

Is Video Game Addiction Promoting FOMO?

Ekatrika Ghosh¹, Dr. Papia Mukherjee^{2*}

ABSTRACT

The present study focuses on the level of Fear of Missing Out and Family Functioning on Video Game addiction. 100 adolescents took part in this study where 39 were female and 61 were male. The age range was 13-19 years. The measurements used were game addiction scale (Iemmens et al, 2011), Fear of Missing Out scale (Przybylski, Murayama, DeHann, & Gladwell, 2013) and The McMaster Family Assessment Device (Nathan B. Lawrence M. Baldwin, Duane S. Bishop, 1983). The results revealed that the correlational analysis indicated that females were more video game addicted. Medium and low video game addiction were correlated with problem solving High video game addiction was correlated with family roles, Low video game addiction was correlated with affective involvement, medium and low video game addiction were correlated with behavioural control.

Keywords: *Adolescents, Video game addiction, FOMO, Family Functioning*

As a result of technological improvements and the expansion of marketing efforts around the globe, video games have emerged as a particularly well-liked type of entertainment. A significant number of people have become so used to it that it has become an integral part of their everyday lives. There are those who are so engrossed in it that it is having an effect on our day-to-day lives. These people are demonstrating an excessive fascination with it. Teenagers and young adults are the primary demographic that the video game industry aims to attract as its potential customers. The International Classification of Diseases (ICD) has recently been updated to include Gaming Disorder, which has been acknowledged as a disorder that affects people's health by the World Health Organization. May of this year. According to the ICD-11 classification system, "Gaming disorder is defined as a condition where individuals have difficulty controlling their gaming habits, prioritize gaming over other activities, and continue or increase their gaming despite negative consequences."

The majority of people throughout the globe consider playing video games to be the most popular kind of leisure activity. A study that was carried out in 2014 by Ipsos mediaCT found that 59 percent of people in the United States participate in the activity of playing video games. According to the findings of a previous poll that was carried out by Ipsos mediaCT in 2012, it was discovered that an average of 48 percent of Europeans have engaged in the activity of playing video games. A sizeable percentage of young adults in

¹Ph.D Scholar, Department of Psychology, Swami Vivekananda University, India

²Assistant Professor, Department of Psychology, Swami Vivekananda University, India

*Corresponding Author

Received: June 24, 2024; Revision Received: July 25, 2024; Accepted: July 28, 2024

Is Video Game Addiction Promoting FOMO?

Norway, namely those between the ages of 16 and 40, are active participants in play on a regular basis. This percentage accounts for 56% of this population. A research that was carried out in 2011 by Mentzoni and colleagues is the source of the reference. 97% of adolescents in the United States of America are frequent players of video games, according to a survey that was carried out by Lenhart and colleagues in the year 2008. Individuals' social life may be greatly disrupted when they engage in excessive gaming. The individuals who are affected by Gaming Disorder will suffer a decrease in their drive to study, which will lead to poor performance on examinations and an inability to fulfill the deadlines for their assignments. Individuals who suffer from gaming disorder sometimes struggle to concentrate on their tasks of interest. Individuals who suffer from Gaming Disorder have been demonstrated to have poor academic performance in higher education institutions, according to a small number of academics who have conducted studies on the subject.

