**Reasons of the SHS students of Pampanga High School (PHS) on addiction on Mobile Games**

A Research Study

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Presented by:

Pasion, Jacqueline

Tapang, Cyra

Uy, Ferjin-Anne

Presented to:

Ms. Vanessa Garcia

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Our teachers, for the guidance that they gave us upon doing our research paper.

Our classmates, for lending a helping hand whenever we need some resources.

Our respondents, for participating in our research and answering our survey questions properly.

Our parents, for helping us whenever we are having a hard time understanding some of the parts of our research and for understanding us.

# DEDICATION

This study is humbly dedicated to the following:

The SHS students of Pampanga High School (PHS) who served as the inspiration of the research in pursuing this study.

The future researchers who might use this study as one of their sources or reference in the future.

Lastly, to the family of Pasion, Jacqueline, Tapang, Cyra and Uy, Ferjin-Anne for their unending support and love during the thesis writing.

# CHAPTER 1

# THE PROBLEM AND ITS BACKGROUND

This chapter presents the problem and the background/definition of the problem.

## INTRODUCTION

Addiction is said to be the fact or condition of being addicted to a particular substance, thing or activity, However there are types of addiction and those are: alcohol addiction, drug addiction, gambling addiction, sex addiction, pornography addiction, and etc.

Addiction occurs to individuals when they spend all of their time on a certain vice. The youth of this generation are being addicted on playing online games. Internet gaming is a booming market. In 2012, more than one billion individuals played computer games, which filled the 8% growth of the computer gaming industry in the same year. Nowadays, mobile game addiction is considered as a disorder because a lot of people are getting addicted to mobile games.

Mobile games can be downloaded on any play store, apps store or on the browsing sites for free. Everyone who plays video games, mobile games, or any types of games have a different reasons on playing, and the improper usage of any game leads to different effects on individual. Childhood upbringings, peer influences, pressure at school and family issues are all factors that has a strong connection with the effects of gaming on any individual. Mobile games may be therapeutic for some people, but people who are negatively affected by gaming impacts are many. The easier you can access a thing the more addictive it can be.

## BACKGROUND OF THE STUDY

According to Jin-Liang Wang et al(2019), As a new type of addictive behaviors and distinct from traditional internet game addiction on desktop computers, mobile game addiction has attracted researchers' attention due to its possible negative effects on mental health issues. However, very few studies have particularly examined the relationship between mobile game addiction and mental health outcomes, due to a lack of specified instrument for measuring this new type of behavioral addiction. In this study, they examined the relationship between mobile game addition and social anxiety, depression, and loneliness among adolescents. They found that mobile game addiction was positively associated with social anxiety, depression, and loneliness. A further analysis on gender difference in the paths from mobile game addiction to these mental health outcomes was examined, and results revealed that male adolescents tend to report more social anxiety when they use mobile game addictively. They also discussed limitations and implications for mental health practice.

According to Daria J Kuss(2013), A recent report by the market research company Niko Partners has estimated the People’s Republic of China’s online gaming market at $12 billion in 2013. Massively Multiplayer Online games (MMOs) offer the possibility to play together with many other players and can be differentiated based on game content and player experience. A latent profile analysis of survey data from 4,374 Hungarian online gamers (91% male, mean age 21±6 years) indicated that the most prominent MMOs were role-playing games, first-person shooters, real-time strategy, and other games. First-person MMO shooter games are based on skill because they require good reaction time and attention, and competition is a key aspect of these games. In real-time MMO strategy games, players organize teams, develop their skills, and play for status in the game.

## STATEMENT OF THE PROBLEM

Mobile game addiction is a big phenomena that can easily distract a person and the fact that has a great impact to the person. This study aims to determine the reasons of SHS students of Pampanga High School (PHS) on being addicted to mobile games answered by the participants.

This study aims to answer the following questions:

1.Reasons of the SHS students of Pampanga High School (PHS) for being addicted to mobile games.

