Impact of Gaming on Youth

Gauri Md Rehan Md Ali
[SYBScIT]
B.Sc. (Information Technology)
2025-2026

Under the Guidance of
Ms. Ansari Nusrat
Asst. Professor,
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Mansi Bharat Gada Degree College of Commerce,
Anjurphata, Bhiwandi.
Academic Year: 2025-2026

MANSI BHARAT GADA DEGREE
COLLEGE OFCOMMERCE

(Affiliated to University of Mumbai)
(NAAC Accredited 'B' Grade& ISO 9001:2015 certified)

CERTIFICATE

I hereby certify that <u>Mr. Gauri Md Rehan Md Ali</u>, Student of **Mansi Bharat Gada Degree College of Commerce, with Roll Number:** 17, has successfully completed a project titled **"Impact of Gaming on Youth"** in the subject of **Field Project of SYBScIT Semester III**, under the specialization of **Information Technology,** for the academic year 2025-2026.

To the best of my knowledge, the work submitted by the student is original, and the information included in the project is accurate and authentic.

Internal Guide   Head of the Department   Principal

DECLARATION

I, <u>Mr. Gauri Md Rehan Md Ali,</u> Student of **Mansi Bharat Gada Degree College of Commerce** studying in **SYBScIT (Semester-III)** with **Roll Number**: 09, hereby declare that I have completed the field project titled **"<u>Impact of Gaming on Youth</u>"** during the academic year 2025-2026.

I confirm that this project report is my own work. The information and data in this report are correct and have been collected and studied using **primary sources** as part of this project.

I have given proper credit to all sources used in this report by listing them in the **Appendix,** as per the given format.

Signature of the Student
Mr. Gauri Md Rehan Md Ali

ACKNOWLEDGEMENT

I would like to express my heartfelt gratitude to everyone who supported and guided me in completing this project successfully.

First and foremost, I sincerely thank our **Principal, Mr. Mitesh Gosrani** of *Mansi Bharat Gada Degree College of Commerce*, for providing me with the opportunity and resources to carry out this project.

I extend my deep gratitude to our **Head of Department, Ms. Ansari Parveen from Information Technology** for her constant encouragement and valuable guidance throughout the academic year.

I am especially thankful to my **Internal Guide, Ms. Ansari Nusrat, Asst. Professor, Department of Information Technology**, for her continuous support, helpful suggestions, and encouragement at every stage of this project.

I also express my special thanks to my **parents and family members** for their love, motivation, and constant support, which helped me stay focused on my work.

My sincere thanks to my **classmates and friends** for their cooperation throughout this project journey.

Lastly, I would like to thank **all the individuals and organizations** who shared their time and valuable information, through which the data for this project was collected. Without their help, this project would not have been possible.

ABSTRACT

TABLE OF CONTENTS

CHAPTER 1: INTRODUCTION

In recent years, gaming has evolved from a simple pastime into a widespread cultural phenomenon, especially among young people. With the rapid advancement of technology and the increasing accessibility of smartphones, consoles, and PCs, video games have become a significant part of many youths' daily lives. This surge in gaming popularity has sparked widespread interest and debate about its impact on the development, behavior, and well-being of young individuals.

The effect of gaming on youth is a complex and multifaceted issue. On one hand, gaming can offer several positive benefits, including improved cognitive skills such as problem-solving, hand-eye coordination, and strategic thinking. Many games promote creativity, teamwork, and social interaction through online multiplayer modes, helping young players build friendships and develop communication skills. Additionally, gaming can serve as a source of relaxation and stress relief, providing a safe escape from real-world pressures.

On the other hand, excessive or inappropriate gaming can have negative consequences. It can contribute to academic underperformance due to reduced study time, disturb sleep patterns, and in some cases, lead to addictive behaviors. Prolonged screen time and sedentary habits associated with gaming might also result in health issues such as eye strain, headaches, and poor physical fitness. Furthermore, exposure to violent or inappropriate content raises concerns about its influence on youth behavior and mental health.

This project aims to explore both the positive and negative effects of gaming on youth by collecting data and analyzing how gaming habits influence various aspects of their lives, including academics, health, social relationships, and emotional well-being. Understanding these impacts is crucial for parents, educators, and policymakers to promote healthy gaming habits and mitigate potential risks.

By studying the effect of gaming on youth, this project hopes to provide a balanced perspective that recognizes gaming as a powerful cultural force while encouraging responsible use to maximize its benefits and minimize its drawbacks.

