

A Analysis on Effects of Gaming among School Students in Chennai

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Abstract: *Today's world is one that is largely composed of technology. In a relatively short span of time we have been immersed in a world of high-definition television, Facebook, YouTube, internet radio, "green" cars, outrageous thrill rides, 3-D technology, etc. But no area of technology has become as prominent as that of video gaming. The main objective of this paper is to study about the effects of gaming among school students. To study about the factors causing addiction of video games. The researcher has followed the empirical research with the convenient sampling method. The sample size covered by the researcher is 202. The result observed from the analysis of the study is that there are huge effects of playing games among school students.*

Keywords: Playing games, Effect, School Students, Academic performance, Health

I. INTRODUCTION

In the past few decades, interactive electronic media has grown from virtual non-existence to one of the primary means of entertainment for college students.(Gros et al.) In more recent years, the Internet has completely changed the landscape of electronic media from something individual and static into something with the potential to be interactive and social.(Gunuc)

Gaming means the action or practice of playing video games. And gamer means a person who plays games especially a person who regularly plays computer or video games.

There are two major types of video games and therefore two major types of video game addictions Standard online game and multiplayer game .Standard video games are generally designed to be played by a single player and involve a clear goal or mission, such as rescuing a princess.(King and Delfabbro) The addiction in these games is often related to completing that mission or beating a high score or preset standard. These games are played online with other people and are especially addictive because they generally have no ending.(Seok and DaCosta) Gamers with this type of addiction enjoy creating and temporarily becoming an online character. They often build relationships with other online players as an escape from reality. The factors causing video game addiction are Biological factor, Psychological factor, Environmental factor and Stress factor. The biological factors causing video game addiction are Comorbid disorder and Vulnerability to addiction.The psychological factor causing video game addiction are Deficit of social skills, Low - self esteem and Low resilience. The environmental factors causing video game addiction are Family environmental, School environmental and Social environmental. The stress factors causing video game addiction are Grief and Drastic life change. There are symptoms of video game addiction are emotional symptoms and physical symptoms. Some of the emotional signs or symptoms of video game addiction include Feelings of restlessness and/or irritability when unable to play. Preoccupation with thoughts of previous online activity or anticipation of the next online session.(King and Delfabbro) Lying to friends or family members regarding the amount of time spent playing. Isolation from others in order to spend more time gaming.(Rehbein and Baier). Some of the physical signs or symptoms of video game addiction include: Fatigue, Migraines due to intense concentration or eye strain(Seok and DaCosta) and carpal tunnel syndrome caused by the overuse of a controller or computer mouse, Poor personal hygiene(Elliott et al.).The effects of video game are Musculoskeletal disorder which means it causes injuries or pain in joints, ligaments, muscles, nerves etc.(Anthony and Anthony), Increased risk of light induced seizures, Increased metabolic rate, Increased aggressive thoughts(McBroom), Increased aggressive behaviour, Reduced pro social behaviour in social interactions, Eye problem,

Attention deficit hyperactivity disorder, Emotional difficulties(Emma), and Socially isolated. The video game addiction can be managed by Psychotherapy, Cognitive behavioral therapy(Duerr), and Medication.

OBJECTIVES:

- To know about the types of gaming.
- To know about the factor causing and symptoms of gaming among school students.
- To know about the negative effects of gaming among school students.

II. REVIEW OF LITERATURE

In the article, Causes And Effects Of Video Games 2017 written by **Dewa putu** discussed that playing games is very important especially for young people. As it also affects the students by video game addiction. In the article, Impact Of Computer Games On Students, 2017 written by **Karzan Wakil** discussed that the computer game industry has flourished to become the world's largest entertainment in current. One of the main problems is students playing with electronic games for a long time and getting addicted to it. In the article, The Positive And Negative Effects Of Videogames, 2014 written by **Anderson** discussed that videogames have become an incredibly popular and pervasive form of entertainment. In the article, The Effects Of Videogames Play 2011 written by **Jance** Wright discussed that today's world is one that is largely composed of technology in a relatively very short span of time. In the article, Video Gaming As A Factor, 2018 written by **Marion** Terry discussed the increased problematic effects of recreational video gaming on their school academic performance. In the article, The Impact Of Heavy Video Gaming, 2018 written by **Selma Yel** discussed that the general aggression model has guided a large amount of research. In the article, Influence Of Online Computer Games ,2018 written by **Patrick** discussed that video games can affect players on at least five different dimensions of play. In the article, The Benefits Of Playing Video Games, 2011 written by **Isabella Gramic** discussed how much of the research done on video game effects has focused on the effects of violent video games on aggression. In the article, Analysis Of Human Behaviour, 2019 written by **Subhashree** discussed that video gaming has now become very popular among children and adolescents. Increasing use of videogames concerning the effects of videogames has been ongoing social lives. In the article, Negative Effects Of Video Game Play, 2017 written by **christopher** discussed that the study explores the impact of heavy gaming students on their peers and teachers in the school environment.