2.What mobile games do they usually play and get addicted to?

3. How much time do they spend on playing games?

## SIGNIFICANCE OF THE STUDY

This study will be beneficial to the following:

**Students**

This study is beneficial for the students in terms of having information and insights that might cause a student on being addicted to mobile games. It can also serve as a plan on developing proposals regarding to this dilemma.

**Gamers**

This study may enlighten the gamers to be responsible on playing too much mobile games.

**Parents**

This can serve as an additional knowledge for the parents to know the possible effects of addiction on mobile games to their child.

This can also be a recommendation for them so that they will know how they handle their children on using too much mobile games.

**Teachers**

This can help the teachers incase he/she is about to tackle about addiction on mobile games.

**Future Researchers**

This can serve as a related literature for the future dissertations. It can also help for constructing a new research paper and can serve as an additional information.

## SCOPE AND LIMITATION

This study is about the Reason of Addiction on Mobile Games. The participants, specifically the students from Pampanga high School (PHS) will participate on this study during the month of December 2020 to February 2021. This study will use 8-item survey questionnaire that will be conducted to know the possible Reasons of Addiction on Mobile Games.

## DEFINITION OF TERMS

The following terms used in this study are defined conceptually and operationally:

**Mobile Games**

According to Techopedia(2012), Mobile games are games designed for mobile devices, such as smartphones, feature phones, pocket PCs, personal digital assistants (PDA), tablet PCs and portable media players. Mobile games range from basic (like Snake on older Nokia phones) to sophisticated (3D and augmented reality games).

**Addiction**

According to Alexander, B. K., & Schweighofer, A. R. F. (1988), For centuries, the word "addiction" meant being "given over" or devoted to something. However, the 19th century temperance and anti-opium movements used it in a more restrictive way, linking "addiction" to drugs, to illness or vice, and to withdrawal symptoms and tolerance. Both the traditional and restrictive meanings survived into the present. In the ensuing uncertainty about its meaning, some authorities now wish to replace "addiction" with substitute terms like "drug dependence", "substance abuse", etc.

**CHAPTER 2**

# REVIEW OF RELATED LITERATURE AND STUDIES

## RELATED LITERATURE

According to Prototypr.io, Addiction is based around the pleasure (or reward) center of our brains, which is controlled and regulated by a neurotransmitter called dopamine. When we do something that triggers the reward center, dopamine is released, which gives us a little high. In the uncertain world we live in, it makes sense that we’d turn to addictive mobile games to help manage our stress levels. Think about the last time you learned how to do something new, like how to ice skate. You might have been excited to try it, but nervous you’d fall and you probably did fall — more than once — but that first time you were able to make it around the ice rink, you were on top of the world. It made you want to take another lap, didn’t it? And perhaps another after that.

### 

### FOREIGN

According to Hyoungkoo Khang (2013), In the context of a new paradigm of the media environment, their study aimed to explore levels of media consumption, self-traits and individual motivations as antecedents of media flow and addiction. Focusing specifically on the use of three prominent digital media forms—the Internet, video games, and mobile phones—this study identified four psychological factors—self-esteem, self-efficacy, self-control and dispositional media use motives—and examined the influence of each on media users’ experiences of flow and levels of addiction for each of the mediums considered. The results indicated that self-control most significantly affected both users’ flow and addiction in relation to their use of the Internet, video games, and mobile phones. In addition, two dimensions of dispositional media use motives, namely pastime and self-presence, exhibited significant associations with flow and addiction for users’ consumption of two or all three media types. As expected, the amount of time spent using media was significantly related to the flow and addiction associated with all digital media usage.

