

## **“A STUDY ON IMPACT OF ONLINE GAMING AND ITS ADDICTION AMONG YOUTH WITH SPECIAL REFERENCE TO KERALA”**

**Aswathy.V&Devika.E** \*

**Girish.S**\*\*

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### **ABSTRACT**

In this modern era, technology plays an important role in every walk of human life. People are using the latest technologies for information and entertainment which are providing wide ranges of benefits to human community. For infotainment people are depending on social media and online gaming in advanced model. In this virtual world online gaming touches its highest level. Online game is a video game that is played with the help of internet or any other computer network available. Some people consider online gaming as a mode of entertainment. In this generation with the development of mobile industry and network industry has helped in the growth of online gaming industry. Online Gaming is also used as a tool to escape from stress in life .As everything has an opposite side online gaming also has. Due to excessive usage of online gaming people get addicted to it which will cause many health issues like vision problems, headache, and neck pain etc and also mental issues which lead to many gaming disorders. So our study is done to check whether there is any impact of online gaming and its addiction among youth in Kerala

***Key words: Online gaming, Addiction Level, Infotainment, PUBG, gaming detox.***

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\* *B.com (Taxation and Finance),Department of Commerce and Management ,Amrita School of Arts and Sciences ,KochiAmrita Vishwa Vidyapeetham India*

\*\* *Assistant professor ,Department of Commerce and Management Amrita School of Arts and Sciences Kochi,Amrita Vishwa Vidyapeetham.India*

## 1. INTRODUCTION

Nowadays Online gaming is a major trend all over the world. One can play games if he/she has an internet access. There are games which gives us opportunity to compete with people that we haven't met yet and also it is very possible to develop talent. Through online gaming we can also keep in touch with our friends. Online games are splendid because there are games that we can earn from. Even though online gaming is very pleasurable experience for many but it may also have pros and cons. online gaming is constructive because it can evade people especially youths from getting involved in the dangerous behaviour such as drugs and joining youth gangs. Online gaming exhilarates people and galvanize for competing with others. And also it makes player mentally vigorous and sharper too. At the same time online gaming may have more harmful effects than good. New generations may face lots of health issues mainly due to lack of physical movements. Online gaming may cause addiction and can consume time that meant for other activities. Online games may lead to online abuse. Mainly children playing are cornered in this. They may also download games from sites that may contaminate computers with virus.

## 2. STATEMENT OF THE PROBLEM

We mainly aim to study the level of online gaming addiction among youth in Kerala. By solving this problem, we can regain our younger generation and make them more socialize with the society.

Now because of this new inventions, the teenagers are more addicted to the system which includes online games and they just get into their own world of fantasies and then they become less socialize. We can use gaming detoxification as a solution.

## 3. OBJECTIVES

- (1) To study the impact of online gaming among youth in Kerala.
- (2) To know the addiction level of online games among youth inKerala.
- (3) To know the different types of online gaming disorder among youth.

## 4. RESEARCH METHODOLOGY

Descriptive study has been used for this study. Data for this study was collected by means of respondents from Kerala. The sample size was 200.

**Sources of Data:** The data for the study has been collected from both primary and secondary data. Primary data has been collected through structured questionnaire. While secondary data has been collected from various websites and journals.

**Population and sample size:** The sample population for the study has been taken from Kerala and sample size is 200.

**Tool for analysis:** The tool used for analysing the data collected is percentage analysis.

**Presentation:** The data collected is presented in the form of table.

## 5. LITERATURE REVIEW

(1) **Lakshmi, Raja, Pujam, Nandha Kumara; Indian Journal of Health & Wellbeing.2015, Vol. 6 Issue 8, p820-822.**Internet has become the part of our life for last one decade. In India use of internet gaming is more among students and there is a question whether it leads to addiction. From the study of 200 students in Kerala and Tamil Nadu, 9% from Tamil Nadu and 12% from Kerala have depression due to internet gaming addiction.

(2) **Sudha R; The effect psycho physiological of playing violent video games among children, January, 2012, page 226.**Among adolescents and youth online gaming has become more addicted and its continuous usage has made individuals intention to harm others. Most researchers also focused the same. Over past 3 decades, violent online games become socializes of children and its effects made aggressive thoughts, angry, psychological problems in the real world.