III. RESEARCH METHODOLOGY

The research method followed here is empirical research. A total of 202 samples have been taken out of which is taken through convenient sampling. The sample frame taken by the researcher is Daniel Thomas Matriculation Higher Secondary School. The independent variable taken here is Age and Gender. The dependent variables are online games are the students most addicted, Rate gaming affects the status of school students, Main change in internal behaviour that you can notice among school students playing games, Rate gaming affects the health of the school students. The statistical tool used by the researcher is graphical representation.

IN WHICH ONLINE GAMES ARE THE STUDENTS MOST ADDICTED

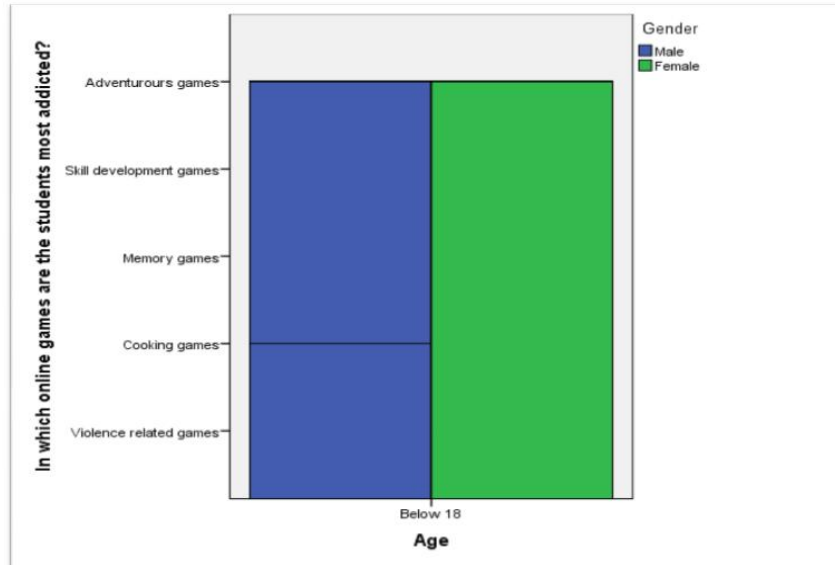


FIGURE 1

LEGEND

This Figure shows the gender distribution in various age groups with respect to the opinion about which online games are the students most addicted.

HOW MUCH DO YOU THINK THAT THE GAMING AFFECTS THE STUDIES OF SCHOOL STUDENTS

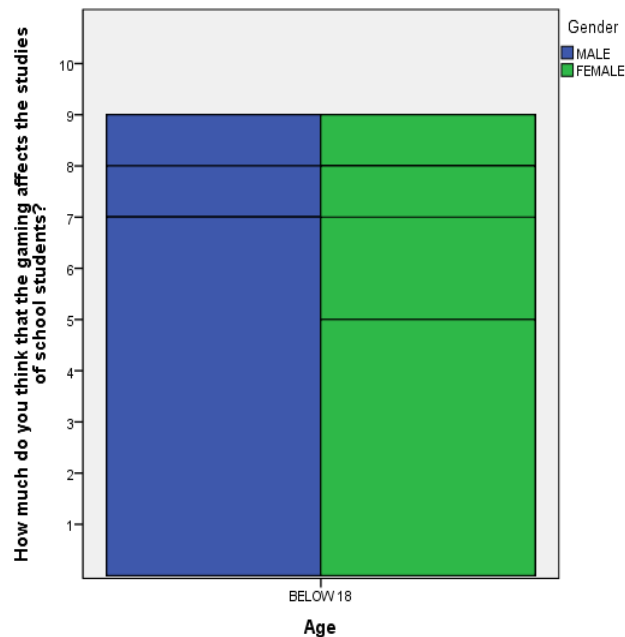


FIGURE 2

LEGEND

This Figure shows the gender distribution in various age groups with respect to the opinion that gaming affects the studies of school students.