### LOCAL

According to Bernie S. Fabito et al (2018), Mobile gaming addiction is a growing concern that increases the user's risk for physical and psychological health problems. Video game addiction is part of the so-called Internet Gaming Disorder (IGD) and is often associated with Gambling Addiction. In general, IGD has been linked to a poorer academic performance of students in educational institutions. However, a study conducted by Samaha and Hawi (2016) revealed that there is no relationship between smartphone addiction risk and academic performance. This denotes a disparity on the result of academic performance between IGD and mobile phone addiction. Cyber-bullying, on the other hand, is also an ethical concern that has affected several young adolescents and adults. Previous studies on traditional bullying and cyberbullying revealed that both can greatly impact school performance of students among others. As far as the present study is concerned, no studies have been conducted which determines whether mobile game addiction and cyberbullying are causal factors for the academic performance of students. It is now the objective of the present study to determine whether both can negatively affect the academic performance of students. This study employed a quantitative approach to determine a possible correlation between mobile game addiction and cyberbullying with student academic performance.

## 

## RELATED STUDIES

According to Changho Lee (2016), Given the rapid growth of mobile games, one of the main purposes of their study was to analyze the effect of online gaming on addiction by classifying it into PC online gaming and mobile gaming. This study aims to analyze the extent to which playing games after midnight affects addictive behavior. In addition, this study analyzes the impact of game genres, parental factors, the leisure environment and relationship satisfaction on game addiction. About 1556 students living in five major Korean cities were sampled. Online game playing time was an important predictor of game addiction, especially among those who played PC online games late at night. Among the game genres, RPG, simulation and casual games were positively associated with addictive behavior. While play and the leisure environment had little effect on game addiction, the extent of satisfaction with relationships with parents, friends, and teachers did have a significant influence. However, parental attachment and parental mediation did not impact game addiction.

### FOREIGN

According to Kwok-kei Mak et al (2014), Internet addiction has become a serious behavioral health problem in Asia. However, there are no up-to-date country comparisons. The Asian Adolescent Risk Behavior Survey (AARBS) screens and compares the prevalence of Internet behaviors and addiction in adolescents in six Asian countries. A total of 5,366 adolescents aged 12–18 years were recruited from six Asian countries: China, Hong Kong, Japan, South Korea, Malaysia, and the Philippines. Participants completed a structured questionnaire on their Internet use in the 2012–2013 school year. Internet addiction was assessed using the Internet Addiction Test (IAT) and the Revised Chen Internet Addiction Scale (CIAS-R). The variations in Internet behaviors and addiction across countries were examined. The overall prevalence of smartphone ownership is 62%, ranging from 41% in China to 84% in South Korea. Moreover, participation in online gaming ranges from 11% in China to 39% in Japan. Hong Kong has the highest number of adolescents reporting daily or above Internet use (68%). Internet addiction is highest in the Philippines, according to both the IAT (5%) and the CIAS-R (21%). Internet addictive behavior is common among adolescents in Asian countries. Problematic Internet use is prevalent and characterized by risky cyber behaviors.

### LOCAL

According to K-yin (20190, Mobile gamification has been explored to understand the possibility of its application to promote engagement and motivation for learning among students. However, it cannot be disputed that the growing market for mobile games has drawn several ethical setbacks. Two of the setbacks arising from mobile gaming are addiction and cyberbullying. Mobile Game Addiction and Cyberbullying are ethical concerns that should be addressed respectively as it hampers regular individual activities particularly of students in an academic institution. In the Philippines, very few or no studies have been conducted to determine the prevalence of ethical concerns in mobile gaming specifically on Mobile Game Addiction and Cyberbullying. It is the role of the present study to determine the prevalence of Cyberbullying and Addiction in the context of Mobile Gaming among students of one University in the Philippines through the Quantitative Approach. Existing Surveys were used to determine the possible prevalence of Cyberbullying and Addiction. Additionally, a discussion on consequentialism about the ethical dilemma in mobile gaming is addressed through Qualitative approach. From the Game Addiction Test, the over-all mean suggested that thirty-six (36) out of the eighty-eight (88) respondents are at risk for Mobile Game addiction, whereas, six (6) can be classified as mobile game addicts. The test also revealed that the respondents play mobile games for Mood Modification (the need to shift from a bad mood to a good mood). For Cyberbullying, it is not conclusive that majority of the respondents have experience or have initiated cyberbullying in mobile games. Nevertheless, a few of the respondents have become a victim or have initiated cyberbullying. Ethical discussion on Consequentialism and recommendations are discussed in the latter part of the paper.

