

Point of Getting Addicted in Computer Gaming

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Abstract— Now a days, price of technology is reduced and quality is increased, thus attracts teenagers and children for gaming in large numbers. The most major issue in this advancement in gaming is Gaming Addiction and because of this, certain problems and disorders have increased like Insomnia, aggressive behavior, depression, high blood pressure, expansion of eye pupils, etc. There is a certain unknown point until which playing computer games can be safe but after that, one can be get addicted to gaming. To find that point, an online survey was held where 173 samples were collected, in which, on an average 58(33.52%) samples show symptoms of Gaming Addiction. The average threshold time for Gaming Addiction was calculated two hours or less than two hours per day using simple descriptive analysis. Name or any other identity of the respondents was unknown even to the authors.

Keywords: Gaming Addiction, Online Survey, Threshold Time

I. INTRODUCTION

With the advancement in hardware, software, virtual reality, and other technologies, and also with the reduction in the cost of technology, Gaming is becoming more and more attractive, realistic and cheap. In recent years, new and advance games are invented and the maturity of gaming platforms have also been increased, which has attracted teenagers and children in large number. Since these computer games and their platforms are now easily available and affordable, more people are getting enthusiastic about gaming, especially children and teenagers. So these people are spending more time in gaming as compared to the early days. Even Gaming has become a hobby for some teenagers and children, and they are likely to spend hours in gaming. Because of these excessive gaming time, certain physical issues like muscle pain, seizures, expansion of eye pupils, obesity, lack of vitamin D, changes in physical appearance, etc., and certain mental issues like aggressive behavior, depression, Insomnia, etc. Among all these issues, one biggest issue experienced by gamers is Gaming Addiction. It has been noted that most of the gamers who play for a long time have more chances to be addicted. However, spending excessive time in gaming is not a symptom of Gaming Addiction.

Some gamers are hobbyists of playing games or just have a habit of playing games for a long time, both of these conditions are not Addiction. Instead, when a behavior or habit becomes much compulsive or repeated even after recognizing ill effects, it is Addiction. There are certain symptoms which can be observed in a gamer to identify whether he/she is addicted or just hobbyist are as follows:

- Thinking of video games even after being away from gaming consoles.
- Getting symptoms like irritability, craving, etc. if not able to play.

- Feeling need of increasing playing time for getting desired enjoyment.
- Unsuccessful trial of reduced playing time.
- Neglection of other activities like studies, chatting in social media, work, etc. because of gaming.
- Continue to play even after observing losses or harm like failing in studies, relationship issues, etc.
- Denial of telling the true amount of time spent on gaming.
- Playing games to cope up with stress or avoid negative moods.
- Persistent loss in other aspects like job, academic performance, etc.

If any gamer is persistently experiencing any five symptoms from the above symptoms, then he/she might be addicted.

II. AIM AND OBJECTIVES

The aim is to examine the results of the online survey conducted to find out how much computer games can one play without getting addicted. Finding out the time of playing daily without getting addicted is the objective.

III. RESEARCH METHODOLOGY

An online survey was held using Google Form. The link of the form was circulated in what's app and was requested to share it further. The questionnaires in the form were designed based on the nine symptoms mentioned earlier. Some additional questions were also included such as what is your gender? , what is your age? , what gaming console do you use? , what categories of gaming do you like the most?, how many hours do you play games per day? No other identity-related questions were included so that the identity of the respondents should remain anonymous even to the authors.

The form was divided into three sections, where the first section included only two questions that are what is your age? And what is your gender? Where textbox for age and three radio buttons i.e. male, female and other were provided. The next section included nine questions based on symptoms of addictions. The questions were:

- 1) Even when you are away from gaming console/PC/mobile phones, do you often think of playing video games?
- 2) Do you often get some physical or mental issues (like irritability, craving, hypertension, short temper etc.) when you are not able to play?
- 3) Do you find the need of increasing the time of playing to get the desired enjoyment?
- 4) Do you ever tried to reduce your playing time or even stop playing because it is harming you?
- 5) Have you ever ignored your work, social media, studies, etc. for playing?

- 6) Even after suffering from losses like failing in studies, being late at work, relationships problems, etc., do you continued playing?
- 7) Do you deny about telling the true amount of your playing time?
- 8) Do you play games for escaping from stress or bad states of mood?
- 9) Because of you are playing too much, does your relations, work or studies been affected?

To answer these nine questions three radio buttons were provided-yes, no, maybe. The third and the last section included three questions about playing time duration, gaming console in use, and liked category of game.

No statistical software or tools was used. Simple descriptive analysis is used in the analysis of the data. No funding was sought for this survey and the authors had no conflict of interest.