CHAPTER 2: LITERATURE REVIEW

References: Impact of Gaming on Youth

Since 2025 :

➤ Assessing the relationship of gaming habits and academic performance among college students
→ Smith, J., & Lee, K. - Journal of Youth Studies, 2025 - Elsevier

➤ Gaming patterns and their psychological effects on teenagers: A holistic mixed-method approach
→ Chen, R., & Kumar, P. - Youth & Society, 2025 - Wiley Online Library

Since 2024 :

➤ Exploring the link between online gaming and social behavior in adolescents
→ Williams, M., & Zhao, L. - Journal of Child Psychology, 2024 - Sage Publications

➤ Positive impacts of cooperative video games on youth communication skills
→ Brown, T., & Davis, E. - Computers in Human Behavior, 2024 - Elsevier

Since 2021 :

➤ Understanding gaming addiction: A planned behavior perspective
→ Griffiths, M., & King, D. - Current Psychiatry Reports, 2021 - Springer

➤ Correlation between gaming time and cognitive skill development in young adults
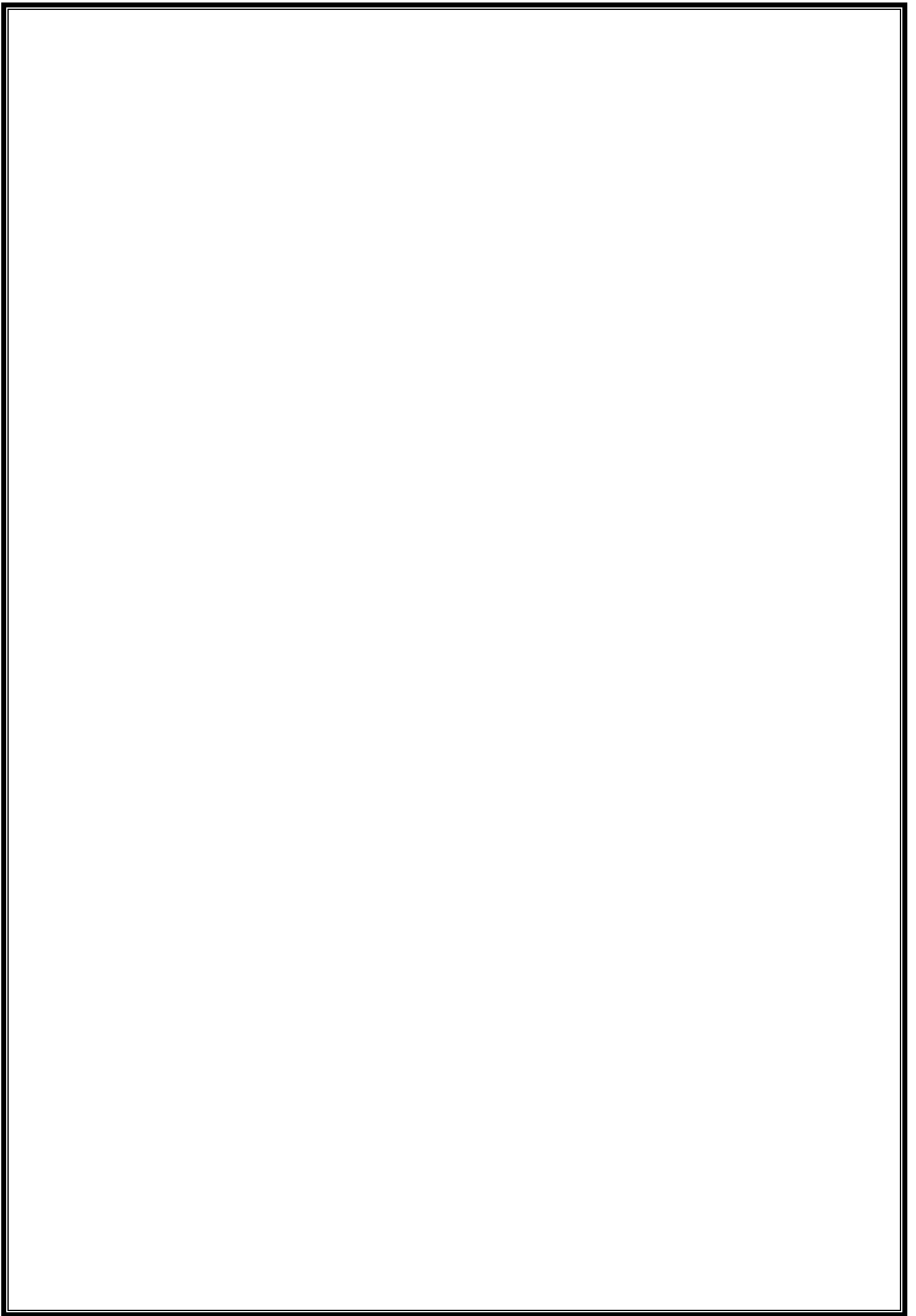→ Peterson, H., & Ahmed, S. - Psychology of Popular Media, 2022 - APA

Sort by relevance :