## CONCEPTUAL FRAMEWORK

This framework will show the Independent and Dependent Variable.

|  |
| --- |
| **INDEPENDENT VARIABLE**  Mobile games:   * Mobile Legends * Adorable Home * Metal Slug * National Basketball Association (NBA) * Rules of Survival(ROS) * Player Unknown’s Battlegrounds (PUBG) * Wildrift * Genshin Impact * Call of duty (COD)   **DEPENDENT VARIABLE**  Reasons of students for being addicted on mobile games:   * Pastime * Having new friends * Makes them happy * It tests their minds/skills * Stress reliever * For recreational purposes * Kills boredom * Entertainment |

# CHAPTER 3

## RESEARCH METHODOLOGY

### RESEARCH DESIGN

The researchers used Survey Research Design

According to Visser, P. s et al (2000), Survey research is a specific type of field study that involves the collection of data from a sample of elements drawn from a well-defined population through the use of a questionnaire. The chapter begins by suggesting why survey research may be valuable to social psychologists and then outlines the utility of various study designs. The authors then review the basics of survey sampling and questionnaire design. Finally, the authors describe procedures for pretesting questionnaires and for data collection.

## INSTRUMENT OF THE STUDY

The researchers used survey questionnaires as the Instrument of the study

According to Pholly A. Phipps et al (20120, A survey questionnaire demonstrates how establishment-survey questionnaire design can be improved by using different research methods such as focus groups, document-design analysis, pretests, and response-analysis surveys. We discuss the lack of research on establishment-survey methods in the past, compare the tasks of respondents in establishment and household surveys, and highlight the work of the Bureau of Labor Statistics in the designing establishment-survey questionnaires. As part of this discussion, we outline changes made to the questionnaire to reduce potential errors. The results indicate that each research method improves establishment-survey questionnaire design by identifying various types of errors.

## SAMPLING TECHNIQUE

The researchers used Quota sampling Technique

According to Humans of data (2016), Quota sampling is a non-probabilistic sampling method where we divide the survey population into [mutually exclusive](https://humansofdata.atlan.com/2016/01/mece-framework-mutually-exclusive/) subgroups. These subgroups are selected with respect to certain known (and thus non-random) features, traits, or interests. People in each subgroup are selected by the researcher or interviewer who is conducting the survey. For example, consider the situation where an interviewer has to survey people about a cosmetic brand. His population is people in a certain city between 35 and 45 years old. The interviewer might decide they want two survey subgroups — one male, and the other female — each with 100 people. (These subgroups are mutually exclusive since people cannot be male and female at the same time.) After choosing these subgroups, the interviewer has the liberty to rely on his convenience or judgment factors to find people for each subset. For example, the interviewer could stand on the street and interview people who look helpful until he has interviewed 100 men and 100 women. Or he can interview people at his workplace who fit the subgroup criteria.

## SOURCES OF DATA

The researchers used the internet as their source of data.

## DATA GATHERING PROCEDURE

1. Prepare data gathering instruments, we prepared 9 survey questionnaire to be asked by the respondents.

2. Ask permission to conduct the interview, we asked for the availability of our respondents and informed them about our research.

3. Conduct the survey questions, we started to give the respondents our survey questionnaires by sending it online.

4.Transcribe the answer of the respondents from the survey, we reviewed the answers of our respondents and translated analyzed it to make it more understandable.

5. Analyze and interpret the data, we analyzed their answers then made some conclusions about it.

# CHAPTER 4

# Presentation, Interpretation and Analysis of data

**Participants of the Study**

We asked some SHS students of Pampanga High school (PHS) that are gamers to be our respondents. 44 were male and 21 were female, All of them were Senior High School (SHS) students.

