T-test verification has also been conducted, which shows a significant difference between addiction level when a person lives in a joint or nuclear family.

Lastly, through the qualitative study, it was observed that the level of proneness towards online gaming is more when a person has a private room. This is so because in a secret room, there is no one to stop him/her. They can do whatever they want in their room. And because of this, they have more addiction to online games. T-test was also conducted, which shows a significant difference between the level of proneness towards online gaming when a person has a personal room.

### Conclusion

Gaming addiction is equally prevalent among males and females. Invariably, gaming addiction is causing a surge of aggression, which in turn causes aggression. Hence, there is a need for adequate intervention to keep adolescents healthy and happy shortly.

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