

A DESCRIPTIVE STUDY TO ASSESS THE PREVELANCE OF INTERNET GAMING ADDICTION AMONG SELECTED CHILDREN AGED 11-18 YEARS OF MONTESSORI CAMBRIDGE SCHOOL, IN PATHANAKOT, PUNJAB

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ABSTRACT

Introduction: Internet gaming disorder (IGD) is an emerging mental problem for adolescents that has increasingly piqued interest of the society over the last decade. Internet gaming addiction become a common phenomenon that affects many individuals, especially the adolescents as well as others in the society. Internet has become an unlimited space for information exchange, social networking and development of cyber behaviour. **Aim:** The aim of the present study was to assess the prevalence of internet gaming addiction among selected children aged 11-18 years of Montessori Cambridge school at Pathankot in Punjab. **Tool and methods:** Research design adopted for the study was descriptive. A standardised tool was used for collecting data about prevalence of internet gaming addiction. The tool was found to be feasible and reliable. Data gathered was analysed and interpreted in terms of the objectives of the study. **Conclusion:** The main study concludes that the prevalence of internet gaming addiction among higher secondary school students was 19%. The investigator observed that internet gaming behaviour among higher secondary school students is at an alarming stage. It is inferred that educational status of mother, monthly family income and accessibility to mobile phone bore statistically significant relationship with the prevalence of internet gaming addiction among higher secondary school students at $p < 0.05$.

Key words: Internet gaming disorder, cyber behaviour

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INTRODUCTION

Adolescence can be defined as the period of puberty and adulthood, usually between the age group of 11 to 18 years. Events during this period greatly influence a person's development and can determine his/ her attitude and behaviour in later life. Adolescence can be divided into three sub stages: early, middle and late. Playing online games can affect adolescents' health directly both physically and psychologically, which has big influence on their lives.

Use of Technology can turn into over use and its addiction can start to eat into the time one normally spends on socialising with friends or family, relaxing or pursuing a hobby. The availability of the Internet in mobiles and the computer laptops makes access of internet very easy. It is no surprise that mobile is the most used device for internet access, both in Urban and Rural India with 77% of urban users and 92 % of rural areas users considering mobile as the primary device for accessing the internet. In Urban India, the usage of Desktops is to go down further as the most popular means for the purpose of conducting online communication. Social Networking and online entertainment are all fulfilled using mobile phones.

The world's population is roughly 7.7 billion people (April 2019), which makes for about 420 million people addicted to the internet. There has been an explosive growth in the use of the internet. The global digital reports revealed that by January 2019, out of total population of 7.676 billion, 4.388 billion (57%) would be internet users, with 3.484 billion active social media users whereof 3250 billion people used social media on their mobile phones. Reports also concluded that internet users are growing by an average of more than one million new users every day. With such an explosion in the accessibility of internet, there have been growing concerns worldwide for what has been labelled as "internet addiction"

The term internet addiction was proposed by **Dr. Ivan Goldberg in 1995** for pathological compulsive internet use. In 1996, the psychologist K. Young became the first to publish a detailed case report of problematic internet use.

According W.H.O., gaming (2014) disorder a 'persistent or recurrent' behaviour pattern of 'sufficient severity is to result in significant impairment in personal, family, social, educational, occupational or other important areas of functioning. DSM-V has incorporated addiction of gaming as a disorder under section three and has termed it as internet gaming disorder (IGI) (DSM-V, 2013). Beta draft has also incorporated gaming disorder in 11th International classification of disease. **According to Wallace, P (2014)**, people who are addicted to different kinds of online games will have different characteristics, because some games have violent elements while others may emphasise on completely different dimensions, like cooperation. Violence which is blamed most among the negative consequences of online gaming can be easily indoctrinated to adolescents by certain games filled with killings kicking, stabbing and shooting. Online games can take much of teenagers' time and it influences their lives in many ways. It becomes important for them to tell the virtual world for real and not only play the role games. ICD-11).

On 6th July 2019, Jordan banned the hugely popular but brutal online game, *PlayerUnknown's Battlegrounds* citing its "negative effects" on the kingdom's citizens. *PtJ13G* pits marooned characters against each other in a virtual fight to death, and has become one of the world's most popular mobile games.

