Introduction

Internet gaming is popular with teenagers and children, it is often done on a computer device, console or a mobile device, with internet gaming growing as an industry it has created a genre called "Esports" where professional gamers around the world will compete to be the best of the best. Internet gaming is still growing as a hobby and a profession, it also saves people from mental issues such as depression and suicide. People nowadays are inside their houses most of the time due to this Covid-19 pandemic. Classes are still resumed through online classes by the use of gadgets to communicate with other people. During this time, students are having a hard time learning or they would get sleepy because of staring at the screen for a long time. They would get bored and most likely they will play online games to make themselves motivated, and might result in the addiction of online games.

Internet gaming is a burgeoning sector. In 2012, more than one billion people played video games that fuelled the 8 percent growth of the computer gaming industry in the same year, according to a new study by market research firm Niko Partners, the People's Republic of China's online gaming market was valued at $12 billion in 2013. (Kuss,2013). As we all know the internet is taking over people's lives and by that a lot of us are gaining money through internet gaming. The Internet is by far the closest friend of mankind and it is making things convenient for us. The people that are usually into internet gaming are from age 10 to 25 and more people are still adapting to it.

Background of The Study

A video game is any software program that can be played on a computing device, such as a personal computer, gaming console or mobile phone. Video games are age and gender friendly, very popular but like other pleasurable endeavors, can have adverse consequences, which are reviewed. This review focuses on the effects of gaming on health, compares gaming with other disorders and opens further discussion on gaming disorder. Multiple system physical health disorders were found to be associated with long-term video game activity. The health problems most cited included visual, muscular-skeletal, obesity and epileptic seizures. It is concluded that video gaming has many characteristics of other addiction disorders including deleterious physical and mental health consequences. The social and ubiquitous nature of gaming makes it difficult to recognize the signs and symptoms of excess gaming.(Ayenigbara, N/A).

In the 2000s, online games became popular, while studies of Internet gaming addiction emerged. The aim of this review is to provide an insight into current perspectives on online gaming addiction. It takes into consideration the mass appeal of online games, the context of Internet game addiction, and associated neuroimaging findings.(Kuss, 2013).

Thesis Statement

The Effects of Online Gaming Addiction to The IT Sophomore Students in Silliman University has no significant effects on the mental states of the students according to age and gender.

Abstract

The study aimed to figure out the effects of Online Gaming Exposure to Mental Health of the IT College Sophomore Students in Silliman University.The respondents are IT College Sophomore students in Silliman University.There are a total of 100 respondents that had been taken into account in the study.

Literature Review

Online gaming addiction is a subject of growing research interest. Since the early 2000s, there has been a significant growth in the quantity of empirical research examining various factors of difficult online gaming and online gaming addiction. This entry examines the modern-day research literature through analyzing the following: (1) the prevalence of difficult online gaming use and online gaming addiction; (2) the bad effects of excessive online gaming; (3) the elements related to difficult online gaming and online gaming addiction; and (4) the remedy of difficult online gaming and online gaming addiction. The entry concludes through searching at the trends within the area and a consideration of what the future of online gaming addiction would possibly be. (Griffiths,2014)

Research on Internet gaming addiction has risen both in quantity and in quality in recent years. Gaming addiction research dates back to 1983, when the first study appeared suggesting that students had a problem with video gaming addiction. Shortly afterwards, Shotton conducted the first

observational study on gaming addiction, based on self-reports of young male players who said they were "hooked" on their games. There was a lack of standardized psychometric tools used to test gaming addiction in the early studies. 19 However, research 20 shows that self-reports correspond with standardized tests. Further experiments were subsequently carried out in the 1990s, initially testing gaming addiction based on the pathological gambling standards set out in the third and fourth editions of the Diagnostic and Statistical Manual for Mental Disorders (DSM).Although identical, the same clinical image is not present in pathological gambling and excessive gaming, and some have suggested that using the medical criteria for pathological gambling to diagnose pathological gaming just taps into addictive use and concern rather than specific psychopathology. Online games became popular in the 2000s, as Internet gaming addiction studies emerged. (Kuss,2013)