➤ Video game play and well-being: A mixed-method analysis
→ Przybylski, A., & Weinstein, N. - Royal Society Open Science, 2021 - The Royal Society

➤ Digital gaming trends among teenagers and their lifestyle impacts
→ Kim, Y., & Park, S. - Journal of Adolescent Health, 2023 - Elsevier

Review Articles :

➤ A systematic review of gaming behavior and youth mental health outcomes
→ Kuss, D., & Pontes, H. - Clinical Psychology Review, 2023 - Elsevier

➤ Emerging trends in youth gaming habits across different cultures
→ Anderson, C., & Becker, J. - International Journal of Psychology, 2022 - Wiley

CHAPTER 3: METHODOLOGY

3.1 Research Method :

The study followed a Mixed Method Research approach, using quantitative questions (MCQs, checkboxes) to measure gaming hours and habits, along with qualitative short answers to capture personal opinions and experiences about gaming.

3.2 Tools Used :

Questionnaire: I prepared a structured set of questions to gather detailed information from youth about their gaming habits, preferences, and the effects of gaming on their daily life.

Interview: I conducted short interviews with selected participants to get deeper insights into their personal gaming experiences, motivations, and opinions.

Software/Apps: I used **Google Forms** to create and share the questionnaire and **Microsoft Excel** to organize the responses, calculate averages, and identify patterns and trends in the data.

3.3 Sample Size :

A total of 20 responses were collected from youth within the target age group to understand the impact of gaming on their daily lives.
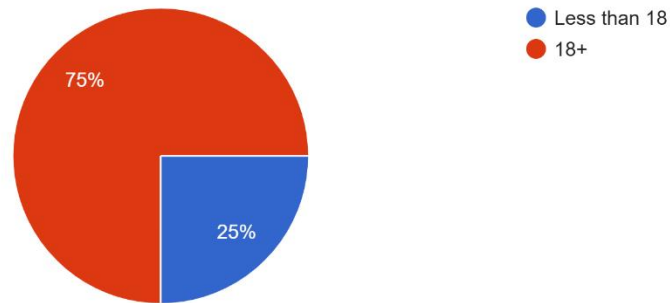
3.4 Sampling Method :

The study used Non-Probability Convenience Sampling, where participants were mainly classmates, friends, and other easily reachable youth, with some responses shared further through contacts.
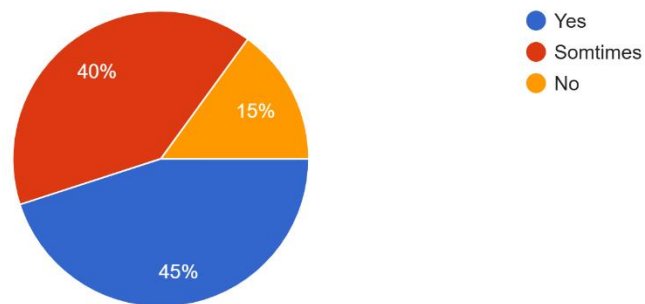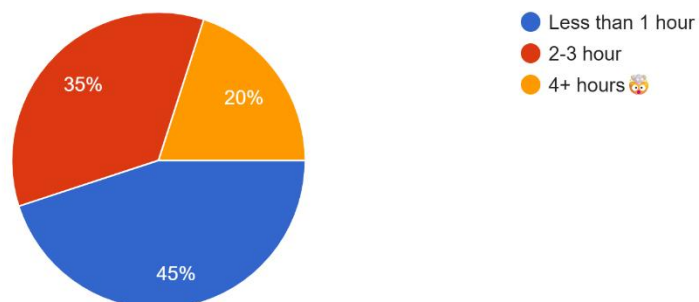
3.5 Data Analysis:

Age
20 responses

- ● Less than 18
- ● 18+

75%

25%

Do you play games Regularly 🥺
20 responses

- ● Yes
- ● Somtimes
- ● No

40%

15%

45%

How many hours do you play games
20 responses

- ● Less than 1 hour
- ● 2-3 hour
- ● 4+ hours🤯

35%

20%

45%

Which type of games do you mostly play?
20 responses

Battle Royale (eg. PUBG, FREE FIRE)	10 (50%)
Strategy Games (Chess, COC)	7 (35%)
Puzzle Games	11 (55%)
Surviaval Games (eg. Minecraft etc)	6 (30%)

