

# A Study of Impact of Indoor Games On Self Assertive and Loneliness and Among People

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## Abstract

In today's progressive area psychological research can be very helpful study the problems of society, social science like sociology, economics, etc. Were used in various branches of psychology like child psychology, education psychology and industrial psychology etc. We have to suffer many problems in this type of study. The main purpose of this research was to a study of impact indoor games on self-Assertive and loneliness among people. The total sample consisted 60 as a variation belonging to 30 male and 30 female. The research tool for self-Assertive was measured by Resenberg(1965), and toa for loneliness was measured by Russell (1986). To check the significant difference between grop t-test was used. Here t-test used results revealed self-Assertive and indoor games is significant difference. There was no significant difference in loneliness of male and female and indoor game players.

**Keywords** Self Assertive and Loneliness.

### Introduction

Now a days, with advancement of technology, the internet has become indispensable to every body. People use the internet for various purposes such as searching for information, gaming, its tening to music, browsing the web, checking email. In particular the time that children and young adults constantly spend on the internet led to inappropriate use of the internet and caused problems such as internet and computer game addiction<sup>1-3</sup>.

Third research appendix of diagnostic and statistical manual of mental disorders (DSM-5) addressed computer game addiction as internet gaming disorders. APA stated more requirements needed for supporting clinical diagnosis and defining it as a mental problem to add this disorder to the manual<sup>4</sup>. As in other addictions, game addiction causes mental and social symptoms on the individual<sup>5,6</sup>. The social development of children, who widely use internet and spending this time with computer games, has slowed significantly the self-confidence of these children is low<sup>7</sup>. Where as their social anxiety level and aggression behaviour were found to be high<sup>8</sup>. There was a negative relationship between self-confidence and computer games.<sup>9</sup> Computer games caused aggression in children and adolescents<sup>10</sup>.

Loneliness is defined by peplau and perlman is mental state when the difference between the individual's existing social relationship and the social relationship that he/she wants to be in is recognized. The loneliness is an indication that there are major shortcomings in the relations of the individual and his/her insufficiency of skills in interpersonal relations. Established successful relationship with their peers is and important indicator of children social competence<sup>11</sup>. The 9-10 years old children begin socializing during this period, give importance to learning and school success. Excessive internet usage will prevent child's socialization, will cause difficulty in face to face communication, the identification of the relationship between children's game addiction and loneliness gains importance.

For last 30 years, computer and vidio games have increasingly become popular form of entertainment and have rapiced more traditional games as leisure activities among adolescents and adults. Toddy's computer and video games are enjoyed by players of all ages and backgrounds, and they spend a good part of their leisure time. On playing computer games. Day by day the numbers of computer and video game players have increased significantly. According to the 2014 essential facts about the computer and video game industry report released by the entertainment software Association (ESA) in April (2014) 59% of Americans play video games, the average years of game players are 31 the adverse numbers of years gamers have been playing video games are 14, 77% of gamers play with

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other at, least one hour per week, and total consumer spend on game industry has been \$21.53 billion dollars in (2013)

Is there any relevance between time spent to game playing per week and the loneliness level of secondary school graders.

Is there any relevance between how many years they have spent on playing computer game and the loneliness level of secondary school graders.

Playing pe creations, of any kind, awards various well-being and intellect benefits. It keeps your intellect youthful, dynamic and engaged at the same time. Creates joy diminishes stress indoor amusement makes and difference to expel stress and makes a difference to from you cheerful all the time the time that you just will spend together with your comparisons or cherished once is the fore most valuable minutes of the day. There's a great sum of the day. There's a great sum of excitement and laughter advanced when we play with comparisons. Indoor games offer assistance in socializing. Playing recreations (perhaps a card diversion). You likely suspect what they are, and yes, you're 100% right. People who play outdoor games are in much better shape that online gamers. It happens because they have much more physical activity and their muscles are constantly working, which leads to better body development. Also because of that their begin is producing more "happiness hormones". For example, serotonin, As a result they tend to be more satisfied with their lives and are less vulnerable to suffer from depression.

Indoor games offer assistance in socializing playing recreations (perhaps a cord diversion) indeed for a brief where as together with your elderly cherished ones could be a idealize way to spend time together. We may not realize the significance but for them it's quality time and a invisible gift.

Farley, T, meriwether, R. etc (2008). Research result it show safe ply space indoor games and physical activities correlated.

Gray C. Gibsons, R. et al (2016) This study result showed that Indoor games play male and female different between sedentary behaviour and physical activity.

Rotenberg A. (2005). Research show that male player maximum time play Indoor game but female not play Indoor game maximum time this result showed loneliness level low in female players.

## Review of Literature

Relationship between Internet Addiction and Loneliness Among College Students.  
Radhamani, K. Arulsamy, S (2020)

The purpose of this study was to examine the relationship between Internet addiction and loneliness among college students. A selection of 200 students (from the college of arts, science, engineering) were selected as examples. The study used 'Internet Addiction scales, Loneliness scales to collect information. Significant correlations were found between the scales of Internet addiction and loneliness among the students.

Relationship between the level of loneliness and internet addiction.

