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A study to assess the impact of online gaming and playing hours among young adults

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Abstract

The activity of play has been ever present in human history and therefore the Internet has emerged as a playground increasingly populated by gamers. In online game addition, it lets the player make choices in tight situations, especially those adventure games that keep players alert, active and strategic. Users' personal concerns have become substantial social concerns, in addition to being excessively active in internet gaming, including alienation, susceptibility to aggressiveness, behavioural disease, anxiety, lack of attention, and poor learning performance. A quantitative research was conducted at School using non-experimental descriptive research design. A simple random probability technique is used to select 60 samples. A Semi structured questionnaire was developed to assess the impact of online gaming and playing hours among the young adult which include questions in the general knowledge aspects. Use descriptive and inferential statistics to analyse the data. The characteristics of the sample are described by frequency and percentage. Chi-square test is used to assess the impact of online gaming and playing hours with selected demographic variables. The level of impact of online gaming and playing hours among young adults shows that 30(50%) had mild and moderate impact of online gaming and playing hours respectively and the level of impact of online gaming and playing hours among young adults shows that none of the demographic variables had shown statistically significant association with level of impact of online gaming and playing hours among young adults. In this the findings of the present study revealed that, the impact of online gaming and playing hours among young adults was mild and moderate respectively. The level of impact online gaming and playing hours among Young Adults shows that none of the demographic variables had shown statistically significant association with level of impact of online gaming and playing hours among young adults.

Keywords: online gaming, playing hours, impact, young internet

Introduction

In the lives of young people and the nation as a whole, scholastic or academic performance is an essential factor as it determines how both will fare. Now that the globe has become increasingly digital, such success has been put to the test, with games being created and made available on the internet ^[1]. The activity of play has been ever present in human history and therefore the Internet has emerged as a playground increasingly populated by gamers. In online game addition, it lets the player make choices in tight situations, especially those adventure games that keep players alert, active and strategic ^[2]. In 2018, the World Health Organization designated gaming disorder as an official illness, legally recognising gaming addiction as a modern disease. New generation may face lots of health issues mainly due to lack of physical activities ^[3]. Health problems such as musculoskeletal and psychosomatic symptoms that appear during adolescence often persist into adulthood and may be explained in part by lifestyle and psychosocial factors. Whether you believe internet and gaming addiction are real threats or recycled hype, it has become impossible to ignore the activity surrounding the issue ^[4]. "If we paint all digital play with this broad brush of addiction, tons of youngsters are getting to miss out on a number of those benefits and they are getting to worry about why something that they really enjoy and is positive in their lives is being called addictive and bad," Dr Carter said ^[5]. Physical issues, such as pain in the hands and wrists, back, and neck, are also reported by children when they play video games. Headaches, dizziness, and the risk of vomiting can all be induced by spending too much time focused on a computer. Long-term use of online gaming will isolate people from real-life relationships, leading to more significant mental health problems like depression ^[6]. Users'

personal concerns have become substantial social concerns, in addition to being excessively active in internet gaming, including alienation, susceptibility to aggressiveness, behavioural disease, anxiety, lack of attention, and poor learning performance [7]. The WHO's criteria do not include a specific number of hours spent playing. Instead, the character is described as someone who is unable to quit playing, despite the fact that it is interfering with other aspects of their lives such as family connections, school, work, and sleep. And, in most cases, these issues would last at least a year [8].

Materials and Methods

A quantitative research approach was conducted at the Jaya Matriculation Higher Secondary School [Thiruninravur] using non-experimental descriptive research design. A simple random probability technique is used to select 60 samples. The purpose of this study is to assess the impact of online gaming and playing hours among young adults. The data collection period was carried out with the prior permission of the school principal and obtained ethical approval (SIMATS) from the agency. Determine the purpose of the sample survey and obtain written informed consent for the sample. A Semi structured questionnaire was developed to assess the impact of online gaming and playing

hours among the young adult which covered 29 questions on the general knowledge aspects. Use descriptive and inferential statistics to analyse the data. The characteristics of the sample are described by frequency and percentage. Chi-square test is used to assess the impact of online gaming and playing hours with selected demographic variables.