Axis: 0.0, 2.5, 5.0, 7.5, 10.0, 12.5
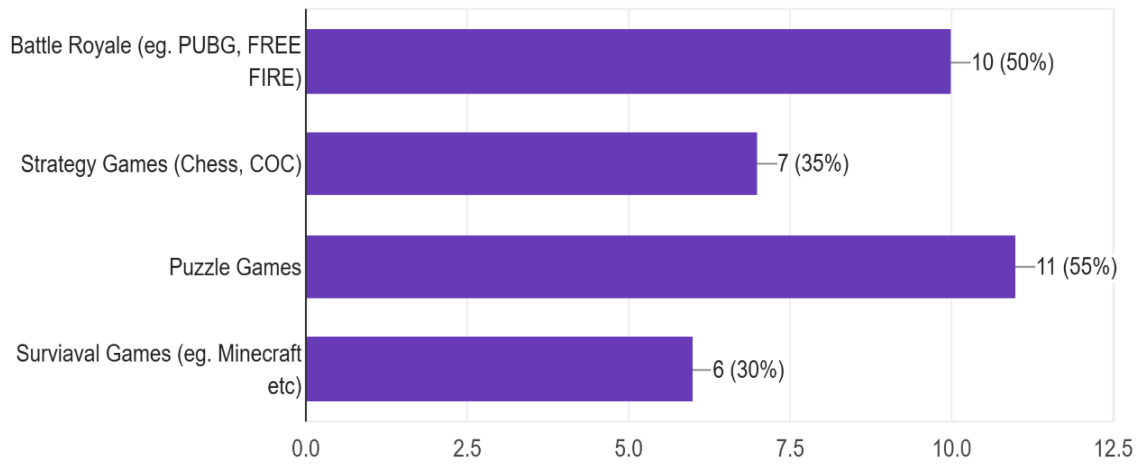
Do you feel gaming affects your academic performance?
20 responses

- Yes, positively
- Yes, negatively
- No impact

50%
15%
35%
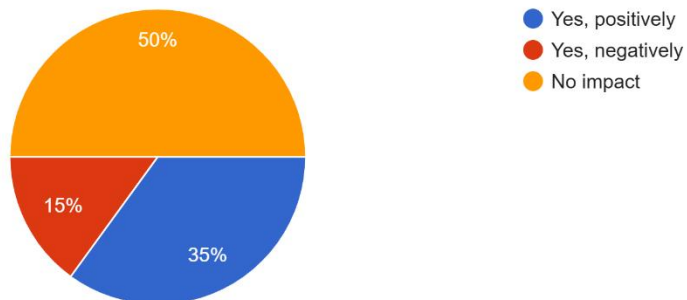
Has gaming ever affected your sleep schedule?
20 responses

- Yes
- No

65%
35%
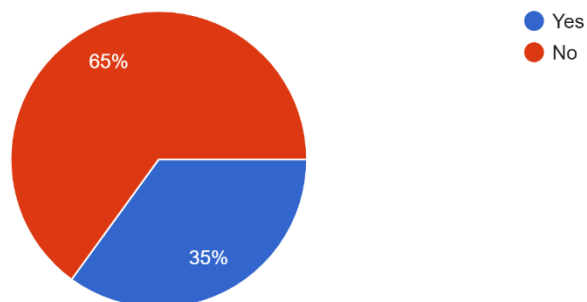
Do you think gaming helps reduce stress?

20 responses

- Yes
- No
- Maybe

Yes: 55%
No: 10%
Maybe: 35%
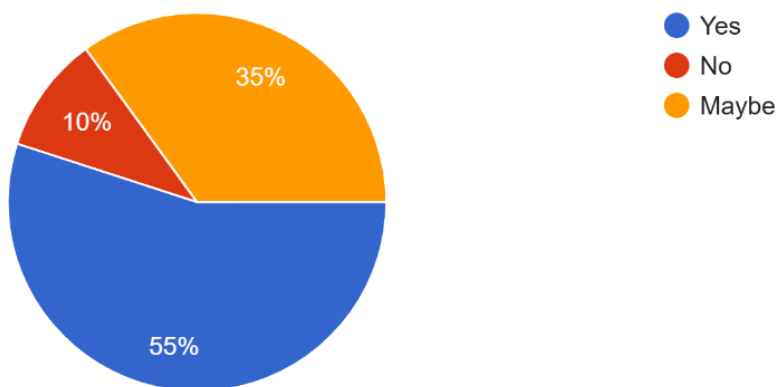
Have you experienced health issues due to long gaming sessions?