WHAT IS THE MAIN CHANGE IN INTERNAL BEHAVIOUR THAT YOU CAN NOTICE AMONG SCHOOL STUDENTS PLAYING GAMES

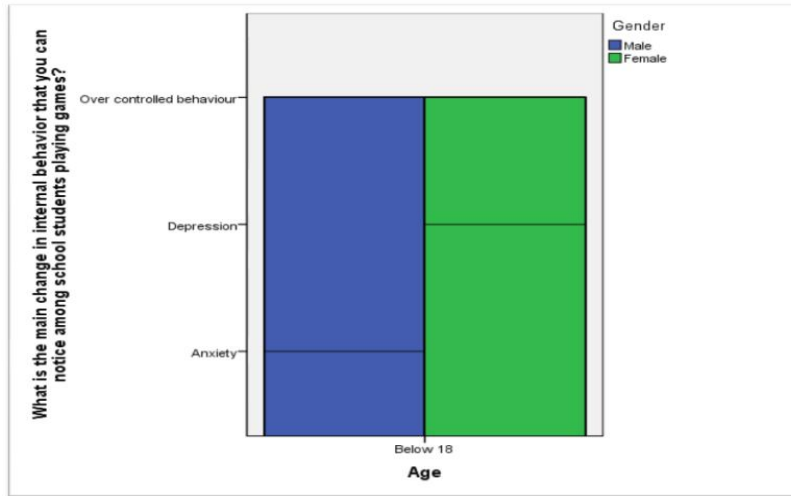


FIGURE 3

LEGEND

This Figure shows the gender distribution in various groups with respect to the opinion about the main change in internal behaviour that you can notice among school students playing games.

HOW MUCH DO YOU THINK THAT THE GAMING AFFECTS THE HEALTH OF THE SCHOOL STUDENTS

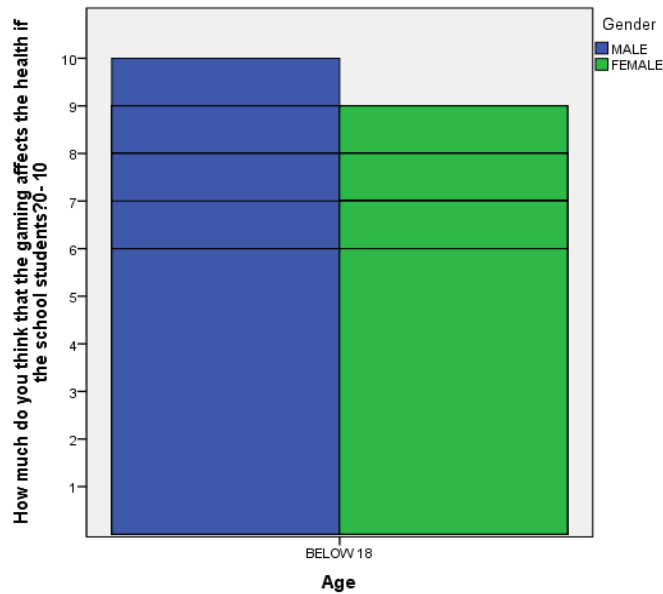


FIGURE 4

LEGEND

The Figure shows the gender distribution in various age groups with respect to the opinion that gaming affects the health of school students.

IV. RESULT

In Figure 1, both female and male respondents from below the age of 18 years think that the adventurous online games are the games the students are mostly addicted to.

In Figure 2, both female and male respondents from below the age of 18 years rated “9” that the gaming affects the studies of school students.

In Figure 3, both female and male respondents from below the age of 18 years think that the over controlled behaviour is the main change in internal behaviour that they can notice among school students playing games.

In Figure 4, the male respondents from below the age of 18 years rated “10” that the gaming affects the health of the school students. The female respondents from below the age of 18 years rated “9” that the gaming affects the health of the school students.

V. DISCUSSION

From the survey in Figure 1, it is found that both male and female respondents from below the age of 18 years are mostly addicted to adventurous online games because the students nowadays want to take part in risk, new ideas and methods. From the survey in Figure 2, we can understand that both male and female respondents rated “9” that the gaming affects the studies of school students because the students often play games instead of studying. From the survey in Figure 3, we can observe that both male and female respondents think that over-controlled behaviour among school students because the students are now aggressive towards other people and they can't control their behaviour. From the survey in Figure 4, it is found that the male respondents below the age of 18 years rated “10” that the gaming affects the health of the school students because the male respondents often play games. The female respondents below the age of 18 years rated “9” that the gaming affects the health of the students this is due to female respondents will not play games often so the health of the female respondents have not been affected to such extent when compared to male respondents.

VI. LIMITATIONS

The major limitation of study is the sample frame. The sample frame is collected only from 9th grade from Daniel Thomas Matriculation Higher Secondary School. The state of mind among students varies from one student to other students is one of the major drawbacks. The restrictive area of sample size is also one of the major drawbacks. The technology factors are the most impactful and a major factor limiting the study.

VII. CONCLUSION

From all the analysis part from the research it is found that the school students playing games affects their health as well as studies. The academic performance of the students is affected because of playing games very often. Nowadays the school students are addicted to online games because of the increase in use of technology. The effect of playing video games in a broader way affects the performance and health of the school students.

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