There has been research on the use of offline video games for therapeutic purposes but online video game therapy is still fairly under-researched. Online therapeutic interventions have only recently included a gaming component. Hence, this review represents a timely first step toward taking advantage of these recent technological and cultural innovations, particularly for the treatment of special-needs groups such as the young, the elderly and people with various conditions such as ADHD, anxiety and autism spectrum disorders.A review integrating research findings on two technological advances was conducted: the home computer boom of the 1980s, which triggered a flood of research on therapeutic video games for the treatment of various mental health conditions; and the rise of the internet in the 1990s, which caused computers to be seen as conduits for therapeutic interaction rather than replacements for the therapist.We discuss how video games and the internet can now be combined in therapeutic interventions, as attested by a consideration of pioneering studies.Future research into online video game therapy for mental health concerns might focus on two broad types of game: simple society games, which are accessible and enjoyable to players of all ages, and online worlds, which offer a unique opportunity for narrative content and immersive remote interaction with therapists and fellow patients. Both genres might

be used for assessment and training purposes, and provide an unlimited platform for social interaction. The mental health community can benefit from more collaborative efforts between therapists and engineers, making such innovations a reality. (Wilkinson, Ang and Goh,2008)

There has been a research that was conducted in order to provide a point of reference information on the academic performance of computer gamer students of PIT-Tabango Campus. A total of 82 identified computer gamer students enrolled across all levels and across all the programs offered in Palompon Institute of Technology-Tabango Campus for the school year 2015-2016 were involved in the study. It uses secondary data in the form of grades reflected in the student prospectus; likewise, a questionnaire was utilized in satisfying the research inquiries. Based on the evaluative measures set by the school, results showed that an astonishing sixty (62) percent of the gamers were good performers in the academy. Twelve (12) percent were having an incomplete grade within the entire school year and seven (7) percent were dropped out of school during the second semester. Based on the findings of the study, it was revealed that being a computer gamer may affect the students' academic performance negatively if; a gamer plays too much (more than four hours a day), a gamer plays too often (more than four times a week), and a gamer plays until late night (10 to 12 midnight). Researchers recommended an in-depth study to include factors that were not embraced in the study, so as to help those computer gamers who have low performance in the academe. (Lumbay, Larisma, Centillas Jr, 2017)

The Advantages and Disadvantages of Online Gaming Addiction to The Mental State of the College Students

These are the benefits based on what the researchers found:

Relaxation:The relaxing effect that games have in people's moods and thoughts have been exhibited in previous studies conducted in the past. The results exhibited how the body produces a decreased amount of stress

hormones while playing their favorite game. Feelings of stress are instead replaced with happy thoughts and the production of endorphins is increased. (Velasco,2020)

Improved attention to detail and body coordination:Some games require players to practice careful and keen observation. This is common in puzzle games or games where players are required to look for a list of items in a disheveled room. As a result, it encourages players to remember certain patterns, take note of how the placement of the items that need finding, and look more closely into the images presented to them. (Velasco,2020)

Improves cognitive functions:In contrast to popular belief, video gaming can improve numerous cognitive skills, such as greater attention allocation, visual perception, recollection, logic, and awareness, according to research published by the American Psychological Association. (Jana,2020)

Quick thinking and accuracy:The action in video games prepares players to make smart decisions in split seconds. They also need acute attention to cope with unforeseen changes in the game.(Jana,2020)

Problem solving abilities:Researchers believe that computer games can help teenagers improve problem-solving skills because when playing competitive video games like role-plays, young adolescents get better at solving problems.(Jana,2020)

There are games expressly developed to educate and develop brain functionality—Brain Nintendo's Era was one of the greatest commercial successes. It provided a lot of exercises to assist with mental math, speed reading, and concentration. Yet brain conditioning is not limited to games that directly exercise the brain. Sudoku is just a matter of rational inference. Tetris helps improve the ability to detect patterns. In reality, there are a lot of smartphone games that make you smarter by practicing recall, matching, and thinking beyond the box. (Keeley,2020)