OBJECTIVES

- 1) To assess the prevalence of knowledge about internet gaming addiction among higher secondary school students.
- 2) To evaluate the impact of mobile addiction on their lives and health
- 3) To determine the association between the prevalence of internet gaming addiction among higher secondary school students and their selected socio demographic variables

REVIEW OF LITERATURE

Masaru T et. al., (2018) conducted two cross-sectional studies to assess the prevalence rate of Internet addiction among Japanese college students. This study was conducted in two parts: survey I in 2014 and survey II in 2016, conducted in the same schools. The study questionnaire included questions about demographics and Internet use,

and Young's Internet Addiction Test (IAT). Additionally in survey I I, the subjects were asked about self-reported IA. There were 1005 respondents in total with a mean age ($\pm$ SD) of 18.9 ± 1.3 years. The mean IAT scores remained stable between 2014 and 2016: 45.2 ± 12.6 in survey I and 45.5 ± 13.1 in survey I I (overall mean IAT score of 45.4 ± 13.0). With respect to self-reported IA in survey I I, a total of 21.6% admitted to having IA (score of 5 or 6 on a 6-point Likert scale). They categorised these subjects as IA, and the remainder as non-IA. The mean IAT score showed a significant difference between these two groups (57.8 ± 14.3 vs 42.1 ± 10.7 , $P < 0.001$)

Studies related to internet gaming addiction:

Ruta et. al., (2016) conducted a cross-sectional study. Parental consent was obtained from each participant of the study. A total of 1806 school children aged 13—18 years were interviewed. The response rate was 95.8% ($n = 730$). The study population consisted of 50.2% ($n = 869$) boys and 49.8% ($n = 861$) girls. A self-report questionnaire was employed by the researcher in this study. Only 1 of the boys and 9.9% of the girls aged 13—18 years did not play any computer games ($P < 0.001$). The majority (86.3%) of the boys (irrespective of age) reported that they usually played action/ combat computer games. A similar percentage of the girls answered that they usually played logic computer games and action/ combat computer games (46.6% and 43.5%, respectively). There were significant associations between the type of computer game and respondents' age (in boys $\chi^2 = 5.93$, $df = 2$, $P = 0.050$; in girls $\chi^2 = 8.17$, $df = 2$, $P = 0.017$). Younger girls (13—15 years old) played action and combat computer games more frequently than their older counterparts (16—18 years old) ($P < 0.001$)

Studies related to internet gaming addiction among adolescents:

Usaneva P, et. al., (2015) cross sectional study was conducted in February and March, 2015 among 295 grade 4-5 students from elementary schools in Bangkok, Thailand. The participants were selected through a simple random sampling technique. Self-administered questionnaires under explanation of researchers were provided. The questionnaire included the following 1) students' characteristics and parents' characteristics 2) games were based on patterns of game playing and game addiction screening test (GAST). Data were analysed by using descriptive statistics. Almost all students played the game (98%). The prevalence of game addiction based on the GAST score was 7.50/0 for both boys and girls (7.7%, 7.2%), followed by almost twenty percent of an obsessed group (16.6%) while the mass group was normal group (75.9%). The majority usually played online games (62.7%). Most of the participants had devices at home (93.6%) and also played game at home (93.6%). More than half used gaming devices in the living room. It was found that the students playing games usually played online games (37.7%). Students had the average Of days spent on gaming 4.37 ± 2.0 (mean $\pm$ SD) days per week and usually spent time to play game in more than weekday (mean +SD), 3.59 ± 2.8 AND 1.9 ± 1.3 respectively

METHODS

Research Design: - Non Experimental, Descriptive research design was used in this study.

Research Setting: - Research setting was the physical location where the study took place. This study was conducted at Montessori Cambridge School Pathankot Punjab

Sample and Sample Size

A sample is a sub set of population elements, which are the most basic units about which data are collected in the study. The sample comprised 100 students of Montessori Cambridge School, Pathankot.

Sampling Technique

A process of selecting a sample who is representative of the study population is sampling technique. In this study, Non-probability purposive sampling technique was used to select the samples.

Criteria for Sample Selection

Inclusion criteria

The study includes —

1. Students who were studying in 1 and 12th standard at Montessori Cambridge School in Pathankot, Punjab.

2. Students who were available at the time of data collection.
3. Students who were willing to participate in this study

Exclusion criteria study excludes —

4. Students who were not able to read or write English or Hindi owing to any defect

Data Collection Technique

A formal data collection plan needs lot of efforts, advice, guidance and experience. A researcher should keep certain points in mind while developing a data collection plan. Data collection technique includes development and description of instrument, testing its validity & reliability and data collection procedure.

Development of an Instrument

Instrument/ tools for data collection mean specific measures to collect information on a particular construct e.g. questionnaire and rating scale etc. A researcher should use valid and reliable instrument to collect data.

Description of Tool

Section - A

It contains data related to demographic variables of higher secondary students such as age in years, sex, religion, type of family, area of residence, educational status of parents, occupation of the head of the family, monthly income, previous knowledge regarding internet gaming addiction and source of information.

