
IMPACTS OF ONLINE GAMING AND ITS ADDICTION AMONG YOUTH

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Abstract

Technology plays an important role in all walks of human life in this modern age. People use the new information and entertainment technologies that offer a broad spectrum of benefits to the human world. People in the advanced model rely on social media and online gaming for infotainment. Online gaming in this virtual environment is approaching its highest level. Online games are video games played with the aid of the internet or some other open computer network. Some people regard online gaming as an entertainment mode. The advancement of the smartphone industry and network industry in this generation has led to the growth of the online gaming industry. Online gaming is also seen as a means to escape life's stress. As it also has an opposite side to online gaming. Because of heavy use of online gaming, people become addicted to it, causing many health issues such as vision problems, headache, and neck pain, etc., and behavioral problems that contribute to many gaming disorders as well.

Keywords: *Addiction, Children, Effect, Game, Online, Modern Technology.*

I. INTRODUCTION

Online gaming is a big activity all over the world nowadays. If he / she have internet access, one can play games. There are games that offer us an opportunity to play with others we have not yet met, and creativity can also be established quite well. We can keep in contact with our friends through online gaming as well. Online games are wonderful because there are games from which individuals can benefit. Although online gaming for many is a very pleasurable experience, it can also have pros and cons. online gaming is constructive because it can deter individuals, especially young people, from engaging in risky behavior such as drugs and joining youth gangs. Online gaming excites people to play with others and galvanizes them [1]. And it also makes the player stronger and smarter mentally, too. Online gaming can have more negative than positive effects at the same time. Due mainly to the lack of physical movement, new generations can face many health problems. Online gaming may cause addiction and can consume time that is intended for other activities. Online games can lead to abuse online.

Children who play are primarily cornered in this. They can also download games that can contaminate computers with viruses from pages [2].

A. Five Dimensions of Video Game Effects:

The five dimensions that affect players in video games are structure, amount of play, context, content and mechanics. Each of these factors causes specific effects on players.

Structure: The manner in which the video game is organized and presented on the computer influences visual-spatial processing. Video games such as fast-paced video games have a positive influence on players' visual and special skills by helping them to perceive quicker visual response times, mental rotation and improving target localization [3].

Amount of Play: Factors that are impacted by spending enormous time playing video games for teens or children are a high risk of childhood obesity, diminished academic achievement and gaming addiction that displaces players from other activities.

Context: Playing video games with friends may result in moderate effects in behavioral characteristics of players [4].

Content: For learning school subjects, content-specific learning, such as educational games, helps. Prosaically video games help to cultivate support and empathy, while violence results from violent video games.

Mechanics: Mechanics contribute to the development of basic motor skills. The prediction of surgical abilities among laparoscopic surgeons is learned from the experience of video game play, and exercise games help to learn physical therapy [5].

B. Violent Video Game Effects:

Most of the studies investigating the impact of video games focused mostly on the violent effects of video games, contributing to violence. A number of meta-analyses and enormous research linked to correlational, experimental, longitudinal studies confirmed in both short-term and long-term contexts that increasing the level of aggressive behavior, decreasing the probability of helping, decreasing player empathy was primarily due to the long-term play of violent video games.

Experimental studies: Laboratory studies show the short-term causal connections between violence and violent video game play, where aggressive thoughts and aggressive actions are evaluated as a result of violent video game play.

Correlational studies: Correlational studies explore the association between real-world violence and exposure to violent video games. The rise in positive attitude towards aggression, the presence of physical fights, and the risk of loneliness is mostly attributed to the greater amount of time spent by the players in violent video games.

Longitudinal studies: The long-term link between violence and playing violent video games is determined by empirical research showing that violent video games are a remarkable indicator of later violence and crime.

School Performance: The displacement of time from educational activities is caused by the long-term use of electronic media, which adversely affects the output of the school. A new research on American teenagers and children revealed that about 23 percent of light media users secured good grades in school, while 47 percent of heavy media users secured bad grades. Students who don't reflect on school education tend to pay more attention to poorer school success in video games.

C. Video Game Addiction:

As with gambling, video games are now beginning as a form of entertainment that will begin to have harmful effects on life. Shapira and colleagues claim that pathological gamers are more likely to be vulnerable to the most typical primary disorders, such as impulse control disorders, drug use disorders, personality disorders, mood disorders and anxiety disorders. If children avoid being obsessive gamers, an increase in child depression, social phobia, anxiety and school performance occurs. The seven factors which determine the game addiction scale are: Tolerance, Withdrawal, Conflict, Salience, Mood Modification, Relapse and Problems.

D. Positive video game effects:

Visual-Spatial Skills: To develop their visual-spatial abilities, video game players extract precise spatial information from the computer. With these results, the gamers allow non-gamers to outperform in numbers on visual and spatial tasks, thus demonstrating improved target position, mental rotation and faster visual reaction times, which is seen as the positive impact of video game play on visual-spatial skills in correlational studies. Although experimental studies indicate that just 10 hours of video game play will contribute to enhanced mental rotation and spatial focus. It is very important to remember that in experiments that are usually violent, fast-paced video games are selected to examine the impact of video games on players, stating that playing video games may have both positive and negative effects on players [6].

E. Prosocial Video Games:

Playing prosocial games reduces negative nature, aggressive/antisocial thoughts, actions and emotions while increasing prosocial thoughts such as sharing, empathy, collaboration and the

long-term effects of helping behavior in adolescents and children. Prosocial games are primarily based on supporting other characters in games that are different from hero-centered violent video games where the enemies are killed by the character of the player[7].

II. CONCLUSION & DISCUSSION

Online gaming has emerged as a common and effective source of entertainment for people of all ages, especially young people. Its main purpose is to entertain individuals and also to get them indirectly addicted to improving the gaming industry. From this research, we got the knowledge that in Kerala there is a neutral impact on online gaming. It shows that among the male category, the Ernakulam district is more addicted to adventure games such as PUBG. Through this research, we also studied that continuous play cause's addiction and addiction to online games to affect different aspects of wellbeing, increase sleeplessness, and decrease direct social interactions. On the positive side of video games, critical thinking and stress relief also help to enhance mental growth. As a result of the research, it can be concluded that online gaming has its positive and negative impacts in the real world.

III. REFERENCES

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