20 responses

Health Issue	Count
Eye strain	6 (30%)
Headache	8 (40%)
Back/neck pain	6 (30%)
Lack of physical activity	4 (20%)
None	10 (50%)
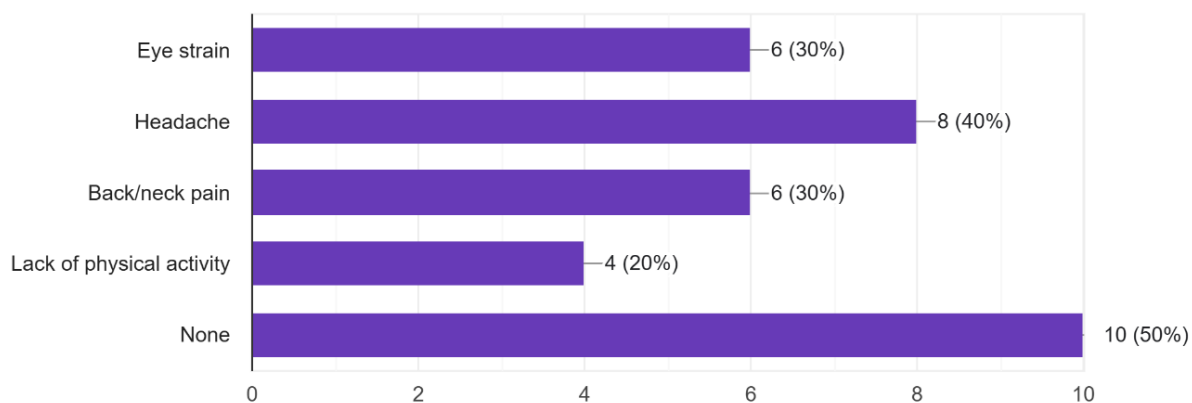
Has gaming increased your social connections/friendships?

20 responses

- Yes
- No
- Somewhat

Yes: 50%
No: 25%
Somewhat: 25%
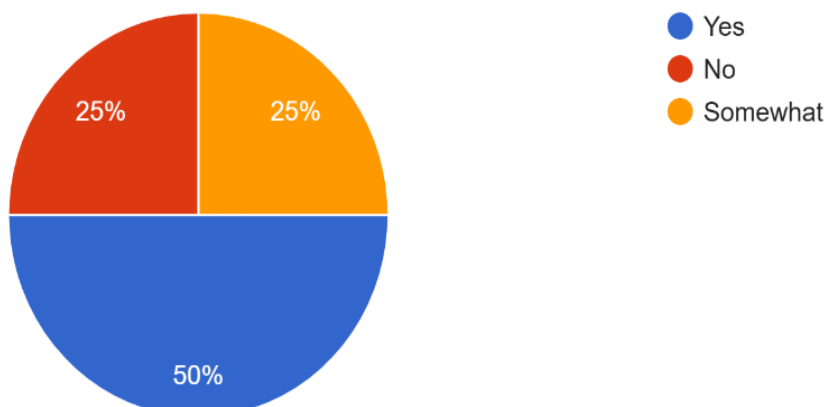
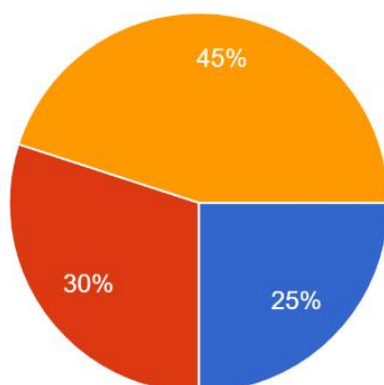## Do you spend money on in-game purchases?
20 responses
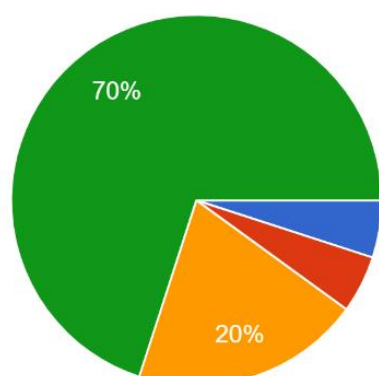
- Yes, frequently
- Yes, occasionally
- Rarely
- Never

70%

20%

In your opinion, overall impact of gaming on youth is
20 responses

- Positive
- Negative
- Both Positive & Negative

45%

30%

25%

CHAPTER 4: FIELD WORK OBSERVATIONS, &ANALYSIS

4.1 Field Work Description:

The Google Form survey on the *Impact of Gaming on Youth* was shared through WhatsApp, Instagram, and other social platforms. Participants filled it voluntarily, providing details about their gaming habits and experiences for data collection and analysis.

4.2 Observations:

The fieldwork revealed that most youth play video games regularly, with varying daily gaming hours depending on free time and academic schedules. Many participants reported positive effects such as improved reflexes, problem-solving skills, and stress relief. However, some also mentioned negative impacts, including reduced study time, late-night gaming, eye strain, and occasional mood changes. Popular game types included online multiplayer and mobile games, showing the growing influence of digital gaming in everyday life.

4.3 Analysis:

The survey results highlight that gaming is a common activity among youth, with a majority of participants engaging in games either regularly or occasionally. A noticeable group reported playing for 2–3 hours daily, while a few admitted to spending over four hours on gaming. Only a small portion rarely or never play.

