

Varsity College Durban North

**INRS7321. Assignment**

2023

by

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# **Gaming for Socially Introverted but Technologically Adapt**

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## Research Title

Gaming for Socially Introverted but Technologically Adapt

## Background

This topic was chosen because it shares an I.T./technological aspect, i.e., video games and my love for them, which are built by programmers and software developers. It also happens to be my bachelor's degree, and later my profession, which hopefully will be game development. I am an avid gamer myself and a lover of science fiction which means I can empathize with this group of people as I am introverted myself.

Analysing this group of introverted but technologically adapt; also known as “Geeks”. I'll be researching this group and their place in modern life due to the acceptance of games in mainstream culture. I'll seek to answer whether video games have a place in modern life and whether they can help introverted people become more comfortable with themselves and modern life.

The importance of this topic is a fascinating and important topic to study as it has been a target of moral criticism very early on. This criticism typically refers to the alleged harmful effects of video games, and it also seems to imply that if these effects are real, then the games themselves are ethically responsible for them (Tavinor, n.d.). Harmful effects can include but are not limited to; Game addiction, which is called impulse control disorder (Bingol, 2023).

Despite the criticism, there has been research to suggest that gaming for introverts can help these people in various ways. It has been researched that video games have given introverts a way to gain excellence in the social realm which would boost confidence in the real world (University of Minnesota, n.d.).

## Research Problems

This study's question is to investigate the connection between introverted individuals and modern gaming. Although these findings have been studied in the past, more research is still required to completely understand the potential effects of modern gaming on introverted people. The purpose of this study is to determine whether there is a relationship between the frequency of playing video games and the degree of introversion, as well as the potential advantages and disadvantages of modern gaming on introverted people.

## Research Questions

- How does modern gaming affect the behaviour of introverted people?
- Can video games be used to give benefits to this group of people?

## Hypotheses/Objective

- I hypothesise modern video games give introverts a sense of control and an intense social experience, which has a good effect on their behaviour.

- I hypothesise that introverted people can express themselves freely and connect with others who share their interests through the medium of modern gaming.
- The objective is to find if introverted people, playing modern video games can have negative effects by enhancing feelings of loneliness and isolation.
- The objective is to find if modern video games can aggravate gaming addiction in introverts, which can result in negative behaviour and potentially harmful acts.

## **Relevance/Motivation**

This study is relevant since it considers how playing video games may affect introverted people's mental health as well as any possible advantages and disadvantages. As a result, the knowledge gathered can be used to design strategies and provide interventions that will help introverted people gain benefits from gaming without compromising their mental well-being. Studying gaming's effects on society is of the utmost importance given that it has become one of the most popular kinds of entertainment in the world.

It's also important because modern research and papers written show that, on average 15% percent of young individuals have access to the internet and worryingly, a gaming addiction (Bingol, 2023). With this paper, the research found will be added to an already enormous body of research that has been written by trained academics, and while this paper will not be special in our research topic choice, the hope of this paper is to refine the scope of this study and hopefully give academics another paper to learn and formulate plans from.

## **Theoretical Foundation**

### Self-determination theory (SDT)

SDT concludes that optimal functioning, learning, well-being, and healthy relationships are all made possible by contexts that support the satisfaction of the three fundamental psychological needs of competence (a sense of efficacy), autonomy (personal agency), and relatedness (social connectedness) (Paul Adachi, 2017).

A different take and theory on the criticism that gaming receives is that video games of all genres have given a marginalized group of introverted people a way to gain proficiency in the social realm without the added pressure of face-to-face events, and with these new proficiency's, the wellbeing will improve. (Paul Adachi, 2017). As gaming has become much more mainstream in the modern era and a large desirability for video gaming skills began, the old slur for gaming introverts, which is "Geek" has become a popular name for the technologically adept (University of Minnesota, n.d.).

With the evidence provided, one can speculate that the acceptance for this group of people has given introverts a sense of belonging and control, which means they can deal with intense social experiences, and because modern culture has expressed a desire for video gaming skills in modern life, it has allowed geeks to express themselves freely and connect with like-minded individuals, and opposing minded-individuals, as they have the tools and confidence needed to live and deal with obstacles as they see them.

Continuing with improving oneself through video games and other forms of games, it states that technically adept teachers are learning to, and once learned, use games to teach a subject, Jordan Green

which can be a brilliant tool for teachers wanting to expand their teaching abilities. Struggling students learning a new language can use language apps in the form of games, and because this learning style is constructed in the form of a game, it is enjoyable and stress-free for the student to practice their craft (Ghaffour Mohamed Toufik, 2021).

Five scenarios that games can be used in education:

1. Research projects using games in classrooms (John Kirriemuir, 2023).
2. Video games are used in academic competitions (John Kirriemuir, 2023).
3. Video games are used in computer clubs to further studies (John Kirriemuir, 2023).
4. Video games as a tool for criticism or literacy (John Kirriemuir, 2023).
5. Video games are used as a reward for excellence in the classroom (John Kirriemuir, 2023).

Teachers have now started to employ these gaming apps more frequently in modern life to help pupils learn these languages and other forms of education they are not familiar with (Ghaffour Mohamed Toufik, 2021).

If one were to take learning or improving upon themselves academically, other benefits are not so dissimilar from academic gaming apps. Whereas one improves academically from certain apps, another can improve their self-confidence from online games which has team tasks. Video games such as 'Apex Legends' and 'Ultimate Chicken Horse' all require teams to play, and from personal experience, I loved winning games with like-minded friends. Winning these gaming competitions would noticeably improve my confidence when completing other tasks.

