

## Internet gaming addiction: a gender-based study of Indian adolescents

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### ABSTRACT

Adolescence is the age an individual starts observing the experiences of life; the tribulations and ecstasies life has to offer. The age an individual starts to comprehend the phenomenon that life as a force will be the strongest in charting the time on earth there is to spend. This time can be beneficial and destructive for many. Getting influenced is easy, throughout life and higher during adolescent years as the mind is still underdeveloped. As we all are aware internet gaming is common among adolescents. And many adolescents are found to show an addictive behavior towards internet gaming. So, the focus of the current research is on internet gaming addiction among Indian Adolescents. The objective of the research is to see the difference in the levels of internet gaming addiction among male and female Indian adolescents. The data of this research was collected using the Internet Gaming Disorder Scale – Short Form 9 (IGD-SF9) by (Pontes & Griffiths, 2015). A random sample of 300 participants (between the age of 13 & 16) participated in the research. The research was conducted in Delhi NCR. To ascertain if there was any significant difference in the level of internet gaming addiction among male and female Indian adolescents, a t-test was used. Based on the result it was found that there is a significant difference in the level of internet gaming addiction among male and female Indian adolescents. With male adolescents being at high risk of developing internet gaming addiction.

**Keywords:** Internet gaming, Internet gaming addiction, Adolescents

Adolescence is the age an individual starts observing the experiences of life; the tribulations and ecstasies life has to offer. The age an individual starts to comprehend the phenomenon that life as a force will be the strongest in charting the time on earth there is to spend. The lifelong leanings, interests start taking roots, and the personalities taking firmness. Experiences are heightened, whether pain or joy. Emotions, raw and fierce, the force of each experience is so strong that the marks remain etched like engravings on solid rock in the individual for life. The context and perspective are missing, as almost every experience is for the first time. It can be beneficial and well as destructive for us at the same time. Getting influenced is easy, throughout life and higher during adolescent years as the mind is still underdeveloped.

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**Definition**

1. Internet game is defined as a game that is either played through computers, mobiles, tablets, and other devices by using the internet.
2. Adolescence is considered a period of disorientation and discoveries. It is that transitional period that can raise questions of independence and identity. It is a period where they have to face difficult choices about academics, friendship, sexuality, gender, identity, drugs, and alcohol.

As internet games are forming a part of the adolescent's lives, internet gaming is becoming an addiction, especially among adolescents. Like everything existing as a duality, similarly, internet games can make adolescents gain relevant life skills and, at the same time, indiscriminate and misuse may cause psychological and physical disorders.

**REVIEW OF LITERATURE**

(Yuh, 2018), researched if aggression and social factors prognosticate internet gaming addiction. The findings revealed that aggression, family quarrels, and less attentiveness to school, will significantly prognosticate internet gaming addiction. (Peeters, Koning, & Eijnden, 2018), did a longitudinal study which revealed that adolescents with attention difficulties are at an increased risk for growing problematic gaming behavior with the possibility of aggravated by social vulnerability and dissatisfaction with life. (Fumero, Marrero, Voltes, & Penate, 2018), conducted a meta-analysis of the relationship between internet addiction and the number of personal and social, psychological factors in adolescents. The findings revealed that risk factors showed a considerable on internet addiction than protective factors. Whereas, personal factors showed a considerably good relationship with internet addiction than social factors. (Wu, et al., 2016), tried to examine the relationship between internet addiction and parenting approach and family functionality. The findings revealed that 25.3% of the adolescents had internet addiction and these adolescents were mainly from divorced families, low-income families, families with conflicts, and majorly destructive families. And it also showed that restrictive adolescents were at high risk of developing internet addiction.

**Objectives**

1. To study the difference in the level of internet gaming addiction among male and female Indian adolescents.

**Hypothesis**

1. There will be a significant difference in the level of internet gaming addiction among male and female Indian adolescents.

**METHODOLOGY**

**Sample**

A random sample of male and female school going students residing in Delhi NCR age ranging from (13 to 16) participated in the current study.

**Instruments**

For the collection of data, the Internet Gaming Disorder Scale – Short Form 9 (IGD-SF9) by (Pontes & Griffiths, 2015), which has the coefficient alpha reliability of .93 was used.

### **Procedure**

The participants were selected by a simple random method. The participants' ages range from 13 to 16 years. Internet Gaming Disorder – Short Form 9 (IGD-SF9) by Pontes & Griffiths was given to the participants. Later in the study, the participants' raw scores were added according to scoring given in the questionnaire the data was analyzed. In the current study, for testing the level of internet gaming addiction among male and female Indian adolescents statistically, a t-test was used.

## **RESULTS**

**Table 1: Showing overall mean for IGD-SF9**

	<b>N</b>	<b>Minimum</b>	<b>Maximum</b>	<b>Mean</b>	<b>Std. Deviation</b>
IGD-SF9	300	9	40	16.17	6.69

**Table 2: Showing the mean (SD) and t-score of male and female participants**

	<b>N</b>	<b>Mean (SD)</b>	<b>t</b>	<b>Df</b>
Males	150	18.34 (6.69)		
Females	150	14 (5.77)	8.91**	290

Note. \*\* =  $p \leq .05$  & .01. Standard Deviation appears in parentheses below means.

The table above is showing the mean, standard deviation, and *t* values of the male and female participants. The statistical significance was tested on .05 and .01 levels.

## **DISCUSSION**

Table 1 shows the overall mean for the IGD-SF9 (N=300). The mean (standard deviation) is 16.17 (6.69). Both male and female participants were classified based on the mean; those scoring more than the mean will be generalized being at high risk of developing internet gaming addiction. And the one scoring lower than the mean score will be generalized being at low risk of developing internet gaming addiction.

Table 2 shows the mean, standard deviation and *t* score of both male and female participants. The significance was tested on .05 and .01 levels. It is found that there is a significant difference in the level of internet gaming addiction in both males and females participants. With male participants scoring more than the overall mean of the IGD-SF scale i.e. 18.34 with a standard deviation of 6.69. On the other hand, female participants were found to be at low risk of developing internet gaming addiction as their mean score being at the lower side of the overall mean i.e. 14 with a standard deviation of 5.77.

## **CONCLUSION**

Based on the result, it is found that the hypothesis has been proved. There is a significant difference in the level of internet gaming addiction between male and female Indian adolescents. Internet games are influencing the lives of adolescents in a multilayered manner and the time spent is much. The boundaries between the virtual world and real life are diminishing. The sensible playing with strict self-restraint can be wonderful learning's in multiple aspects of life.

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**Conflict of Interest**

The author declared no conflict of interest.

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