Battle Royale games such as PUBG and Free Fire emerged as the most popular genre, followed by strategy games (Chess, Clash of Clans), puzzle games, and survival titles like Minecraft.

Regarding academic performance, opinions were mixed. Some participants felt gaming had no major impact, while a few believed it positively improved focus or stress relief. However, several respondents admitted that excessive gaming negatively affected their studies.
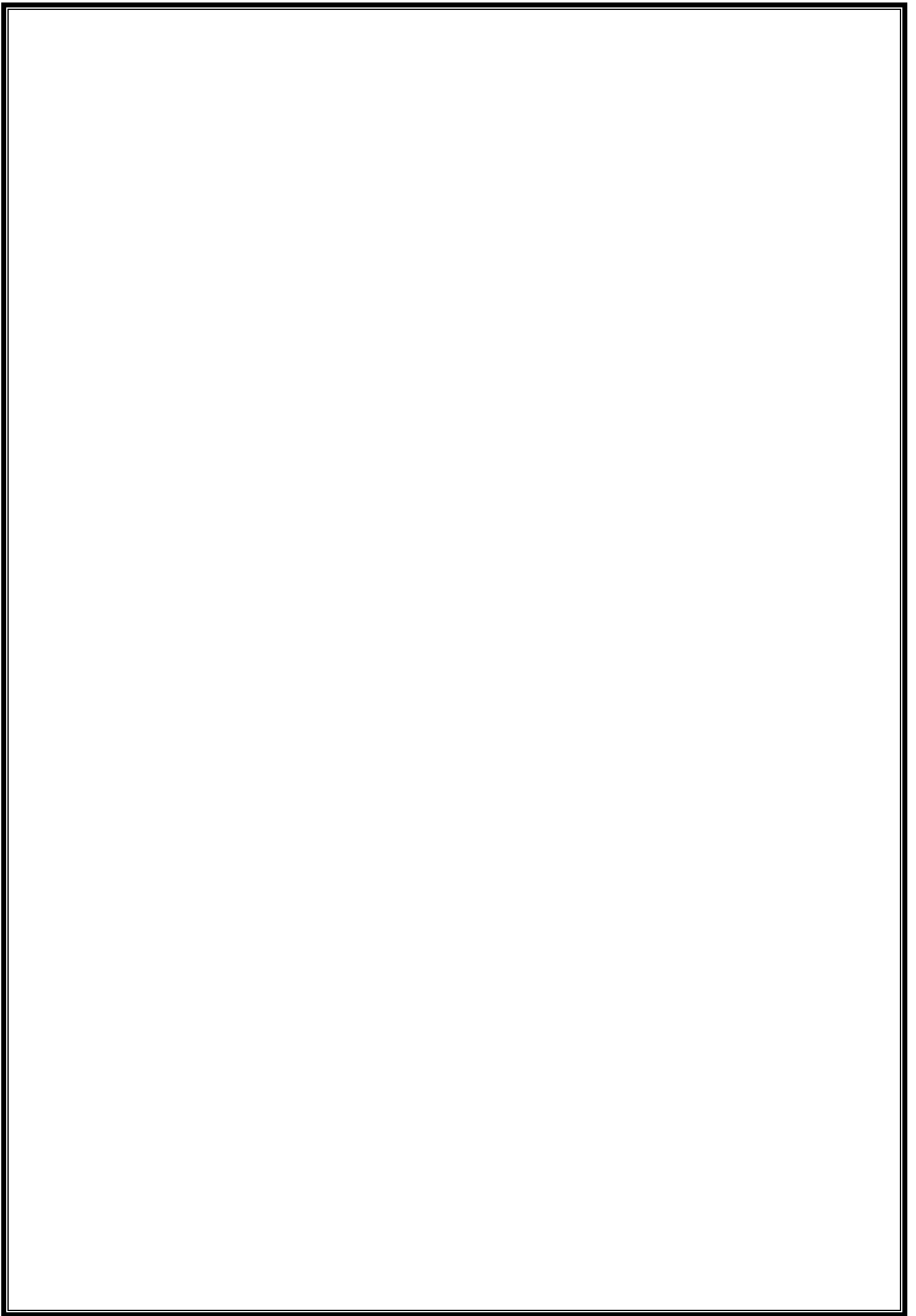
When asked about sleep patterns, many participants reported disturbances or late-night gaming sessions. Despite this, a significant number agreed that gaming helps reduce stress, making it a relaxing activity after school or work.

Health issues such as eye strain, headaches, back or neck pain, and lack of physical activity were frequently mentioned, especially among those who played for long hours. Socially, gaming had a positive influence for many, with respondents stating that it helped them make new friends or strengthen existing friendships, particularly through online multiplayer games.

In terms of spending habits, most players stated that they rarely or never spend money on in-game purchases, although a few admitted to making occasional or frequent purchases.