An addiction to video games, which is also often known as gaming disorder, is defined by excessive and compulsive use of video games, which may lead to significant impairment in an individual's ability to function in other parts of life over a prolonged period of time. The relevance of video games and the influence they have on younger generations, especially teenagers, piqued the researcher's interest. In light of this, she endeavored to get an understanding of the causes, consequences, and elements that either encourage or discourage the use of video games. Her main objective was to acquire a grasp of the pertinent concepts in this field, and she went over a number of different theoretical and empirical notions, which are going to be discussed in the next part. The Fear of Missing Out (FOMO) has been shown to have a direct impact on Gaming Disorder by serving as a mediator between the amount of time spent gaming and impulsivity, according to a discovery made by researchers. A significant association was found between gaming disorder and self-compensation motivation, game flow, the amount of time spent gaming, and fear of missing out (FoMO), according to the research conducted by Lili et al. (2021). It is possible that the sensation of fear of missing out (FoMO) and gaming motivation, namely self-compensation and game flow, may lead to an increase in the amount of time spent gaming, which may in turn contribute to the development of gaming disorder. According to the findings of a study that was carried out in the year 2020 by Manuel and colleagues, the level of fear of missing out (FOMO) is the most reliable predictor of addiction to social media. According to the findings of Lili et al. in 2021, gaming disorder is impacted by high levels of fear of missing out (FOMO). In contrast, Hamtoglou et al. in 2020 revealed that there is a positive association between the fear of missing out (FOMO) and addiction to social media. This was shown by the findings of the study. Academic performance was shown to have a negative correlation with smartphone addiction, fear of missing out (FOMO), and academic performance, according to a research that was carried out in 2019 by Aygul TA and colleagues. As stated by FA Fabris et al. in the year 2020, the phenomenon known as FOMO (fear of missing out) was shown to be associated with an increased vulnerability to stress brought on by feelings of neglect and unfavorable reactions from online peers. There has been a link between addiction to video games and the functioning of the family unit, as shown by a number of empirical studies. According to the findings of a study that was carried out by C. Bonnaire and colleagues (2017), the functioning of the family had a substantial influence on online gaming problem. According to Yayman et al. (2020), it was shown that adolescent gaming addiction is a powerful predictor of all areas of the functioning of the family. According to the findings of a research that was carried out by Isra et al. in the year 2022, the presence of poor family functioning was shown to be a predictor of addiction to online gaming. According to the findings of a research that was

Is Video Game Addiction Promoting FOMO?

carried out by Xinxin and colleagues (2017), there is an inverse relationship between family functioning and internet addiction. In 2015, Yi Lung Chen performed study that identified an association between Internet addiction and variables such as inadequate support from family members, poor social integration, and high levels of symptoms associated to attention-deficit/hyperactivity disorder (ADHD). It has been shown via research carried out by Marco et al. (2019) that the functioning of a family is a reliable indication of potentially hazardous internet use. According to the findings of Fithria et al. (2022), there was a significant relationship between the family functions and the addiction to video games. According to the findings of a research that was carried out in the year 2020 by Hyunchan and colleagues, teenagers who are addicted to playing video games on the internet have substantial disturbances in their family relationships.

Objectives

- To study the level of video game addiction among adolescents (male & female).
- To study the level of FOMO among adolescents with respect to their level of video game addiction.
- To study level of family functioning with respect to their level of video game addiction.

METHODOLOGY

The aim of the study is to find out the level FOMO and type of family functioning with respect to the video game addiction of adolescent students.

Site and Population

The sample of 100 adolescents (39 female and 61 male) was selected through snowball sampling. The age range of the sample was of 13-19 years. The study was conducted in Kolkata. The participants completed the questionnaires that were given to them along with socio demographics.

Tools and Scales

- **Game addiction scale:** The Game addiction scale was developed by Lemmens et al,2011. This scale has two forms the 1st form consists of 21 items and the short version consists only 7. The scale measures 7 criteria of computer addiction these are - salience, tolerance, mood modification, withdrawal, relapse, conflict and problems. The reliability was 0.60
- **Fear of Missing Out scale:** The FOMO scale was developed by Przybylski, Murayama, DeHann, & Gladwell ,2013. The scale has 10 items. Responses ranges from not at all true of me to extremely true of me. The internal consistency of this scale is 0.89
- **The McMaster Family Assessment Device:** The scale was developed by Nathan B. Lawrence M. Baldwin, Duane S. Bishop,1983, it has 53 items.

RESULTS

From the results it can be seen that the mean of female (23.435) in case of video game addiction is higher than male (23.29814), it was also found that high and low video game addiction was found to be significant with FOMO. It was evident that medium video game addiction was found to be significant with roles and Problem solving and low video game addiction was found to be significant with affective involvement and problem solving.