Results and Discussion

Section-A: Demographic Characteristics

The most of the young adults 30(50%) were 17 years of age, 37(61.7%) were female, all 60(100%) were studying, 29(48.3%) had normal sight, 43(71.7%) were studying 12th standard and 38(63.3%) of mothers were homemakers.

This findings was supported by Irteja Islam *et al.* (2020) conducted a cross sectional study to assess the effect of internet use and electronic game-play on academic performance of Australian children. A total participants of this study was 1704 children of 11-17 years old from young minds matter. Data were collected by using cross sectional nationwide survey. The results shows that the need for parental monitoring and/or self-regulation to limit the timing and duration of internet use/electronic-gaming to overcome the detrimental effects of internet use and electronic game-play on academic achievement [9].

Section-B: Percentage Distribution of Level of Impact of Online Gaming and Playing Hours among Young Adults

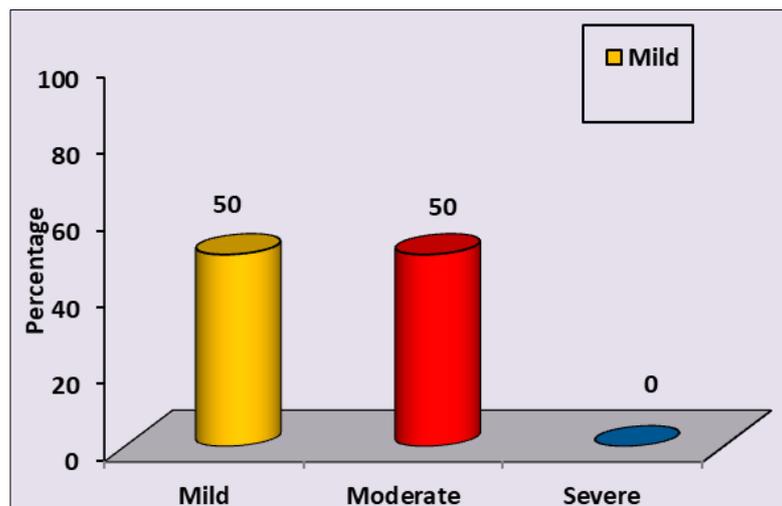


Fig 1: Level of Impact

The level of impact of online gaming and playing hours among young adults shows that 30(50%) had mild and moderate impact of online gaming and playing hours respectively.

This findings was supported by Fang-Ling Lin *et al.* (2013) conducted a descriptive study to assess the Effects of User Involvement in Online Games, Game Playing Time and Display Duration on Working Memory among totally 36 college students. Data were collected by using survey method. The results shows that the low, medium and high levels of online game involvements are defined as an average 1.34 hours, 4.84 hours and 10.27 hours spent on online games every day. 30.9% of the survey respondents said they spent more than 4 hours on online games, which suggests that online games may be the reason why college students stay up all night so often. II. This testing discovers that the levels of involvement in video gaming, display

duration, and the interaction of the two factors will all have an impact on visual working memory [10].

Section-C

The level of impact of online gaming and playing hours among young adults shows that none of the demographic variables had shown statistically significant association with level of impact of online gaming and playing hours among young adults

Conclusion

This study investigated the impact of online gaming and playing hours among young adult in Thiruninravur, Jaya Matric Higher Secondary School. In this the findings of the present study revealed that, the impact of online gaming and playing hours among young adults was mild and moderate respectively. The level of impact of online gaming and

playing hours among young adults shows that none of the demographic variables had shown statistically significant association with level of impact of online gaming and playing hours among young adults. However, if students become addicted to online games, they may adopt the studying habit of postponement causing them to delay academic task instead of completing them in a timely manner.

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Authors Contribution

All the authors actively participated in the work of study. All the authors read and approved the final manuscript

Conflict of Interest

The authors declare no conflict of interest.

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