Presentation of data



# CHAPTER 5

# SUMMARY OF FINDINGS, CONCLUSION, RECOMMENDATION

## SUMMARY OF FINDINGS

**1.Reasons of the SHS students Pampanga High School (PHS)**

In this survey questions we asked the SHS students of Pampanga High School (PHS), we prepared 9 survey questions that are related to this questions. Based on the answers of the respondent, 27 out of 65 respondents played Mobile Games as their source of entertainment, 23 out of 65 as their pastime, 25 out of 65 because it kills their boredom, and 41 out of 64 because they were influenced.

**2.What mobile games do they usually play and get addicted to?**

Based on the answers of the respondents the games that they usually play or get addicted to are Mobile Legends, Adorable Home, Metal Slug, National Basketball Association (NBA), Rules of Survival (ROS), Player Unknown’s Battlegrounds (PUBG), Wildrift, Call of duty (COD), and Genshin Impact.

**3. How much time do they spend on playing games?**

Out of 65 students 29 answered 2-4 hours and 14 students on 4-6 hours, and 20 students plays Mobile Games everyday.

## CONCLUSIONS

**1.Reasons of the SHS students of Pampanga High School (PHS) for being addicted to mobile games.**

Based on the summary of the findings. The reasons of getting addicted on mobile games are making it as a source of entertainment and spending a lot of time playing. Therefore, we conclude that addiction occurs when they spend a lot of time on something that it becomes their vice.

**2.What mobile games do they usually play and get addicted to?**

Most of the games that they play are more on online games because they answered that it entertains them and it is their way of venting their stresses. Therefore, we conclude that most people get easily addicted on playing online games.

**3. How much time do they spend on playing games?**

Most of the respondents play Mobile Games for 2-6 hours and they play it everyday. Therefore, we conclude that when a person spends too much time on playing Mobile Games they get addicted to it easily.

## 

## RECOMMENDATIONS

**Students**

If you are playing mobile games you should at least limit your time.

**Gamers**

Avoid playing mobile games often because based on our research being addicted on something can have a negative effect on you either mentally or socially.

**Parents**

You should guide your child about being addicted you can allow them but you should limit them because it is for their own sake.

**Teachers**

You should advice your students about having limitations at their actions.

**Future Researchers**

Learn how to cope with your respondents especially when it comes to personal stuffs.

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# APPENDICES

We must avoid playing mobile Games too much because it can lead to addiction.

# QUESTIONNAIRES

[https://docs.google.com/forms/d/1jTes37IB8gDoerbCISIh7d4wFbXvrEitHAvQR7aBHek/edit - responses](https://docs.google.com/forms/d/1jTes37IB8gDoerbCISIh7d4wFbXvrEitHAvQR7aBHek/edit#responses)

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# CURRICULUM VITAE

Curriculum Vitae

Jacqueline Pasamonte Pasion

Blk 164 Lot 30 Bulaon City of San Fernando, Pampanga

09558463712

[jacquelinepasion12@gmail.com](mailto:jacquelinepasion12@gmail.com) 

PERSONAL INFORMATION

Birthday : August 10, 2003

Age : 17

Gender : Female

Nationality : Filipino

Religion : Roman Catholic

Civil Status : Single

Father’s Name : Allan S. Pasion

Mother’s Name : Monette P. Pasion

EDUCATIONAL BACKGROUND

Secondary : San Vincente Pilot School for Philippine Craftsmen Bulaon resettlement City of San Fernando, Pampanga 2015-2018

Elementary : San Antonio Elementary School 2009-2015 PROFESIONAL EXPERIENCE QUAFICATIONS AND SKILL/S : Dancing, Writing essay, Work’s faster, Cooking, Can read comprehensively