Ebru Oğuz, Ozlem cakir (2020)

The purpose of the present study was to examine the level of internet addiction and loneliness in teacher candidates, 347 teachers were selected as role models in this study. UCLA loneliness scales and internet addiction scales were used to collect data for this study. The results of the study showed a moderately positive correlation between the prevalence of loneliness and internet addiction.

Assessment of Internet addiction and loneliness in secondary and high school students.

- Tuge Koyvacy, Alaattin Unsal (2020)

The purpose of the present study was to measure loneliness and internet secondary school students. 1157 students were selected as role models. The age of internet addiction and loneliness scales were used to collect data on 636 men and 527 women. The findings of this study show that proportion was found to be 2.18 and the proportion of students using 2 hours daily was found to be 4.96. Among the middle ages students there was a positive correlation between major health problems and internet addiction and a relationship between internet and loneliness.

**Objective of the Study**

1. To know the effect of Indoor gaming on self-Assertive.
2. To know the effect of Indoor gaming on loneliness.
3. To know the difference of gaming effect with reference to gender.

**Hypothesis**

1. There will be no significant mean differences Indoor gaming on self-assertive.
2. There will be no significant mean difference indoor gaming on loneliness.

**Method**

**Participants** According to the purpose of the present study total of 60 participants has been selected. There were 30 female and 30 male were taken as a sample from particular area of Rajkot city (Gujarat)

**Instruments** Following instruments were used for data collection.

**Self Assertive Scale** The self-Assertive scale was developed by Ronald M. Sabate (2005) This scale contains 10 items with 4 alternative responses varying from total agree, disagree and total disagree, each to be rated on 4 point scale. This scale interpretation can if score more self-Assertive more and if low score low self-Assertive. There reliability 0.77 and validity 0.85

**Loneliness Scale** The scale was developed by Russell (1986). The scale consisted of 10 items, each to be rated on a 4 point scale. The minimum and maximum score obtained in the scale are '0' and 40 respectively. The re reliability is 0.89 to 0.94 and validity is 0.73.

**Procedure of Data collection** In this study a random sampling method was used. Initial meeting with the participants was made at particular areas of Rajkot city (Gujarat). Total 60 participants were taken as a sample.

They were informed about the purpose of the study upon initial meeting, each participant also expedited the nature of the study, participants were informed about the confidentiality regarding information collected from them. A time for data collection was set up that was conducive for the participants. A good report was built with the participant. For getting the correct response. Some necessary instructions and guidelines were provided to them properly filling the scale. After this both scale were provided to them and they were requested to fill up the both scale as per the instruction given in the scale. After completion of the scale participants returned the scale and they were thanked for their participation and cooperation

**Research Design** The aim of present research was to study of impact of Indoor games on self-Assertive and loneliness among people. For these total 60 samples were taken with used random method. To check significant difference between groups t-test was used.

**Result and Discussion** Please mention the tools used. i.e. Case Studies, Checklists, Interviews, Observation sometimes, and Surveys or Questionnaires  
The main objective of present study was to measure the self-assertive and loneliness in female and male. In it statistical t-test method is used.

**Table-1**  
**Showing t-value score of self-Assertive in male and female**

Variables	N	Mean	SD	t	Sig.
Male	30	22.43	3.85	3.86	0.01
Female	30	18.83	3.35		

Sig level =  
 0.05 = 2.00  
 0.01 = 2.66  
 NS = Not Significant

According to t-test table of self-Assertive (table-1) we said that t-value of Indoor game players female status variable was 3.86. The mean of female players received 18.83 and male players received 22.43. The standard deduction of female

players 3.35 and male players 3.85. The t-value of male variable was significant difference. It the both levels (0.01 and 0.05) so we can say that second hypothesis was rejected because significant difference the t-value of male players status was 3.86 possible reason will be female there have no times for Indoor game play than male players.

**Table-2**  
(Showing t-value score of loneliness in male and female)

Variables	N	Mean	SD	t	Sig.
Male	30	18.43	3.44	0.47	NS
Female	30	18.97	5.12		

sig level

0.05=2.00

0.01=2.66

NS = Not significant

According to t-test table of loneliness (table-2) we said that t-value of male and female status variables was 0.47. The mean of male players received 18.43 and female received 18.87. The standard deviation of male players was 3.44 and female players 5.12. The t-value of not significant difference of the both levels (0.01 and 0.05). So we can say that one and two hypotheses was accepted. Possible reason will be male and female are very closest friends and indoor games.

#### Conclusion

We can conclude by data analysis as follows:

There was a significant difference in self-Assertiveness of male and female indoor game players. There was no significant difference in loneliness of male and female indoor game players.

#### Limitations of the Research

The study had several limitations that can be addressed by future firsts, the participants consist only of a particular area of Rajkot city. So it is not representative of all their city. Hence, a more representative participant might yield different result, For example a participant from a different city of Gujarat might show significant interaction effects of different city.

#### Suggestions

Endeavour can be executed to analyze more than 60 data samples with efficacy to attain better results for the accumulation of information, variegated methods except questionnaires can be adopted. Selection of sample can be accomplished with the intake of different city. Female and male players, different states to ascertain in their self-assertive work, other method of selecting samples can be appropriated.

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