

The Impact of Online Gaming Addiction on Students' Mental Health

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I. INTRODUCTION

The Problem Statement

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, and very popular. But like other pleasurable endeavors, video games can have adverse consequences such as affecting one's mental health negatively, which are reviewed. This article focuses on the effects of gaming, specifically online gaming addiction on the mental health of students studying at Silliman University's College of Computer Studies.

Analysis of Recent Studies and Publications

In the 2000s, online games became popular, while studies of Internet gaming addiction emerged. The aim of this section is to provide insight into current perspectives on online gaming addiction since it is the most common mental health disorder associated with online gaming.

Online gaming addiction is a subject of growing research interest. Since the early 2000s, there has been 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 by 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 by 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 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 afterward, 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)

Even though there are 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:

Aggressive Behavior: Every player would like to win the game and hence they develop aggressive behavior. The shooting games will accelerate the deterioration in the vision of gamers and the gamers see society in the same vision. (Ali,2018)

Academic performance decreases: 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.

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

The Article's Goal

Given the article's goal is to determine if online gaming addiction affects students' mental health in Silliman University's College of Computer Studies. By achieving the article's goal, it highlights certain problems of online gaming as well as other factors of gaming that affect a student's mental health. The significance of this article is that it may bring out possible solutions to lessen the negative effects of online gaming on the mental state of students studying at Silliman University's College of Computer Studies.

II. THEORETICAL BACKGROUNDS

A pattern of gaming behavior known as game addiction includes playing video games, digital games, and internet games both offline and online, putting greater emphasis on playing games than on other interests. Despite the clear bad consequences, one persists in playing. (Kevin Guerda, 2020) But first, let's investigate the fundamental reason why people play video games. Several scholars looked at escapism as a primary driving force for internet use in early media and communication studies. According to studies, the main motivation for finding satisfaction online is escapism. Moreover, one-third of players stated that the main purpose of playing was to unwind and escape (Daniel Kardefelt-Winther, 2014) and that they did so in order to avoid worrying about their real-world issues. This shows that gamers who use gaming as a way to escape from their issues in real life may have greater negative effects from their gaming, which is a conclusion reinforced by further research. (Dmitri Williams & Scott Caplan, 2009)

The relaxing effect that games have in people's moods and thoughts has 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)

A model developed from clinical research found that adolescents with IGD have a unique set of maladaptive beliefs. it underlies excessive play in online games including, beliefs about the value of prizes in games and reality, rigid and maladaptive rules of playing the games, overly relying on games to meet the need for self-esteem, and games as a method of gaining social acceptance.(D.L King & Delfabbro, 2014).

Loneliness is a global issue faced by many people to some degree in their lives. It is a negative experience that people go through. The cost of loneliness is the lack of excitement in some people's lives, resulting from major defects in their social interaction network (Hojjati, Koochaki, & Santiago, 2012). Salehi and Seyf (2012) stated that Loneliness is an uncomfortable feeling that triggers behavioral issues in which depression, sadness, withdrawal, and anger are exhibited.

Video games that feature violent actions and scenarios may lead addicted players to be desensitized to 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)

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)

III. RESEARCH METHODS

1. Research Design

This study will use a descriptive research design with the aid of an online survey as a primary method for data collection. It describes the mental health of a person that does online gaming and it aims to find if there is a relation between online gaming to the mental health of the students.

2. Research Environment

The study will be conducted online since the Google Form questionnaire will be sent to respective CCS students via email or messenger group chats.

3. Respondent and Sampling Procedure

The participants of this study will be the whole CCS students at Silliman University. Since our target population is the entirety of the CCS student we have yet to know its exact population therefore we cannot calculate the sample size for this study as of late. However, once the population can be determined the researchers will calculate the sample size using the application Raosoft(Sample Size Calculator by Raosoft, Inc.)

4. Research instrument

The instrument used in the study was an online survey questionnaire which was used to gather quantitative data. The 8-item instrument employed a Likert-type scale with 4 responses (1=slightly disagree,2=disagree,3=slightly agree,4=agree). The rest are for separation purposes to ease in the researchers' data analysis process.

5. Data collection Procedure

In gathering data the researchers will receive all the data online since it was made via Google Forms. In the case of respondents not answering the questionnaire they will be duly reminded to do so by emailing them again.

6. Data analysis Procedure

Analyzing the data we will use 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 was used in SPSS were the survey questions in the questionnaire that used the 4-point Likert scale. (i.e 1= Disagree to 4= Strongly Agree)

7. Ethical Considerations

Before the respondents will answer the questionnaire, they will be given descriptions of the questionnaire that they're going to fill up, the consent, the anonymity, and the privacy of the data that is going to be collected. The questionnaire will be provided with an online link so that it will be easily accessible to the respondents. Each respondent can give their consent when taking the questionnaire. If there were an occasion that a respondent does not want to participate in the questionnaire, they can decline if they wanted to do so. Their personal information will be kept private and confidential. Anonymity will be observed when presenting the data collected and the personal information of each respondent will not be made public.

Appendix: The Questionnaire

Greetings!

This Questionnaire is going to be used to conduct research on how a student's performance is going to be based on how many hours that student has slept. Your answers will be beneficial to the researchers and the identities of each respondent will be kept confidential. For inquiries, please contact the researchers.

Thank you very much for your participation in this research.

1. Name(optional): _____

2. Age: _____

3. Gender: _____

4. Year Level: _____

5. Course:

- Bachelor of Science in Information Technology: (___)

- Bachelor of Science in Computer Science: (___)

- Bachelor of Library and Information Science: (___)

- Bachelor of Science in Information Systems: (___)

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 oneself in real life problems.				
A person should focus on 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.				

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