

# A STUDY ON THE RELATION BETWEEN GAMING ADDICTION, SOCIAL ISOLATION, DEPRESSION, AND BEHAVIORAL CHANGES AMONG TEENAGERS

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## **Abstract:**

There are many types of addiction, Mobile game addiction has serious negative effects on mental health issues for teenagers, kids, and working people in this pandemic .many studies have been done to find the relationship between mobile gaming and addiction. Based on many published empirical studies it states that unrestricted usage of mobile gaming leads to several health issues both physically and mentally. Due to the lack of a specified instrument for measuring this type of behavioral change. In this study, we examined the association between mobile gaming addiction, social isolation behavioral changes, Lack of attention, and depression among teenagers in this pandemic. This study found that mobile gaming addiction was positively associated with social association and depression when they use mobile gaming as a mode of positive addiction. In this study, 200 samples have been taken for the analysis and had been stratified from the age group of 13 – 19 teenagers. the study concludes that however the respondents are addicted to mobile gaming they overcome stress, loneliness and feel Refreshed, and increase Mental Health.....

**Keywords:** Mobile game addiction, depression, social isolation, Mental Health, behavioral changes.

## **INTRODUCTION:**

Mobile Gaming is the main source of Entertainment for kids, teenagers and even Adults in this pandemic. Mobile gaming is easily accessible and entertaining and can hook anyone of any age and sex we spend hours together for playing. Though we spent most of our time in home in pandemic, this is also a problem that needs to be addressed .Gaming also wind down and relax after a stressful day at work. Game playing is considered as a part of modern culture rather than simply an addictive product. Game playing is not just a damaging activity, actually enhances the Cognitive ,motivational , emotional and social abilities of a person and fosters somereal-

world Benefits opposite to usual beliefs the mobile games also makes us lazy and increases dormant patterns, and they also provide many cognitive skills. Many teenagers are part of Gaming communities, it is about winning the next team together and going to next levels for competing and spending huge money to customize the character and to move in advance and it happens in Role playing Games . In this pandemic many Teenagers think that spending time in gaming is a good compromise to connect with friends and the world but its not. Excessive Gaming can result in Behavioural Issues too ,they do not learn the basic skills required to function in society and to hold jobs in future and also results in both Physical and Mental consequences. There are many screening Instruments used now days to find the Gaming addiction Criteria. The main Problems of excessive gaming is Gamer Rage which comes from Frustration and anger, losing the Pride before the opponent and it results on swearing and using abusive words on the opponent and about their family members.

## **REVIEW OF LITERATURE:**

Gentile D(2011) positive and negative effects of Video game play “suggested that gamers with pathological anxiety and social phobia become worse, depending on their social avoidance behavior, but will gradually better when they recover from their pathological state.

Recent innovations in video game addiction research and theory ”(king DL,Griffiths M &elfabbro P,2009).people who play video games to avoid stressors or escape from the real world tend to have high risk for problematic use cause while playing video games to avoid stress or escape from the real world to tend to have high risk for problematic use because while playing video games helps them cope with stress , it also keeps them attracted; thus , keeping them further away from normal life rather than having to face it.

JayalakshmiG,Ranganathan

Chidambaram,RamasundaramSrikumar,VijayakumarR(2017).The study was done to determine the effects of online games on adolescents from the study it was found that 29% of adolescents are considered as addicted to online games. the results also showed that there was relation between online games addiction and less physical activities.it also affects the sleep of gamers.It is concluded that online games have caused changes in the way adolescents interact. Choo H, Liao A, Sim T Li D, Fung D and Khoo A (2011), “Pathological video game use among youths” The authors identified anxiety, Social phobias and lower school performance as likely outcomes of problem gaming. The study looked at more than 3000 children in elementary and secondary school in Singapore. Researchers assessed pathological gaming, weekly amount of game play, impulsiveness , social competence , social phobia and anxiety .The prevalence of pathological gaming was similar to other countries about 9 percent of young gamers, childrens and teens who played more videos games and who had lower social competence and greater impulsiveness were at higher risk of becoming pathological gamers. In addition to being a coping strategy for children who are already depressed or anxious, study authors suggest gaming can also increase some mental health problems. for example , a child's baseline impulsiveness may become more pronounced once he or she is engaged in pathological gaming.

Richard T .A.Wood, MarkD.Griffiths, Darren Chappell, and Mark N.O.Davis “The Structural Characteristics of Video Games: A Psycho-Structural Analysis” This paper outlines the main

structural characteristics of video game playing (i.e., those characteristics that either induce gaming in the first or are inducements to continue gaming irrespective of the individuals' psychological, physiological, or socio-economic status)

Mehmet Faith E, Ferdun O, Cigdem E (2015) "The relationship between loneliness and game preferences of secondary school students". The purpose of the study was to determine the relationship between loneliness level and game preferences of 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade students. In this research survey method was used to collect the data and obtained by a game playing habits and preferences questionnaire and loneliness scale.

### **NEED FOR THE STUDY:**

This research identifies the gaming addiction among Teenagers aged 13-19 and its effects and the association of mobile gaming addiction and behavioural effects and to know about the impact of mobile gaming addiction on academic performance on teenagers.

### **OBJECTIVE OF THE STUDY:**

To identify the behavioral changes of the teenagers while playing mobile games

To study the direct and indirect effects of gaming addiction on the level of social isolation, depression, and aggressiveness

To know whether mobile gaming addiction affects their academic performance

### **RESEARCH METHODOLOGY:**

Survey methodology is used in this research. In this study the samples are teenagers both male and female in Chennai and its surroundings and stratified random sampling technique is used and quantitative methodology along with questionnaire design involves thinking about a research problem and to analyse data both male and female had given equal chance to give their opinion from many locations in and around Chennai like Ambattur, Avadi, Koyembedu, Korattur. In the first hypothesis, mobile game addiction is independent variable and social isolation, depression, aggressiveness is the dependant variable and in the next hypothesis depression, social isolation and aggressiveness is dependent variable. The control variables of the study were gender, age, teenagers. This study used Likert scale.

