

# GAME ADDICTION: A SERIOUS PROBLEM

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**Abstract** - A gaming addiction is a behavioural addiction, similar in nature to a gambling addiction, but relates to gaming activities such as online gaming. Specifically, a gaming addiction can be defined as an excessive or compulsive use of computer games or video games to an extent where the behaviour interferes with a person's everyday life.

As such, this form of addiction is also known as video game addiction and relates heavily to other behavioural addictions, such as Internet addiction and computer addiction. It's great to do things you enjoy. But can you go too far with a hobby? And at what point it becomes an addiction? That's the question experts are trying to answer about playing games.

Even though gaming has been played around for almost 50 years, studies about its harms are still in the early stages. Different groups come to different conclusions about whether problem playing should be called an addiction.

**Keywords:** gaming addiction, Internet addiction, computer addiction, gambling addiction, online gaming, behavioral addictions.

## 1. INTRODUCTION

Addiction is a serious disease, often long-term in nature, which affects the functioning of the brain and body. It also causes severe damage to families, relationships, schools, workplaces and neighborhoods. The most familiar symptoms of addiction are severe loss of control, continued use in spite of serious consequences, engrossment with using, failed attempts to quit, resistance and withdrawal. Addiction can be effectively hindered, treated and managed by healthcare professionals with the help of family or peer support. So many people think if they are "addicted" to something. There is a standard mental health definition of addiction, but I don't think it is necessary to go there. Addiction is about a loss of control – when a habit becomes compulsive. Gaming could also

become a compulsive habit where you feel the need to be gaming not because you enjoy it but because you literally can't control to think about or do anything else -- you lose sleep, fall behind in work and school, choose to play instead of seeing friends and family, skip meals -- in other words, it becomes disruptive.

## 2. LITERATURE REVIEW

Computer games influence is growing continuously as research shows that the age of children playing games continue to be younger and internet usage among children becomes more popular. Moreover, the internet access has become worldwide since 1990s, which impacted people's working, socializing and behaviors. Online games become interactive because they allow game players around the world to interact with each other on a single platform. Eventually, online games began to becoming the important part of our social culture. Online games also bring people together to form society which players interact with each other in virtual world that are always on, called "massively multiplayer online games" or MMOs.

Gaming addiction is still the strange problem. We should respond to this problem seriously. I want to investigate:

- Is computer game addiction a diagnose disorder?
- What are the various symptoms of computer game addiction?
- Who is most in danger for computer game addiction?
- How is computer game addiction treated?

## 3. METHODS AND MATERIALS

**Tools for Data Collection:** The primary data was collected by a questionnaire (Google Forms). The observations and conclusions have been drawn based on the survey results.

**Questionnaire:** The population samples for this survey are those who has the habit of playing games either casual gamers and hard core gamers are of age groups between 15 and 51. The areas that are preferred or best suited to target all the age groups who would play Arcade, MMORGP (Massively Multiplayer Online Role-Playing Game), Offline Games are the ones who work in Bank sector, College

students, Business Sector, IT sector, Reporters, House Wives.

This research is conducted to know the thinking of users regarding gaming addiction:

- How many hours a week do you play games?
- Which type of games do you play?
- Have you ever faced a situation that turned your mind towards gaming to avoid real life problems?
- Can gaming addiction increase stress in your day to day life?
- Do you think gaming addiction can lead to violent behavior?

#### 4. DATA AND RESULTS

The analysis of gaming addiction is noted down to understand the preferred hours and games categories among the population for gaming.

The total sample size is selected and surveyed, out of which 86.3% is of age group between 15-25, 7.7% is of age group between 25-40, and 5.7% is of age group between 51-82. **Fig 4.1** refers to the age group.

Population sample playing for about 1 to 7hrs a week is about 80.4%, and playing for 7 to 15hrs a week is about 9.8%, and playing for more than 15hrs a week is about 9.8%. **Fig 4.2** How many hours a week do you play games.

#### Gaming Addiction:

**Types of games people prefer to play:** It is analyzed that the number of people play 4 categories of games Arcade, MMORGP, Offline Games. From this, mostly MMORGP is the category which is majorly played i.e. 40% than any other categories. Other categories like Arcade, offline and other games is played by 20% population sample each. **Fig 4.3** Types of games people prefer to play.