Section - B

It consists of nine criteria regarding gaming activity behaviour among higher secondary school students. Pontes & Griffiths (2015) internet gaming disorder scale was used to diagnose internet gaming addiction among higher secondary school students.

Validity of the Tool

The content validity of the tool was obtained from experts. The experts were requested to check the relevance, sequence and adequacy of the items. Based on their valid suggestions a few items were modified and the final tool was prepared. The tool was drafted in English.

Reliability of the Tool

Reliability was established through test — retest method. The tool was administered to 10 higher secondary school students at S.D. Memorial Higher Secondary School, Karwanda. After a gap of 1 week the retest was done. The Karl Pearson's coefficient of correlation was computed and the reliability was found to be 0.9. The tool was found to be reliable.

Plan for Data Analysis

Data was analysed in terms of the objectives of the study using descriptive and inferential statistics. The plan for data analysis is the following:

- 1) Organise the data in a master data sheet.
- 2) Frequency and percentage distribution were used to analyse the demographic data among higher secondary school students.
- 3) Distribution of higher secondary school students was based on the prevalence of internet gaming addiction.
- 4) Chi-square test was used to determine the association of prevalence of internet gaming addiction with selected demographic variables.

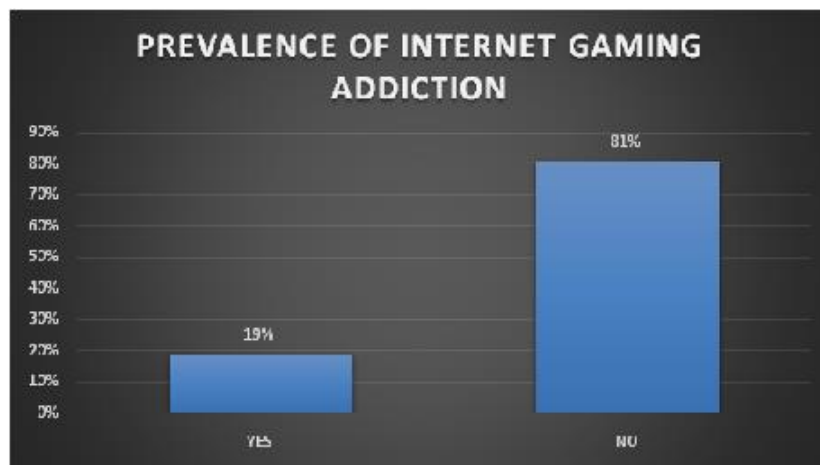


Table – 1: It revealed that among 100 higher secondary school students, 19 (19%) students had internet gaming addiction and 81 (81%) of the students did not have internet gaming addiction.

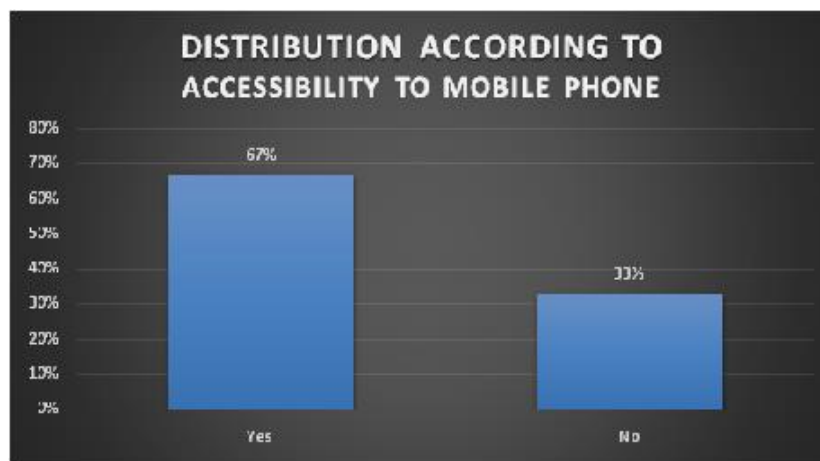


Figure - 1: Frequency Distribution according to Accessibility to Mobile Phone ($N=100$)

It was found that among 100 higher secondary school students, 67 (67%) of the students had access to mobile phones and 33 (33%) of the students did not have access to mobile phone.

DISCUSSION

This chapter deals with detailed discussion of results of data as interpreted in the study. The study was conducted to assess the prevalence of Internet gaming addiction among higher secondary school students at BSF Senior Secondary School, Jammu. This study was conducted by using a descriptive design. The study subjects were selected by purposive sampling method. The sample size was 100. A standardised questionnaire was used to assess the prevalence of internet gaming addiction among higher secondary school students. The responses were analysed through descriptive (Mean, Frequency, Percentage) and inferential statistics (chi-square).

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