DISCUSSION AND CONCLUSION

From table 1 it can be seen that the mean of video game addiction in case of male was 23.29814, Sd was 6.288409, ANOVA was 220.9, df was 1 and the p value was found to be significant on the 0.001 level. On the other hand, the mean of video game addiction in case of female was 23.435, SD 4.786478, ANOVA was 104.4, df was 1 and the p value was significant on the level of 0.001 level. The mean of video game addiction of female participants were higher than male participants. The video game addiction or the exposure to the video game is more common in the male adolescent than the female. But in this 21st century women are also being exposed to the video games (olatz lopez- Fernandez et al, 2019) and that is a reason for a significant difference in the nature of level of game addiction with the gender of the students. From the above this is evident that the alternative hypothesis has been accepted.

The second objective was, to study the level of FOMO of the adolescent students with respect to their level of game addiction (high, medium and low). FOMO was found to be significant with high and low videogame addiction. The P value was significant at 0.05 level for both high and low video game addiction.

The table 3 depicted the 3rd objective. Which was to study the level of family functioning with respect to their level of video game addiction. The mean of problem solving with respect to medium video game addiction was 43.78, SD was found to be 6.836334, ANOVA was 13.7 and the P value was significant in the level of 0.001. which was supported by Marco C et al,2019. Problem solving in terms of low video game addiction was found be significant on the level of 0.04. Roles (Family functioning) in terms of high video game addiction was found to be significant in the level of 0.01. Affectionate involvement was found to be significant at the level of 0.02 in terms of low video game addiction. From the above discussion it was concluded that,

- Female Adolescent students were more video game addicted.
- Medium and low video game addiction were correlated with problem solving.
- High video game addiction was correlated with family roles,
- Low video game addiction was correlated with affective involvement.

Contribution

- This study can provide a guiding path for future researches
- This study can contribute to the counseling psychology
- This study can contribute to social psychology.

REFERENCES

- Aygun, T. A., & Akbay, S. E. (2019). Smartphone addiction, fear of missing out, and perceived competence as predictors of social media addiction of adolescents. *European Journal of Educational Research*, 8(2), 559-566.
- Bonnaire, C., & Phan, O. (2017). Relationships between parental attitudes, family functioning and Internet gaming disorder in adolescents attending school. *Psychiatry Research*, 255, 104-110.
- Chen, Y. L., Chen, S. H., & Gau, S. S. F. (2015). ADHD and autistic traits, family function, parenting style, and social adjustment for Internet addiction among children and adolescents in Taiwan: A longitudinal study. *Research in developmental disabilities*, 39, 20-31.

Is Video Game Addiction Promoting FOMO?

- Fabris, M. A., Marengo, D., Longobardi, C., & Settanni, M. (2020). Investigating the links between fear of missing out, social media addiction, and emotional symptoms in adolescence: The role of stress associated with neglect and negative reactions on social media. *Addictive Behaviors, 106*, 106364.
- Hamutoglu, N. B., Topal, M., & Gezgin, D. M. (2020). Investigating Direct and Indirect Effects of Social Media Addiction, Social Media Usage and Personality Traits on FOMO. *International Journal of Progressive Education, 16*(2), 248-261.
- Li, L., Griffiths, M. D., Mei, S., & Niu, Z. (2021). The mediating role of impulsivity and the moderating role of gender between fear of missing out and gaming disorder among a sample of Chinese university students. *Cyberpsychology, behavior, and social networking, 24*(8), 550-557.
- Li, L., Griffiths, M. D., Niu, Z., & Mei, S. (2020). Fear of missing out (FoMO) and gaming disorder among Chinese university students: Impulsivity and game time as mediators. *Issues in Mental Health Nursing, 41*(12), 1104-1113.
- Li, L., Niu, Z., Griffiths, M. D., & Mei, S. (2021). Relationship between gaming disorder, self-compensation motivation, game flow, time spent gaming, and fear of missing out among a sample of Chinese university students: A network analysis. *Frontiers in Psychiatry, 12*, 761519.
- Shi, X., Wang, J., & Zou, H. (2017). Family functioning and Internet addiction among Chinese adolescents: The mediating roles of self-esteem and loneliness. *Computers in Human Behavior, 76*, 201-210.
- Tariq, I., & Majeed, S. (2022). Poor Family-Functioning and Lack of Interpersonal Support as Predictors of Online Gaming Addiction in Adolescents. *Journal of Professional & Applied Psychology, 3*(1), 53-68.
- Varchetta, M., Frascchetti, A., Mari, E., & Giannini, A. M. (2020). Social media addiction, fear of missing out (FoMO) and online vulnerability in university students. *Revista Digital de Investigación en Docencia Universitaria, 14*(1), e1187.
- Yayman, E., & Bilgin, O. (2020). Relationship between Social Media Addiction, Game Addiction and Family Functions. *International Journal of Evaluation and Research in Education, 9*(4), 979-986.

Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Ghosh, E. & Mukherjee, P. (2024). Is Video Game Addiction Promoting FOMO?. *International Journal of Indian Psychology, 12*(3), 555-561. DIP:18.01.053.20241203, DOI:10.25215/1203.053

APPENDIXES

Table 1 Analysis of the variable was done to test the mean difference to identify significant difference in the nature of level of video game addiction among the adolescent students (male and female)

Gender	Mean	sd	Anova	df	Significance
Male	23.29814	5.439964	220.9	1	0.001
Female	23.435	4.786478	104.4	1	0.001

Table 2 Analysis of the variable was done to test the mean difference to identify the level of FOMO of the adolescent students with respect to their level of video game addiction level (High, moderate, low)

FOMO	Mean	sd	Anova	df	Significance
High Video game addiction	56.45	6.288409	3.399	1	0.0267*
Medium Video game addiction	52.18687	6.992867	2.122	1	0.162
Low Video game addiction	46.14286	6.574475	4.564	1	0.0468*

Table 3 Analysis of the variable was done to test the mean difference to study the pattern of family functioning of the adolescent students in terms of their level of video game addiction (high, moderate and low)

Family Functioning	Mean	sd	Anova	df	Significance
Problem solving & High Video game addiction	44.02	4.771777	0.145	1	0.817
Problem solving & Medium video game addiction	43.78	6.836334	13.7	1	0.000289***
Problem solving & low video game addiction	31.85714	6.52778	3.31	1	0.0478*
Communication & High video game addiction	36.75	6.665973	0.606	1	0.309
communication & Medium Videogame addiction	37.4598	5.453226	0.418	1	0.3
Communication and low video game addiction	36.18058	5.879481	1.022	1	0.22
roles & High Video game addiction	36.4	3.228235	6.514	1	0.0157*
Roles & medium Video game addiction	37.20202	3.665162	3.536	1	0.0679
roles & low Video game addiction	36.18142	6.182798	3.02	1	0.085
Affective responsiveness & HighVideo Game addiction	3.03	5.665692	1.276	1	0.261
Affective responsiveness & Medium Video Game Addiction	37.52081	5.640381	1.264	1	0.263
Affective responsiveness & Low Video game addiction	37.08523	6.0223452	0.12	1	0.732

Is Video Game Addiction Promoting FOMO?

Family Functioning	Mean	sd	Anova	df	Significance
Affective involvement High Video game addiction	32.25	4.682991	0.58	1	0.428
Affective involvement & Moderate Video game addiction	34.93434	4.215695	2.222	1	0.183
Affective involvement & Low video game addiction	38.29572	6.158232	4.764	1	0.0273*
Behavior control & High Video game addiction	49.05	4.881677	0.125	1	0.817
Behavior control& Medium video game addiction	44.88588	6.887836	13.7	1	0.317
Behavior control & low video game addiction	33.86712	6.61756	4.31	1	0.227
General functioning & High video game addiction	32.84	6.665971	0.602	1	0.402
General functioning & Medium Videogame addiction	35.3696	5.363116	0.512	1	0.3
General functioning and low video game addiction	35.12044	5.828382	1.031	1	0.31