It is also analyzed that there is some sample of population who thinks gaming can be career. Majority people gave Yes as a response. **Fig 4.4** gaming can be career.

In the survey we got to see that there were people who were aware about the concept of gaming addiction and some were not aware. **Fig 4.5** people who were aware about the concept of gaming addiction.

It is also seen that many peoples faced a situation that turned their mind towards gaming to avoid real life problems from which 80 % of population agreed to the question and 20 % of the population didn't experienced the situation. **Fig 4.6** describes the peoples prospective whether they had faced a situation that turned their mind towards gaming to avoid real life problems.

It is also analyzed that there is some sample population who go through various situation and started gaming as a stress buster such as Exam Stress, Family problems, friends influence, just for fun, for fun. **Fig 4.7** describes the situation where people started playing games.

It is observed that majority people think gaming can relief stress. **Fig 4.8** Illustrates that gaming can relief stress.

In the survey we observed that gaming addiction increases stress in your day-to-day life in which 20% people agreed and 40% people who are aware about the concept of gaming addiction disagreed and 40% of population sample were confused. **Fig 4.9** gaming addiction increases stress in your day-to-day life.

#### Opinion about Gaming Addiction:

**Gaming leads to addiction:** It is observed that some people think gaming leads to addiction. In which, majority people say Yes with 51% and secondly is 9.8% with No and 39.2% people believe it Maybe possible. **Fig 4.10** Gaming leads to addiction.

In a survey we asked people whether they had any friends or family members who are addicted to gaming. So, in the analysis 60.8% of population sample said Yes and 39.2% of population sample said No. **Fig 4.11** survey on people whether they had any friends or family members who are addicted to gaming.

Age

51 responses

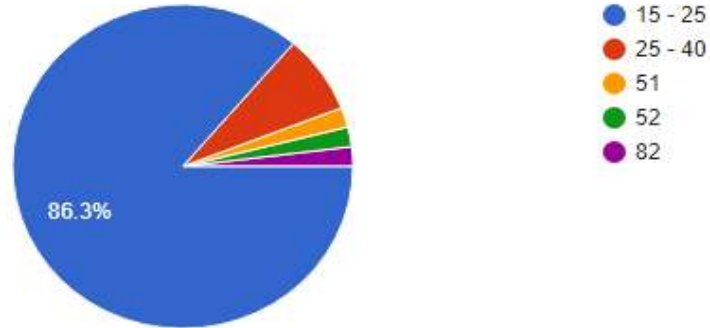


Fig 4.1 refers to the age group.

How many hours a week do you play games?

51 responses

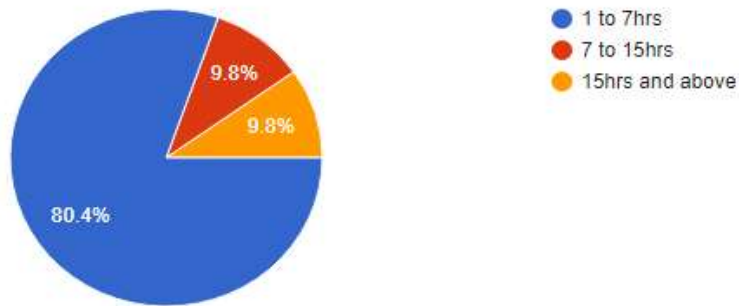


Fig 4.2 How many hours a week do you play games

Which type of games do you play?

5 responses



Fig 4.3 Types of games people prefer to play

Do you think you can make career out of gaming?

5 responses

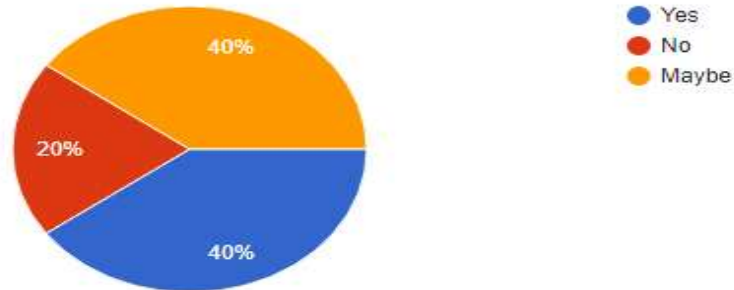


Fig 4.4 gaming can be career.