(3) **Bong-Won Parka and Jae-Hyeon Ahn ; System Dynamics Review 26(2):117-138 ,April 2010.**The study reveal that by worldwide popularity of online games, its addiction became social issue and this addiction caused growth of gaming industry; they were evaluated 2 policies, that is self-regulation policy and tax rebate policy. They found that tax and rebate policy is more effective measure. It's implementing increases total revenue and image of gaming industry and reduces number of addicted users.

(4) **Bonk, Curtis J Dennen, Vanessa P; Report Date: Mar 2005, Pagation or Media Count: 56.**They studied that Massive multiplayer online gaming has first popularized in the

entertainment world and now it became interested in education and training environments. Gaming technology has developed higher thinking skills, problem solving areas and decision making. At the end research represented that industry has been focused on new technologies to meet the attitudes, preference and expectations of the users.

(5) **Jayalakshmi G, Ranganathan Chidambaram, Ramasundaram Srikumar, Vijayakumar R (2017)**. The study was done to determine the effects of online games on adolescent's. From the study it was found that 29% adolescents are considered as addicted to online games. The results also showed that there was relation between online games addiction and less physical activities. It also affects the sleep of gamers. It is concluded that online games have caused changes in the way adolescents interact.

(6) **Muezzin, Emre; Turkish online journal of educational technology-TOJET, spec issue 2 p59-65 Jul (2015)**. The study was to compare the online games addiction in students with the computer usage and online gaming. The results showed that there was a huge difference between the addiction and computer usage.

(7) **Park, Hyun Sook; Kwon, Yun Hee; Park, Kyung-Min (2007)**. This study was done to find out the factors related to internet games addiction for adolescents. From the study it was found that the risk of being addicted to games is 2.2 times higher in males than female. It also says that people with low academic performance also are addicted to online games. The study suggests that these factors are related to internet games addiction like gender, academic performance etc.

(8) **Dham, Swati Oberoi ;189p(2016)**. The study titled "Study of Advergaming as a tool to build Emotional Customer Loyalty and its implication on marketing returns "it says about new applications of advertising techniques in the light of new media and says about its usefulness. It evaluates the returns on investment. Advergaming are online games which entertain the gamers and bring about brand awareness.

## 6. ANALYSIS AND INTERPRETATION

**Table 1: Distribution of respondents based on Gender**

GENDER	RESPONSES	PERCENTAGE
Male	115	57.5

Female	85	42.5
<b>TOTAL</b>	<b>200</b>	<b>100%</b>

**Source: Primary Data**

*Interpretation*

In a sample of 200 responses, 115 respondents were male which 57.5% is and remaining 85 were female which is 42.5% and it is found that there were no respondents from the third category.

**Table 2: Distribution of respondents based on Location**

<b>DISTRICTS</b>	<b>RESPONSES</b>	<b>PERCENTAGE</b>
Alappuzha	5	2.5
Ernakulam	87	43.5
Idukki	4	2
Kannur	6	3
Kasargod	2	1
Kollam	5	2.5
Kottayam	17	8.5
Kozhikode	26	13
Malappuram	22	11
Palakkad	12	6
Pathanamthitta	2	1
Thrissur	10	5
Trivandrum	2	1
<b>TOTAL</b>	<b>200</b>	<b>100%</b>

**Source: Primary Data**

*Interpretation*

From the above table, it is inferred that 43.5% responses are recorded from Ernakulam district, 13% are from Kozhikode district, 11% are from Malappuram district, 8.5% are from Kottayam district, 6% are from Palakkad, 5% are from Thrissur, 3% are from Kannur, 2.5% are from

Alappuzha, 2.5% are from Kollam, 2 % are from Idukki, 1% each are from Kasargod, Pathanamthitta and Trivandrum.

**Table 3:Distribution of respondents based on Gaming Hours**

<b>PARTICULARS</b>	<b>RESPONSES</b>	<b>PERCENTAGE</b>
1-5 hours	83	41.5
6-20 hours	95	47.5
21-40 hours	15	7.5
41-80 hours	4	2
More than 80 hours	3	1.5
<b>TOTAL</b>	<b>200</b>	<b>100%</b>

**Source: Primary Data**

*Interpretation*

From the above table, it is inferred that in a week,47.5 % respondents spend 6 to 20 hours, 41.5% spend 1 to 5 hours , 7.5% spend in between 21 to 40 hours, 2 % spend in between 41 to 80 hours and remaining 1.5 % spend more than 80 hours for playing online games.