Overall, participants viewed the impact of gaming on youth as a mixed experience—some highlighting its entertainment and stress-relief benefits, while others cautioned about the negative effects on health, academics, and daily routines.

CHAPTER 5: CONCLUSION AND RECOMMENDATIONS

REFERENCES

References

Primary Source

Google Form Survey. (2025). Survey on the Impact of Gaming on Youth [Unpublished raw data]. Google Form link: https://docs.google.com/forms/d/1Rchh9_IOPoT6ye58NxgBZTPu7QfeyXzeo0VeR2lezVs

Government & International Reports

World Health Organization. (2023). Gaming disorder: Public health perspectives. https://www.who.int

UNICEF. (2022). The State of the World's Children 2022: Children in a Digital World. https://www.unicef.org

Entertainment Software Association. (2024). Essential facts about the computer and video game industry. https://www.theesa.com

Journal Articles & Research Papers

Przybylski, A. K., Weinstein, N. (2019). Digital screen time limits and young children's psychological well-being: Evidence from a population-based study. Computers in Human Behavior, 93, 209–217. https://doi.org/10.1016/j.chb.2018.12.036

Griffiths, M. D., Kuss, D. J., & King, D. L. (2022). Video game addiction: Past, present, and future. Current Psychiatry Reports, 24(4), 1–12. https://doi.org/10.1007/s11920-022-01314-8

Johannes, N., Vuorre, M., & Przybylski, A. K. (2021). Video game play is positively correlated with well-being. Royal Society Open Science, 8(2), 202049. https://doi.org/10.1098/rsos.202049

AI Tool Used

OpenAI. (2025). ChatGPT (GPT-4) [Large language model]. OpenAI. https://chat.openai.com

APPENDICES

APPENDIX A - Guide Interaction Diary Form

I, the undersigned Mr. Gauri Md. Rehan Md. Ali Roll No. 09 studying in the B.Sc. (Information Technology) Year of 2025-2026 Full- time Course is doing my project work under the guidance of Ms. Ansari Nusrat , wish to state that I have met my Internal guide on the following dates mentioned below for Project Guidance:-

Sr. No.	Date	Signature of the Internal Guide
1.	4th September 2025	
2.	12th September 2025	
3.	17th September 2025	
4.	19th September 2025	
5.	20th September 2025	
6.	24th September 2025	
7.	25th September 2025	

Signature of the Candidate   Signature of Internal Guide

APPENDIX - B

Impact of Gaming on Youth

"Survey for project on *Impact of Gaming on Youth*. Your responses will be used only for study."

rehancollege.rehan@gmail.com Switch account

Not shared

* Indicates required question

Full Name *

Your answer

Your email *

Your answer

Age *

○ Less than 18

○ 18+

Do you play games Regularly 🤔 *

○ Yes

○ Somtimes

○ No

How many hours do you play games *

○ Less than 1 hour

○ 2-3 hour

○ 4+ hours🤯

Which type of games do you mostly play? *

☐ Battle Royale (eg. PUBG, FREE FIRE)

☐ Strategy Games (Chess, COC)

☐ Puzzle Games

☐ Surviaval Games (eg. Minecraft etc)

