

## **Video Game addiction among children: An extensive Investigation**

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### **Introduction**

After a long day of school and extracurricular activities, children of all ages may benefit from the enjoyable distraction that video games give. Because of the advent of new game console designs, online and offline computer games, mobile games for tablets and smartphones, and other kinds of mobile gaming, games are now accessible in a broader variety than ever before. The rise of the middle class is accompanied with an increase in the availability of video games for children and teens. Addiction to video games is one of many new issues plaguing Thai children, and as a result, many Thai families are struggling to find a solution. Because of their proclivity to get hooked to the pastime, parents sometimes have difficulty encouraging their children to quit playing video games. Some students spend so much time playing video games that they lose interest in their schoolwork and eventually do badly in class; others just refuse to attend school so that they may remain at home and play video games instead. Some of these children may slip away from their parents when they are punished or forbidden from playing in order to visit local gaming establishments in search of entertainment. As a consequence, some parents decide to buy video games for their children to play at home in order to limit the number of times their children get home late. However, this technique eventually creates additional issues for everyone concerned (Chanwit Phronphadol, 2009). According to the media, some gamers play too much, don't take responsibility, and act aggressively, and their emotions of aggression eventually push them to commit crimes, contributing to the issue of youngsters being hooked to video games. According to the media, some gamers do not accept responsibility for their acts and engage in violent behaviour. A 14-year-old boy who murdered his mother in 2012 after getting enraged by her criticism of his video-game habits is an excellent example of this behaviour. The same brain mechanisms that drive addiction to other drugs or behaviours, such as gambling or shopping, drive obsessive gaming on video games on the internet. Because video games are incredibly interesting and rewarding kinds of entertainment, they are to blame for this condition. Despite many recorded examples, substance addiction is still not recognised as a diagnosable mental illness. When a player's normal life suffers as a consequence of the player's fixation with gaming, this may be a clear indication that the player has a gaming addiction. One prominent example is disregarding one's personal hygiene in order to play video games for lengthy periods of time. Those who are addicted to video games may resort to dangerous behaviours such as missing meals and staying up all night in order to satisfy their craving for gaming. Individuals that engage in this kind of behaviour separate themselves from others who engage in comparable activities for shorter periods of time, such as one or two days.

### **Methodology**

This descriptive study set out to investigate whether or not adolescent game addiction could be predicted by factors such as self-esteem and family functioning. 400 from Indore's public junior and

senior high schools were selected at random to participate in the research.. boys and girls (ages 12 to 17) constituted the samples. Information was gathered from the february of 2018 through the February of 2019.The tools used were socio demographic data,game addiction questionnaire Purposive sampling was used.Students were selected based on inclusion and exclusion criteria.Descriptive research design was adopted for the study.Data analysed with help of descriptive and inferential statistics.

## Results

This study included 400 participants, each of whom was an average of 14.5 years old. There were 200 participants in all, with women accounting for 42% of the group. Sixty percent of the sample group got financial assistance from their parents; forty-two percent of the sample group's parents were self-employed; and thirty-nine percent of the sample houses had monthly wages ranging from ten thousand to twenty thousand rupees (Rs 10,000–Rs 20,000). Only 13% of those who took part in the survey played video games because they were bored with their studies. To relieve stress, 73% of people played video games. Running games like Temple Run (17%), action-adventure games like Tornado (22%), and shooting games like Black Panther and Military Operations (25%), are the most popular Facebook games. Over half of the sample, or 54%, was said to play video games at home. Sixty percent of the students in the sample reported spending two to five hours per day on average playing video games, whereas twenty-two percent spent more than eight hours per day. 98 percent of the children in the sample reported playing video games both during and after school (Monday through Friday and after school and on weekends).

Both men and women in the research group exhibited equal rates of video game addiction, with 47% and 45% showing signs of compulsive video game play, respectively. The researchers discovered that 29% of men and 37% of women in the sample with compulsive gaming addiction were in the early stages of the illness. In contrast, 22% of men and 18% of women in the sample with game addiction or major game playing difficulties were in the late phases of the condition. The researchers noticed this after analysing gender and GAST scores.

## Conclusion

According to the findings of the research, a healthy and functioning family unit has a positive impact on the health and development of children and adolescents, while a dysfunctional family unit has a negative impact.

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