Study has corroborated common wisdom that playing online card games has significant psychological benefits. Studies have found that daily card game players have lower levels of stress, with cortisol – one of the main stress-related hormones – 17 per cent lower in card game players. In addition, card games – apart from ensuring fun and enjoyment – also help you relax and feel happier, particularly at the end of a long and tiresome day. (Upal,2017)

Even though there are a lot of advantages, the researchers didn't fail to include the negative side of the study. The researchers put together the negative effects of Online Gaming Addiction. These are what the researchers found:

<u>Aggressive Behavior</u>:Every player would like to win the game and hence they develop aggressive behavior. The shooting games will induce bad vision to the gamers and the gamers see the society in the same vision. (Ali,2018)

<u>Academic performance decreases</u>: It is not a surprise if teens or young adolescents get low grades at school because of their excessive use of playing online games, it makes them have less time for school tasks and studies.

<u>Wrong Values</u>:Certain online games teach wrong values to the gamers. The online games depict women as weaker characters and sexually provocative characters. The gamers will take that and they do behave badly with the women in reality. (Ali, 2018)

Video games that feature violent actions and scenarios may lead addicted players to be desensitized to the violence. Richard Gallagher, director of the NYU Child Study Center's Parenting Institute, states that players who become engrossed in first-person shooter-style video games, for example, may adopt a detached view of society or develop aggressive thoughts and tendencies. (Christopher, 2018)

The researchers also given practices to lessen these negative effects, here are a few listed below:

Video game compulsions can be treated with behavioral therapy. A residential treatment facility could provide a temporary environment to help a person move past compulsions. If a gamer has been immersed in an extensive gaming community, it may be necessary to change the gamer's physical environment. (Anon, 2016)

It is crucial that parents should not only concentrate on the particular child displaying this behavior. In most cases, the only way to address this is to allow parents to be present in the gaming universe of their children. Play

together, help set healthy boundaries and regularly discover a range of online activities for children to consume. This strategy, which starts at an early age in particular, would keep gaming healthy and sensible for most young people. (Robertson, n/a)

Preventing the dependency on video games is helpful in preventing the difficulties that follow this compulsion. Limiting time spent playing video games will help discourage people from having compulsions to play these games. People may actively opt to partake in other hobbies, such as physical sports, reading books, housework, or spending time with friends and relatives, instead of playing video games. Parents should have ongoing supervision and time restrictions for children to spend playing computer games to avoid compulsions from starting out. It can also help to learn about the fact that gameplay in video games may go on for a long time, but games can still wait for the next chance to play. (Anon, 2016)

To keep the amount of time spent gaming under control, try these tips for adults and kids alike: Set time limits for play and stick to them. Keep phones and other gadgets out of the bedroom so you won't play into the

night. Do other activities every day, including exercise. This will lower the

health risks of sitting and playing for long stretches of time. (Anon, 2019)

Statement of The Problem

1. What are the effects of Online Gaming Addiction to mental state of IT second year students according to:
a). Age
b). Gender

2. How does Online gaming Affect the study habits of IT sophomore students?

3. What are the possible solutions to lessen the effects of Online Gaming Addiction to the mental state of IT sophomore students?

Methodology

The participants of this research were the selected IT Sophomore College students in Silliman University which consists of 104 students. The researchers used the application Raosoft([Sample Size Calculator by Raosoft, Inc.](#)) which calculated the sample size to 100 students where the margin size is 5 percent and confidence level is 95 percent.

The instrument used in the study was a survey questionnaire where the Online Gaming Addiction survey (retrieved) was used to gather the quantitative data. The 14-item instrument employed a likert-type scale with 4 responses (1=slightly disagree,2=disagree,3=slightly agree,4=agree).The responses were slightly modified, where the response neutral was removed.The researchers shared the survey via messenger, Gmail/ Email of the selected students. This survey contributed to the data collection and data analysis of the study where the survey answers were the main data that the researchers used.