Do you think gaming is addictive?

5 responses

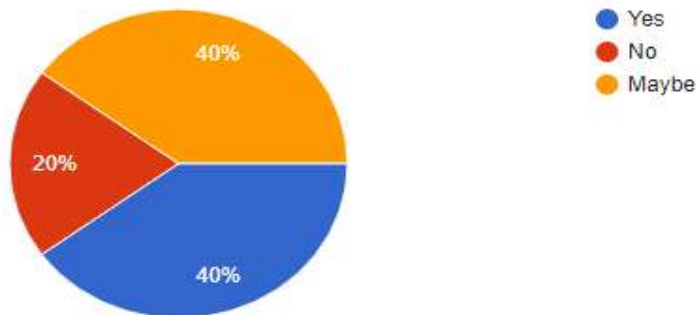


Fig 4.5 people who were aware about the concept of gaming addiction.

Have you ever faced a situation that turned your mind towards gaming to avoid real life problems?

5 responses

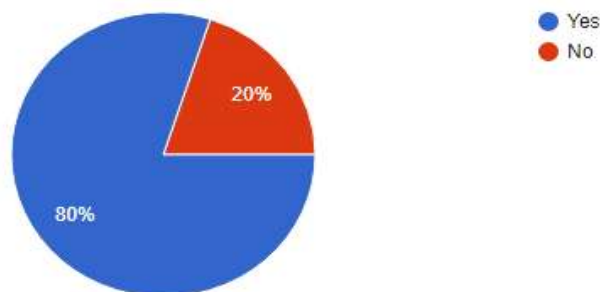


Fig 4.6 describes the peoples prospective whether they had faced a situation that turned their mind towards gaming to avoid real life problems.

In which situation did you start gaming?

6 responses

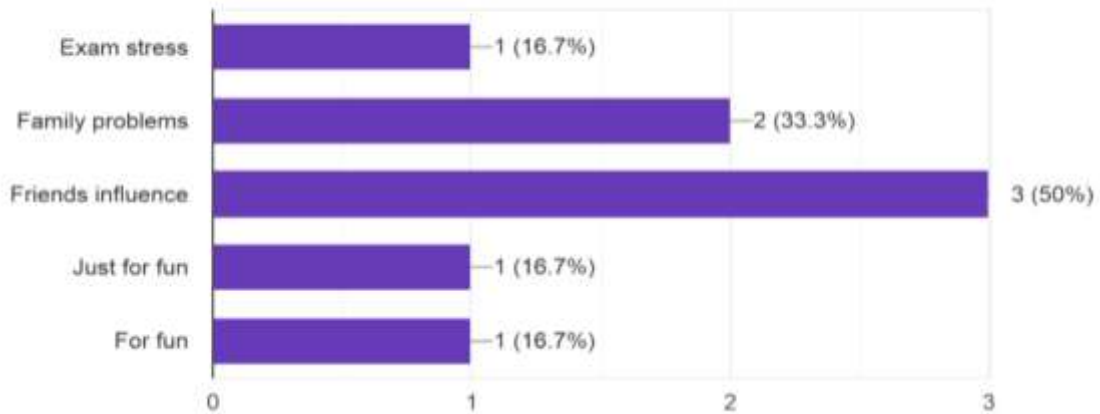


Fig 4.5 describes the situation where people started playing games.

Do you think gaming can relief stress?

5 responses

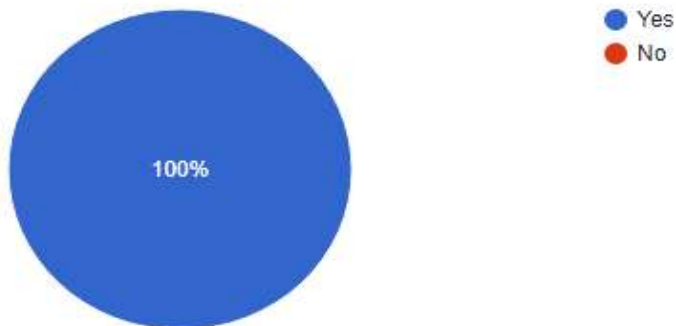


Fig 4.8 gaming can relief stress.