**Table 4:Distribution of respondents based on time spend for sleeping**

<b>PARTICULARS</b>	<b>RESPONSES</b>	<b>PERCENTAGE</b>
Agree	53	26.5
Strongly agree	15	7.5
Neutral	64	32
Disagree	42	21
Strongly disagree	26	13
<b>TOTAL</b>	<b>200</b>	<b>100%</b>

**Source: Primary Data**

*Interpretation*

From the above table, it is inferred that 7.5% of respondents strongly agree that they spend less time for sleeping in order to play online games, 26.5% of respondents agree, 32% of respondents

may or may not agree, 13% of respondents strongly disagree that they do not spend much time on playing online games and remaining 21% of respondents disagree.

**Table 5: Distribution of respondents based on their use of online gaming as a way of escaping from stress and depression**

PARTICULARS	RESPONSES	PERCENTAGE
Agree	62	31
Strongly agree	17	8.5
Neutral	65	32.5
Disagree	40	20
Strongly disagree	16	8
<b>TOTAL</b>	<b>200</b>	<b>100%</b>

**Source: Primary Data**

*Interpretation*

From the above table, it is inferred that 8.5% of respondents strongly agree that they use online gaming as a way of escaping from stress, 31% of respondents agree, 32.5% of respondents may or may not agree, 8% of respondents strongly disagree that they do not use online gaming as a way of escaping from stress and remaining 20% of respondents disagree.

**Table 6: Distribution of respondents based on health issues caused by online gaming**

PARTICULARS	RESPONSES	PERCENTAGE
Headache	80	40
Vision Problems	40	20
Back pain	20	10
Neck pain	35	17.5
No health issues	25	12.5
<b>TOTAL</b>	<b>200</b>	<b>100%</b>

**Source: Primary Data**

*Interpretation*

From the above table, it is inferred that 40% of respondents have severe headache due to playing games, 20% of respondents have vision problems, 10% of respondents have back pain, 17.5% of respondents have neck pain and remaining 12.5% of respondents have no health issues.

## 7. FINDINGS

- Out of this total study 57.5% of respondents are male and remaining 42.5% are female.
- Majority players are from Ernakulum, Kozhikode and Malappuram districts.
- Gaming hours of respondents (47.5%) were recorded in between 6 to 20 hours in a week.
- We noticed that, 32% were responded neutrally on the interruption of sleeping due to online games and 13% were not disrupted their sleeping hours.
- 32.5% of respondents may or may not agree that they use online gaming as a way of escaping from stress and depression.
- We found that 40% of respondents have severe headache due to playing games.

## 8. SUGGESTIONS

- In order to reduce the addiction on online gaming among adolescent the Government should initiate some awareness programs and counseling.
- Engage oneself more in outdoor games such as football, cricket, badminton etc...other than sticking in front of an electronic device like mobiles, laptop, tabs etc...
- Instead of playing continuously, start tracking your gaming time and set a limit for yourself. It can be done by choosing games wisely or else go on gaming detox.
- One can also include yoga and meditation in daily routine which is an amazing way for stress relief and also it lend a hand to improve your concentration so that you can diminish your level of addiction.
- Evade the gambling games like online casino games which cause monetary loss.
- Elude extremely violent games like PUBG, because it can trigger aggressive thoughts, emotions, behavior that ultimately affects the mental health of the player.

## 9. CONCLUSION

Online gaming has emerged as a popular and successful source of entertainment and played by people of all ages, especially by youth. Its main aim is to entertaining people and also indirectly



to make them addictive to improve gaming industry. From this study, we got the information that there is a neutral online gaming effect in Kerala. It shows the Ernakulam district has more addictive to adventure games like PUBG among the male category. Through this study we also analyzed that continuous playing will causes its addiction and addiction to online games affects various dimensions of health, increases sleeplessness, and reduces direct social interactions. On the positive side online games helps in enhancing mental development, critical thinking and stress relief also. As an outcome of the study, it can be concluded that the online gaming has its positive and negative impacts in the real world.

**Ethical clearance-** No other companies or organisations are pointed out in this research paper.

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**Conflict of Interest -** Nil

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