The study approached the 2 styles of research which were quantitative and qualitative studies in hopes that the researchers, teachers and young adolescents will have an understanding on what are the effects of Online Gaming Addiction to the young adolescents which are the IT College Sophomores. Analyzing the data we used the application called SPSS (SPSS Software | IBM) where the application's job was to measure the data in a simpler way so that it was easier to understand. The data that were used in SPSS were the survey questions in the questionnaire that used the 4 point Likert scale (i.e 0=Strongly Disagree to 3= Strongly Agree)

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APPENDIX A

COVER LETTER

SILLIMAN UNIVERSITY

Dumaguete City 6200, Philippines

11 December 2020

Dear Respondents:

We, the 2nd Year Students enrolled in the subject GE 5 – Purposive Communication at Silliman University, are currently conducting a study titled The Effects of Online Gaming Addiction to the Mental Health of the IT College Sophomore Students in Silliman University. For this study, we have purposely chosen you to be among the participants.

In line with this, we would like to ask for your cooperation and leisure time to answer the questionnaire. Your answers will significantly help us in the completion of the study. We assure you that everything you have answered will be kept with the utmost confidentiality and exclusively used for the study's purpose.

Thank you for your time and cooperation.

Yours sincerely,

Cedric Earl Julius Paculba   Deanne MitchillAgir

    Student   Student

Renz Joshua LabiagaAeron Danian Sun

    Student   Student

    Van Villosario

    Student

APPENDIX B

RESEARCH INFORMED CONSENT FORM

Title

This study is titled The Effects of Online Gaming Addiction to the Mental Health of the I.T Sophomores in Silliman University.

Researcher

This study is to be conducted by Renz Joshua Bitas Labiaga, Cedric Earl Julius Paculba, Van Angelo Villasario , Aeron Danian Sun and Deanne Mitchill Agir .

Purposes of the Research

This study aims to find out the following: determine the mental health I.T sophomores due to the cause of online gaming addiction.

Description of the Research

This study concentrates on how online gaming addiction affects the mental health of the I.T sophomore students in Silliman University.

Potential Benefits

This study will benefit the future generations so that they will have knowledge on how online gaming addiction affects people and know the advantages and disadvantages of it.

Confidentiality

In the conduct of the study, total confidentiality will be ensured. No information that exposes your identity may be revealed or published without your express consent to the disclosure, and only imperatively required.

Storage and Disposal of Data

After data processing, the materials containing the raw information obtained from you will be destroyed within a specified time.

Publication

The findings of this study can be published or used in classroom teaching in any form for public and scholarly use to enrich learning and produce more knowledge for future studies.

Participation

Your participation in this study must be voluntary, and you have the right to withdraw if you feel disappointed in the process of gathering information from you.

_____

Informed Consent

Given the information given above, I confirm that the possible benefits and alternatives have been clarified to me. I have read and understood this form of consent, and I understand that if I deem it necessary, I am free to withdraw my involvement in the study or to request clarification of any ambiguous steps in the research process. My signature reflects my intention to engage in the research.

_____

_____

Printed Name and Signature of the Research Participant Date

APPENDIX C

Student's Questionnaire

Question	Disagree (1)	Slightly Disagree (2)	Slightly Agree (3)	Agree (4)
Do you spend more time and money on video games in order to feel the same amount of excitement as other activities in your life?				
Do you play video games as a way to escape problems or negative feelings?				

Do you skip household chores in order to play more video games?			
Do you become restless or irritable when you attempt to cut down or stop playing video games?			
Online gaming can avoid mental illnesses such as depression.			
Online gaming can be a way of distracting one'self in real life problems.			
A person should focus online gaming in order to have multiple friends.			
Online gaming makes a person feel that he/she has accomplished a big moment in their life.			