Can gaming addiction increase stress in your day to day life?

5 responses

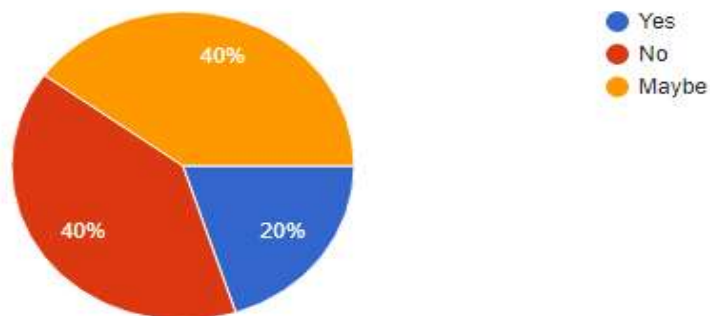


Fig 4.9 gaming addiction increases stress in your day-to-day life.

Do you think gaming leads to addiction?

51 responses

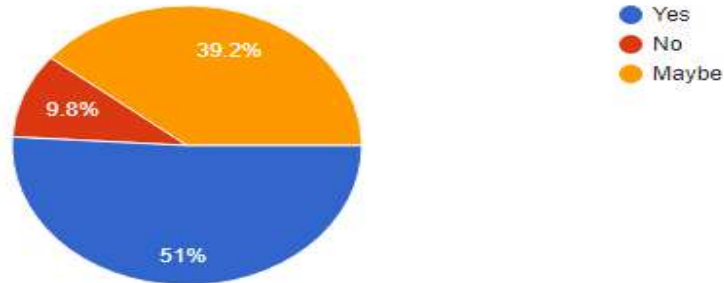


Fig 4.10 Gaming leads to addiction.

Do you have any friends or family members who are addicted to gaming?

51 responses

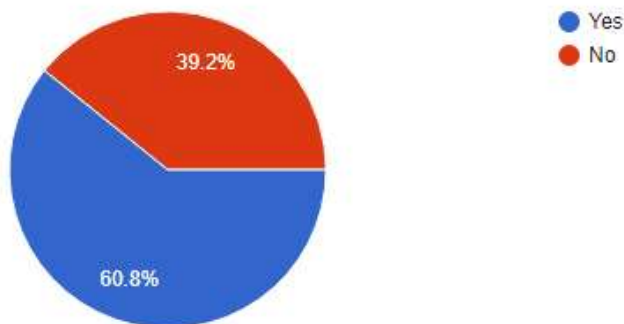


Fig 4.11 survey on people whether they had any friends or family members who are addicted to gaming.

## 5. DISCUSSION

Game addiction normally refers to an excessive, unhealthy amount of playing computer/mobile games. Rather than engaging in the real world, an addicted user dedicates the majority of his or her time to gaming. The addicted gamer often keeps away him/herself from others, ignores more necessary responsibilities, and is often obsessed with obtaining higher status / rankings / achievements in his/her favorite computer/mobile game.

Even though there have been different calls from some mental health professionals (and parents) to identify computer/mobile game addiction as a serious disorder, it has not been accepted official diagnostic status. As more research on the effects of excessive gaming is conducted, many trusts that it is only a matter of time before game addiction is classified as a compulsive behavior similar to gambling addiction.

## 6. CONCLUSION

Gaming is one of the most popular field of entertainment and stress reliever right now. Developer can get so many advantages, but game addiction surely is a bad addict and still be the mysterious problem. It can make parents worry about their child. Game addiction can strike anyone, no matter teens or adult, but the most are kids. We must monitor and reminding each other to keep off this problem. Actually, this addiction is very hard to solved, but if we can execute this well and correctly, it will succeed and can help patients. There are some ways to fix that, such as by individual therapy, family therapy, facilities treatment etc. Most people can and do play in moderation. They play games just for fun, as a way to relax, and to socialize with friends. However, there are some kids who are far more likely to become addicted to computer games.

## 7. ACKNOWLEDGEMENT

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I would sincerely like to thank all the Teachers who helped me throughout the research.

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