## **Review of Previous Research**

Previous research shows that video games have both positive and negative impacts on introverted people, the key was finding if the benefits outweighed the negatives. Criticism for games of all genres is not new, as there have been discussions about harmful effects. Criticism for video games shows that if these harmful effects are real and dangerous, then developers should be held ethically responsible (Tavinor, n.d.).

### **1.1) Game addictions and their effects on introverts/ “geeks”**

A popular and mainstream topic is that modern gaming addiction is a real and dangerous addiction that is prevalent in young individuals, though can affect ages from the whole spectrum (Bingol, 2023). This addiction can have wide variations such as technology addiction or the very common, internet addiction, which is sweeping the world now (Bingol, 2023). These addictions, like all addictions, have both physical and mental properties/symptoms (Bingol, 2023). With these addictions, gamers can have limited, if not stunted behavioural patterns, which makes it difficult to function in the modern world.

Examples of gaming addictions:

- The thought of gaming is a constant thought/niggle on the brain, especially when not playing or participating in some compacity (Bingol, 2023).
- Being excessively happy when playing, and depressive mood swings are prevalent when not playing (Bingol, 2023).

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- Excessive happiness when finishing a game can be an example that gaming addiction is prevalent (Bingol, 2023).

Another medical term for game addiction is impulse control disorder, and there are several symptoms to look out for:

- Loss of date or time is a symptom to watch for, and an inability to quit when he or she desires (Bingol, 2023).
- Indifference to activities that are not games and only want to spend time playing their chosen game (Bingol, 2023).

Psychological deprivation/depression is when one cannot play his or her game when they choose (Bingol, 2023)

### 1.2) Fostering communication through online video games to see if social capital is raised.

As criticism is subjective, there will be research to show that games can have benefits which will help this group of people. This research is based on the sociological notion of "social capital," which contends that a person's primary physical and psychological resources, such as social networks, are important predictors of their status and well-being (Mask, 2019).

Social capital is not a new term, as it has been documented and examined by academics for nearly 100 years, though for the meaning of social capital; the value created by strong/positive interpersonal ties between people (Mask, 2019). In businesses, this can be seen as various sets of relationships, reputations, assets, and more (Mask, 2019).

Video games gives players the chance to meet their requirements for autonomy, competence, and relatedness, and these perceived fulfilments were linked to more game enjoyment and immediate wellbeing (Paul Adachi, 2017).

Teachers have seen this and have been using gaming apps to help students learn languages they are not familiar with or skilled in, such as English or other, and because this learning study has been built in the form of a game, it's fun and non-stressful for students to work their craft (Ghaffour Mohamed Toufik, 2021). Implementing these practices of using language apps as games to increase productivity has been a success as it stimulates increased competition among students, increased work rate, and more (Ghaffour Mohamed Toufik, 2021).

The increased language skills earned from fun language games can mean that students have a longer fulfilling conversation in the language they learned, which indicates that their social capital has risen because they can reach a larger audience of people and create strong interpersonal ties with these new people/allies.

Lastly, this research seeks to answer, with the information provided, whether gaming can affect the behaviour of introverted people, and if video games can be used beneficially. 'Hypotheses' and 'Objectives' are researched to show perspective and what is attempted here. Further research can be undertaken to fully understand the complex relationship between gaming, introversion, and mental health outcomes.

## Conclusion

Based on the many resources and academic studies researched to make this paper possible I have concluded that this issue concerning gaming on introverted people, it's not a video game issue, but a personality issue. Some individuals suffer from a more susceptible personality, which can lead to gaming addiction or other forms of addiction. I've come to this conclusion because the personality is a metaphorical 'living breathing entity' that grows and develops throughout childhood and into adulthood (Nadia Nopiana, 2022).

Some people have used video games and other forms of gaming to improve upon themselves, gaining confidence and self-awareness from their gaming activities, and as shown there are introverted individuals who are more susceptible to gaming addictions and abuse gaming to lock themselves from the world, avoiding relationships with friends and closing themselves to opportunities (Arash Zandi Payam, 2019).

With proper care and research, gaming addiction (impulse control) can be eliminated quickly and efficiently from young children, which will then translate to their adult life. With the techniques passed down from their parents, the then children, now adults can perpetuate a good healthy cycle of using video games to help decrease introverted tendencies, not being consumed by them.

## Conceptualisation

Conceptualisation - To conceptualize well, one must give meaning to abstract keywords from your study, which will help the researcher understand the paper easier (Sage Publications, 2016).

Geek - A individual who is extremely knowledgeable and passionate about a particular issue (Oxford Learner's Dictionaries, 2023).

Introvert - Reserved individuals who prefer to spend time alone reflecting and feeling rather than interacting with others (Oxford Learner's Dictionaries, 2023).

Game addiction - This addiction can take the form of a dependence on technology or the internet (Bingol, 2023).

Social capital - The value that results from strong relationships between individuals is known as social capital (Mask, 2019).

Perpetuate - To allow something to persist for a long period, can be a negative circumstance, though not beholden to that value (Oxford Learner's Dictionaries, 2023).

Research - A thorough investigation of a topic, particularly to learn new information or facts about it said topic (Oxford Learner's Dictionaries, 2023).

Video game - A game where the user presses buttons to move images on a screen (Oxford Learner's Dictionaries, 2023).

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