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An exploratory study to assess the impact of video games on eating habits among adolescents studying in selected junior colleges of Pune city

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Abstract

Video games are electronic games that generate visual image on TV screen, computer monitor or on mobile phone in two or three dimensions. Research centre indicates that India 59% of girls and 84% of boys among adolescents plays video games. The American Journal of clinical nutrition reported that on an average, the boys downed 163 calories more per day when they play video games. Excessive use of video games affects their eating pattern and may bring physical and mental changes in adolescents. Quantitative research approach was used for the research study. The nonexperimental exploratory research design was used for giving information about the existing situation keeping in view the object of the study. The study consists of 100 samples which are selected by non-probability purposive sampling. Demographic data of the sample was statistically analysed by using frequency and percentage it was observed that is out of 100% samples, majority 46% of sample belongs to age group of 17 years where 43% belongs to 16 years of age, 9% belongs to 18 years of age and 2% belong to 19 years of age. 63% was male participants whereas female participants were 37%. The majority 59% of samples are studying in 11th standard and 41% of the samples are studying in 12th standard. In this study majority 86% adolescents are staying in their own home; 11% adolescents are staying in rented house where as 2% of adolescents are staying in relative's house and 1% of adolescents are staying in hostel. It has been found that majority 81% of adolescents play video games less than 2 hours whereas 15% of adolescents play video game 2-3 hours and 4% of adolescents play video games 4-5 hours. Majority 76% of adolescents are having their own smart phone or computers and 24% of adolescents don't have their own smart phone or computer. Results shows that majority 46% of adolescents play action video games and 20% of adolescents play puzzle video games 14% of adolescents play sport video games, 9% of adolescents play racing video games, 3% of adolescents play video games of cards whereas 8% of adolescents play other video games. Findings related to impact of video games on eating habits The result shows majority 94% of adolescents having low impact of video games on eating habits whereas 5% of adolescents having no impact of video games on eating habits and 1% of adolescent's having high impact of video games on eating habits.

Keywords: Exploratory study, video games, Pune

Introduction

Video games are electronic games that generate visual image on TV screen, computer monitor or on mobile phone in two or three dimensions. Since 1980s video games have become an important part of entertainment industry. Now a day's video games have attracted most of the children and adolescents towards itself. Some video games can benefit a players physical and mental health. Adolescent is a risky age group in which unhealthy eating pattern can be seen. During this age group many factors can contribute in disturbed eating pattern and video games are one of them. Following the regular eating pattern is most important for adolescents because this age group student begins their puberty, so extra energy is needed. Food gives them extra energy and nutrient for their growth. Proper eating habit helps adolescents to make them physically and mental strong, but excessive use of video games affects their eating pattern and may bring physical and mental change in adolescents.

Need of the study

The most of the Junior College student get mobile phones or computer from their parents for communication and educational purpose but this is increasing the chances of playing video games among adolescent and has make them addicted towards videogames.

Research center indicates that in India 59% of girls and 84% of boys among adolescents plays video game. The American Journal of clinical nutrition reported that an average, the boys downed 163 calories more per day when they play video games. A small study had suggested that an hour spent on playing video games may make an adolescent's boy to eat more over the rest of the day which may increase the chances of obesity.

According to Jason Conover, a licensed clinical social worker at Utah Valley hospital had explained that video games can disconnect gamers from reality and cause neglect from sleep, hygiene, exercise habits and proper diet.

According to the University of New Mexico, recent studies suggest that 6 - 15 % of all gamers' exhibit signs that could be characterized as addiction like Restlessness, Irritability, Lying to family members or friends about amount of time spent on playing video games, Isolation from others to spent more time on playing video games.

Objective of study

1. To assess the impact of video games on eating habits.
2. To associate the findings with selected demographic variables.

Research Methodology

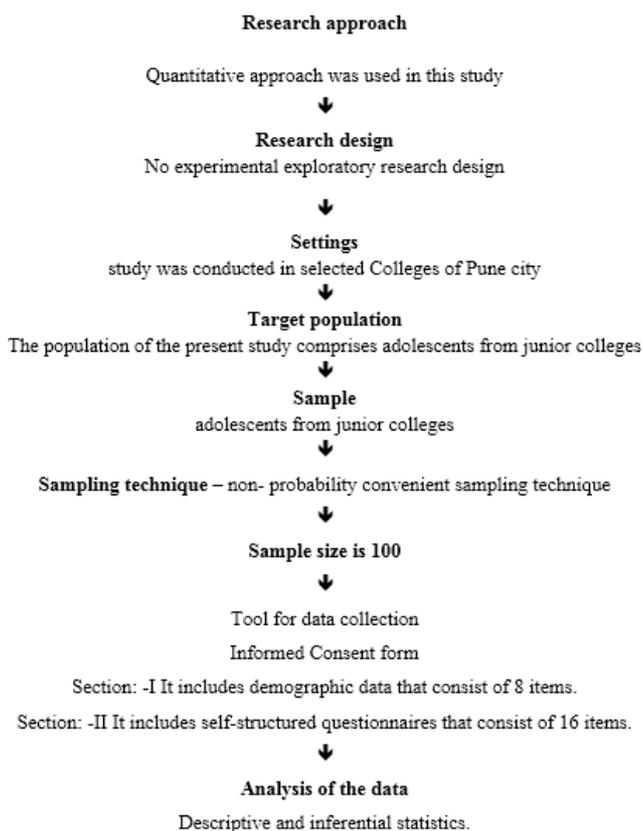


Fig 1: Schematic representation of the Research methodology

Data collecting process

- The data collecting process was as follows
- Ethical permission from the college
- Explain the procedure to the sample in their level of understanding and language
- Giving the written consent
- Explaining them about confidentiality and anonymity of their details
- Giving time and proper place to fill in the tools

- Helping them where ever necessary

Data analysis

Analysis is the process of categories, ordering, manipulation, and summarizing of data to be obtain answer to research question. The purpose of the analysis is to reduce data to an intelligible and interpretable form so that the relation of research problem be studied and tested.

n=100

Score interpretation	Frequency(f)	Percentage (%)
No impact	05	05%
Low impact	94	94%
High impact	01	01%

Table shows: Above table shows that, in data majority 94% of adolescents having low impact of video games on eating habits whereas 5% of adolescents having no impact of video games on eating habits and 1% of adolescents having high impact of video games on eating habits.

Conclusion

The researcher conducted a study to assess the impact of video games on eating habits among adolescents studying in selected junior colleges of Pune city.

The result of data analysis specified that majority 94% of adolescents having low impact of video games on eating habits whereas 5% of adolescents having no impact of video games on eating habits and 1% of adolescents having high impact of video games on eating habits.

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