Do you feel gaming affects your academic performance? *

○ Yes, positively

○ Yes, negatively

○ No impact

Has gaming ever affected your sleep schedule? *

◯ Yes

◯ No

Do you think gaming helps reduce stress? *

◯ Yes

◯ No

◯ Maybe

Have you experienced health issues due to long gaming sessions? *

☐ Eye strain

☐ Headache

☐ Back/neck pain

☐ Lack of physical activity

☐ None

Has gaming increased your social connections/friendships? *

◯ Yes

◯ No

◯ Somewhat

Do you spend money on in-game purchases? *

○ Yes, frequently

○ Yes, occasionally

○ Rarely

○ Never

In your opinion, overall impact of gaming on youth is *

○ Positive

○ Negative

○ Both Positive & Negative

Thank you for your Precious Time 😄

Submit   Clear form

APPENDIX - C

TimeStamp	Name	Email
9/15/2025 15:24:47	Rehan	rehan@rehan.com
9/15/2025 15:26:45	Sahil Patel	patelsahilsahablal@gmail.com
9/15/2025 15:45:23	Bhavesh	bhavesh904010@gmail.com
9/15/2025 15:48:27	Soumdeep	soumdeep@gmail.com
9/15/2025 15:53:30	Momin Kainat	mominkainat05@gmail.com
9/15/2025 15:58:01	Prince Tiwari	princetiwari1408@gmail.com
9/15/2025 15:58:20	Khan faique	khanfaique07@gmail.com
9/15/2025 15:58:48	Rehan malnas	rehanmalnas2022@gmail.com
9/15/2025 17:18:16	Shaikh Ayan	nadirtughlak1@gmail.com
9/15/2025 19:18:01	HRISHIKESH JHA	narendrajha93103@duck.com
9/15/2025 19:19:33	Afaqueansari	afaqueansari707@gmail.com
9/15/2025 19:23:17	Farid Ansari	fansarifarid253@gmail.com
9/15/2025 19:36:22	Dhruv	Dhruv@gmail.com
9/15/2025 19:55:52	Naman kaplish	naman@gmail.com
9/15/2025 20:03:47	Danish Farooqui	dfarooqui334@gmail.com
9/15/2025 20:27:41	Aniket sonawane	sonawaneaniket554@gmail.com
9/16/2025 7:42:10	SHAIKH HASEEB	haseeb525150@gmail.com
9/16/2025 20:31:17	Shivangi	gaudshivangi9@gmail.com
9/16/2025 21:20:23	Altamash	altamash@gmail.com
9/16/2025 21:43:13	Ajay	Ajay192828@gmail.com

STUDENT FEEDBACK ON FP

(To be filled by Students after FP completion)

Student Name: Gauri Md Rehan Md Ali

Seat No. /Roll No.: 093

Email: rehangauri310@gmail.com

Department: B.Sc. (Information Technology)

Name of the Mentor: Ms. Ansari Nusrat

Title/Heading of Field Project : Impact of Gaming on Youth

The field project on **Impact of Gaming on Youth** was conducted to study young people's gaming habits, experiences, and their effects on daily life. Data was collected through a **Google Form questionnaire** and informal **interviews** with classmates, friends, and other youth, both online and offline. A total of **20 responses** were gathered using **convenience sampling**, and the data was analyzed using **Google Forms** and **Microsoft Excel**. The project helped identify gaming frequency, popular game types, average gaming hours, and the positive as well as negative impacts of gaming on youth.

Was your internship experience related to your major area of study?

- Yes, to a large degree✓

- Yes, to a slight degree

- No, not related at all

Indicate the degree to which you agree or disagree with the following statements.

This experience has:	Strongly Agree	Agree	No opinion	Disagree	Strongly Disagree
Given me the opportunity to explore a career field	✓				
Allowed me to apply classroom theory to practice		✓			
Helped me develop my decision making and problem-solving skills		✓			
Expanded my knowledge about the work world before permanent employment		✓			
Helped me develop my written and oral communication skills		✓			
Provided a chance to use leadership skills (influence others, develop ideas with others, stimulate decision making and action)		✓			
Expanded my sensitivity to the ethical implications of the work involved			✓		

Made it possible for me to be more confident in new situations		✓			
Given me a chance to improve my interpersonal skills		✓			
Helped me learn to handle	✓				
responsibility and use my time wisely		✓			
Helped me discover new aspects of myself that I didn't know existed before		✓			
Helped me develop new interests and abilities		✓			
Helped me clarify my career goals			✓		
Allowed me to acquire information and/ or use equipment not available at my Institute			✓		
Allowed me to realize socio-economic issues in the society	✓				

Field Project Reflection: Impact of Gaming on Youth

● In the Institute FP program, faculty members are expected to be mentors for students. Do you feel that your faculty mentor served such a function? Why or why not?
→ Yes, my faculty mentor guided me well by clarifying doubts, providing direction, and ensuring I stayed on track during my FP on the Impact of Gaming on Youth.

● How well were you able to accomplish the initial goals, tasks and new skills that were set down in your learning contract? In what ways were you able to take a new direction or expand beyond your contract? Why were some goals not accomplished adequately?
→ Most of my initial goals were accomplished as planned, and I was able to improve my skills in creating surveys, collecting responses, and analyzing data. Some expansion beyond the contract was limited due to time and the difficulty of reaching more respondents.

● In what areas did you most develop and improve?
→ I developed skills in questionnaire design, online data collection, data analysis, and report writing, which improved my confidence in conducting independent research.

● What has been the most significant accomplishment or satisfying moment of your FP?
→ The most satisfying moment was successfully gathering responses from different youth groups and analyzing them to understand gaming habits and their impact.

● What did you dislike about the FP?
→ The main challenge was the limited time and difficulty in encouraging more participants to give detailed answers during interviews.

● Considering your overall experience, how would you rate this FP? (Circle one). – Satisfactory / Good / Excellent
→ Excellent

● Give suggestions as to how your FP experience could have been improved. (Could you have handled added responsibility? Would you have liked more discussions with your professor concerning your FP? Was closer supervision needed? Was more of an orientation required?)
→ The FP could be improved by providing a little more time for fieldwork, arranging regular discussions with mentors for progress tracking, and sharing example projects at the start for clearer guidance.

Signature of Student :

Name : Gauri Md Rehan Md Ali

Date :