IV. DATA ANALYSIS

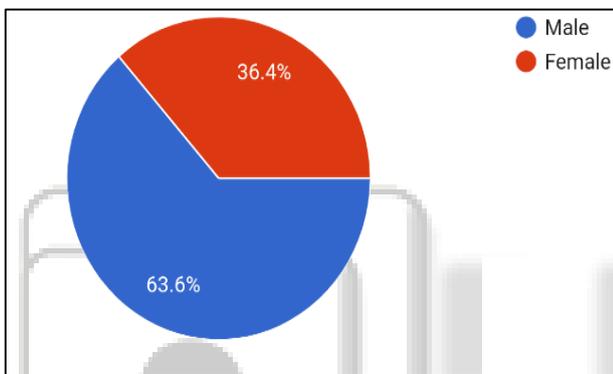


Fig. 1: Number of Males and Females

Through the online survey conducted, total of 173 samples have been collected in which 110(63.6%) samples are males and 63(36.4%) samples are females, as shown in Fig. 1.

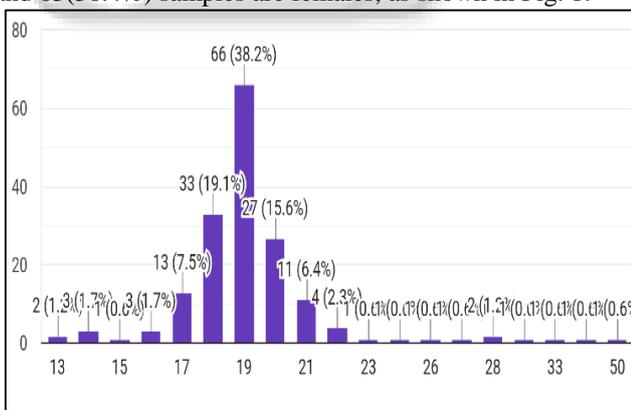


Fig. 2: Age of the Respondents

The age of the people whose data has been collected ranges from 13 to 50 years old. Among these sample sets, most of them are students who are pursuing higher education. By analyzing samples, it is found that people belonging to age group 18-20 has the highest mode, it means they spend more time on gaming or like to play the game. There are 33(19.1%) samples 18 years old, 66(38.2%) samples 19 years old, 27(15.6%) samples 20 years old, as shown in Fig. 2. All the samples collected are from India. Below are the analysis of the responses of the questions of the second section of the form.

For question number 1, the number of samples answered 'yes' is 59(34.10%) in which number of males is 43(24.85%) and females is 16(9.24%). Most of the samples are from 16 to 20 years old. Maximum samples are 19 years old. On average these samples play for 2 hours, where males play for 2 hours 7 minutes and females play for 1 hour 30 minutes.

For question number 2, the number of samples answered 'yes' or 'maybe' is 41(23.70%) in which number of males is 21(12.13%) and females is 20(11.56%). Most of the samples are from 16 to 20 years old. Maximum samples are 19 years old. On average these samples play for 2 hours 37 minutes, where males play for 3 hours and females play for 1 hour.

For question number 3, the number of samples answered 'yes' or 'maybe' is 71(41.04%) in which number of males is 47(27.17%) and females is 24(13.87%). Most of the samples are from 16 to 20 years old. Maximum samples are 19 years old. On average these samples play for 1 hour 51 minutes, where males play for 2 hours 9 minutes and females play for 1 hour 16 minutes.

For question number 4, the number of samples answered 'no' is 63(36.42%) in which number of males is 39(22.54%) and females is 24(13.87%). Most of the samples are from 16 to 20 years old. Maximum samples are 19 years old. On average these samples play for 1 hour 10 minutes, where males play for 1 hour 37 minutes and females play for 25 minutes.

For question number 5, the number of samples answered 'yes' or 'maybe' is 68(39.31%) in which number of males is 50(29%) and females is 18(10.4%). Most of the samples are from 16 to 20 years old. Maximum samples are 19 years old. On average these samples play for 2 hours 11 minutes, where males play for 2 hours 21 minutes and females play for 1 hour 44 minutes.

For question number 6, the number of samples answered 'yes' or 'maybe' is 48(27.75%) in which number of males is 34(19.65%) and females is 14(8.1%). Most of the samples are from 16 to 20 years old. Maximum samples are 19 years old. On average these samples play for 2 hours 13 minutes, where males play for 2 hours 35 minutes and females play for 1 hour 20 minutes.

For question number 7, the number of samples answered 'yes' or 'maybe' is 54(31.21%) in which number of males is 38(21.97%) and females is 16(9.25%). Most of the samples are from 16 to 20 years old. Maximum samples are 19 years old. On average these samples play for 1 hour 56 minutes, where males play for 2 hours 10 minutes and females play for 1 hour 24 minutes.

For question number 6 and 7, the number of samples answered 'yes' or 'maybe' is 23(13.29%) in which number of males is 14(8.10%) and females is 9(5.20%). Most of the samples are from 16 to 20 years old. Maximum samples are 19 years old. On average these samples play for 2 hours 20 minutes, where males play for 2 hours 48 minutes and females play for 1 hour 37 minutes.