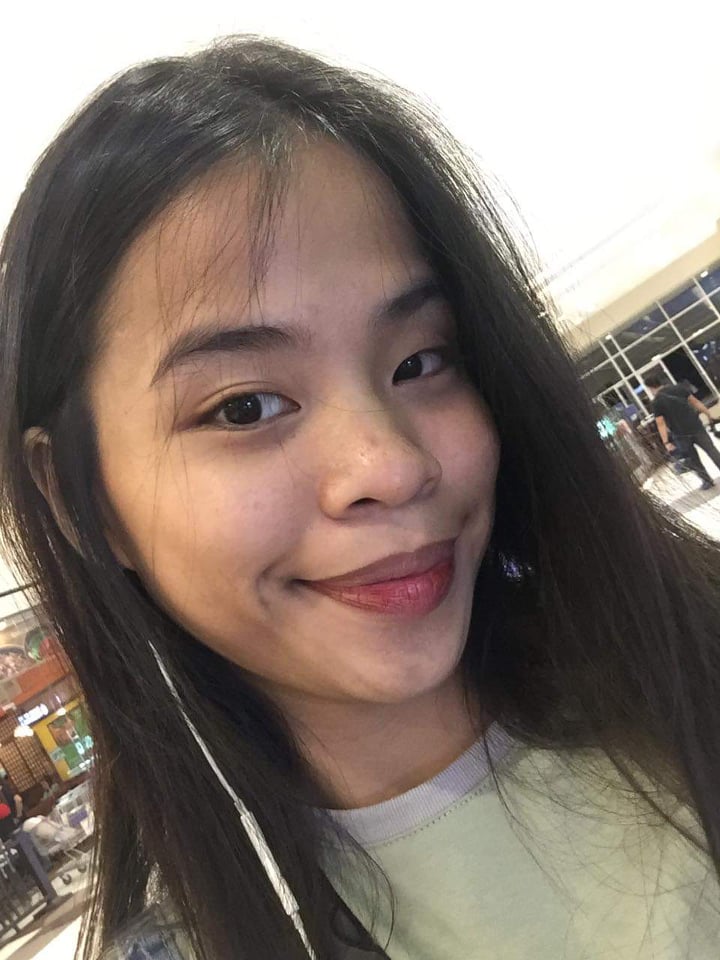
Curriculum Vitae

Ferjin-Anne Uy

Blk 2 Lot 27 Narra street Solana 2 Barangay Magliman City of San Fernando, Pampanga

09157204303

[perezbembi@gmail.com](mailto:perezbembi@gmail.com)



PERSONAL INFORMATION

Birthday : August 6, 2003

Age : 17

Gender : Female

Nationality : Filipino

Religion Christian

Civil Status : Single

Father’s Name Ferdinand D. Perez

Mother’s Name : Jinky A. Uy

EDUCATIONAL BACKGROUND

Secondary : Jose Abad Santos High School (CSFP) 2015-2018

Elementary : Sto. Nino Progressive Archdiocesan School (CSFP) 2009-2015

PROFESIONAL EXPERIENCE QUAFICATIONS AND SKILL/S : Singing, Writing essay, Work’ s faster, Cooking, Can read comprehensively.

Cyra G. Tapang

Purok2, Magliman Bacolor Pampanga

Contact number: 09616058263 Email Address:

[cyratapang17@gmail.com](mailto:cyratapang17@gmail.com)



PERSONAL BACKGROUND

Date of Birth :September 17,2002

Place of Birth : JBL Pampanga

Gender :Female Age :18 yrs old

Citizenship :Filipino

Religion :Roman Catholic

Name of Father :Federico S. Tapang

Name of Mother :Mirasol G. Tapang

BACKGROUND Secondary :Magliman Integrated School :Magliman CSFP 2015-2019 :Gateways Institute of Science and Technology :San Fernando Pampanga 2019-2021 Present Primary :Magliman Elementary School :Magliman CSP 2006-2015