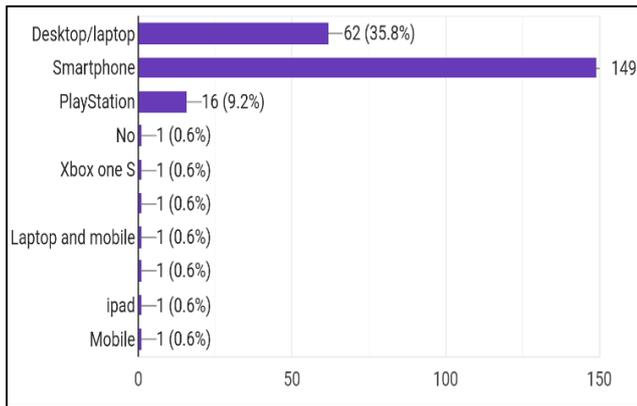


Fig. 3: Preferred Gaming Console

For the question about gaming console used for playing, out of 173 samples, 149(86.2%) samples had responded for Smartphone, 62(35.6%) samples had responded for Desktop/Laptop and 16(9.2%) samples had responded for PlayStation, as shown in Fig. 3. For the question about duration of playing games, 122(70.52%) samples had responded in a range of 15 minutes to 2 hours.

For the questions about liked categories of games, many samples had opted for many categories but ‘action’ and ‘adventure’ are the most liked categories with 99(56.93%) and 89(51.1%) responses respectively, as shown in Fig. 4.

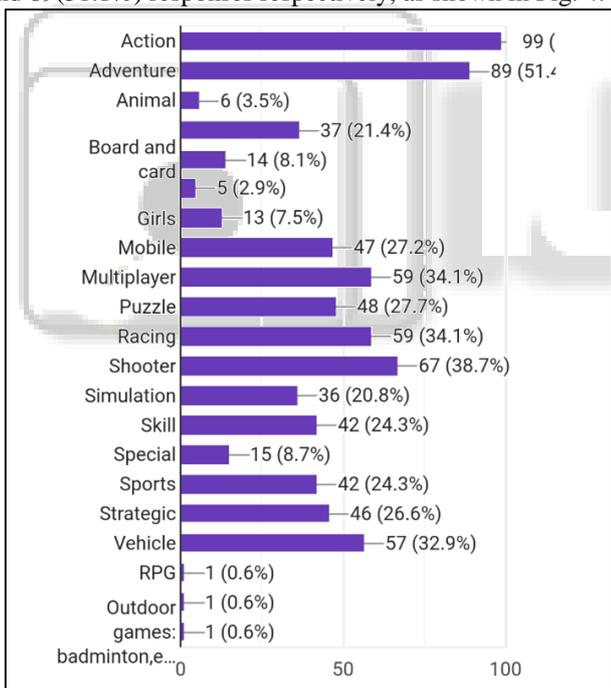


Fig. 4: Preferred Categories of Games

V. RESULT

Out of 173 samples 59 responded ‘yes’ to question number 1 of second section which indicates intense habit of playing games, in which on an average they play for 2 hours per day. 41 samples out of 173 responded, ‘yes’ or ‘maybe’ to question number 2 which indicates symptoms of disorders because of extreme gaming time. These people play for 2 and half an hours on an average per day.

71 samples out of 173, responded ‘yes’ or ‘maybe’ to question number 3 which indicates that they are slowly

getting addicted to gaming because they want to increase their gaming time since they are now not satisfied of the gaming time they decided earlier. They on an average play for 1 hour 51 minutes which is closer to 2 hours daily.

63 samples out of 173, responded ‘no’ to question number 4 which indicates that they are realizing that they are getting addicted to gaming. They are sensing the ill effects of Gaming Addiction but knowingly neglecting it. These people play for 1 hour 10 minutes daily.

68 out of 173 samples responded ‘yes’ or ‘maybe’ to question number 5 which indicates that they are spending more time with gaming, neglecting other important works such as studies, office work, etc. which shows addiction. They play for 2 hours 11 minutes daily.

23 out of 173 samples responded ‘yes’ or ‘maybe’ to question number 6 and question number 7 which shows some prominent symptoms of addiction like Insomnia and other loses. It also shows that they felt guilty about accepting the time they consume for gaming because probably they know that it is more than usual. They play for 2 hours 20 minutes daily.

Most of the samples which show five or more than five symptoms of gaming are most probably addicted to gaming. These addicted people play for more or less 2 hours. So the conclusion can be derived as, the threshold time for getting addicted is near to 2 hours per day. Also it is observable in Fig. 3 that increased usage of smartphones is leading to increase the chances of Gaming Addiction, since people can play games using smartphones anytime, anywhere. Categories liked by samples show that games in ‘action’ category attract more people which may increase chances of addiction. Anyway no such analysis is made which may prove that ‘action’ category of games is causing Gaming Addiction.

VI. CONCLUSION AND SUGGESTION

One should not play games more than 2 hours and should try to keep the playing duration less than 2 hours per day. Also one should try to reduce the usage of smartphones for gaming. One should not select games or categories of games which if played for long may raise any five or more than five symptoms stated earlier.

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