### **THEORY USED:**

Uses and gratification theory is used in this study to know how people actively seek out specific media to gratify or satisfy specific needs. (Katz, 1959) says that while other theories deal with "what do media do to people", the uses and gratification theory deals with "what do people do with media". In this research it helps that people choose their own game according to their interest on specific things like, Role playing, shooting, puzzle, etc and they do it for relaxation, joyfulness, to win, to be a hero.

### **LIMITATIONS OF THE STUDY:**

This study has certain limitations that has to be taken in account when considering the study and its Contributions.

1. Only 200 samples (143 male and 57 Female),School Students,College students, Teenagers responded to this Research.
2. Mainly survey methodology is used in this study
3. This study was done in Koyembedu,Ambattur,Korattur,Avadi.

## DATA ANALYSIS AND INTERPRETATION

Table.1

Frequency and Percentage distribution of Respondents Gender wise.

Gender	Frequency	Percentage
Male	143	71.5
Female	57	28.5
Total	200	100.0

### Interpretation:

Out of 200 samples 143 (71.5%) of the respondents belongs to the Male category and next 57 (28.5%) are Female category.

Table.2

Frequency and Percentage distribution of age group of Respondents

TABLE.2		
Age	Frequency	Percentage%
13-15	73	36.5
15-17	75	37.5
17-19	52	26.0
Total	200	100.0

### Interpretation:

The above table shows that the age group of respondents 13- 15 are 73(36.5%), 15-17 are 75(37.5%) ,17-19 are 52(26.0%) respondents out of 200 samples.

Table.3

Frequency and Percentage distribution of different Area of Respondents

Table.3		
Occupation	Frequency	Percent
School Students	148	74.0
College students	52	26.0
Total	200	100.0

From above table 148 students (74 %) of Respondents are School students and 52(26%) Of Respondents are College students.

Table.4

Frequency and Percentage distribution of Mobile game users by Respondents

Table.4		
You play Games	Frequency	Percent
Yes	120	60.0%
Sometimes	80	40.0%
No	0	0

From the above Table mentioned that 120 (60%) of Respondents play games and 80 (40%) respondents also play online games sometimes out of 200 samples.

Table.5

Frequency and Percentage distribution of Online Game playing hours a day by Respondents

Table.5		
Gaming hours a day	Frequency	Percent
Less than 1 hr	24	12.0
1-2 hr	99	49.5
3-4 hr	55	27.5
More than 4 hrs	22	11.0
Total	200	100.0

From the above Table 99(49.5%) of Respondents play mobile games 1-2 hr, and 55(27.5%) of Respondents play 3-4 hrs , and 24(12.0%) of respondents play less than 1 hr,22(11.0%) of Respondents play more than 4 hrs a day.

Table.6

Frequency and Percentage distribution of kinds of games played by Respondents

Table.6		
Kind of Games	Frequency	Percent
Adventure	71	35.5
Shooting	78	39.0
Survival	44	22.0
Racing	7	3.5
Total	200	100

From the above table 78(39.0%) of Respondents play Shooting Games,71(35.5%) of Respondents play adventure games,44(22.0%) play survival games,7(3.5%)of respondents play Racing games out of 200 samples.

Table.7

Frequency and Percentage distribution of playing Online Games

Table.7		
Playing online Games	Frequency	Percent
To Kill boredom	91	45.5
To bunk Online class	11	5.5
To connect with friends	79	39.5
Lonely	19	9.5
Others	0	0
Total	200	100.0

From the above table its evident that 91(45.5%) of Respondents play games to kill boredom,79 (39.5%) respondents play games to connect with friends ,19(9.5%) of Respondents play games when they are lonely and 11 (5.5%) of Respondents play games when they want to bunk online classes out of 200 samples.

Table.8

Frequency and Percentage distribution of online gaming is a serious addiction in this pandemic.

Table.8		
Online gaming addiction	Frequency	Percentage
Agree	136	68.0
Disagree	37	18.5
Neutral	27	13.5
Total	200	100.0

From above table it shows that out of 200 samples, 136( 68.0%)of Respondents agree that online gaming is a serious addiction in this pandemic and 37(18.5%) disagree s to this statement,27(13.5%) of respondents are neutral to this statement.

Table.9

Frequency and Percentage distribution of type of games Respondents prefer to play

Table.9		
Type of games	Frequency	Percentage
Single player	85	42.5
Multiplayer	115	57.5
Total	200	100

From the above table it shows that out of 200 samples 115(57.5%) of Respondents play multiplayer games,85(42.5) % play Single player games.

**Table.10**  
**Frequency and Percentage distribution of Reasons for playing online Game**

Table.10		
Reason to play online game	Frequency	Percentage
Relax	104	52.0
Competitive	28	14.0
To win	59	29.5
Entertainment	9	4.5
Total	200	100.0

From above table it shows that out of 200 samples,104 (52%)of respondents play online games to relax themselves,59(29.5%) of respondents play games just to win the game,28(14.%)of Respondents play games for competitive and 9(4.5%)of respondents play games for entertainment.

**Table.11**  
**Frequency and Percentage distribution of Respondents playing Online games helps in relieving your Stress**

Table.11		
Agree	Disagree	Neutral
107	42	51
53.5	21.0	25.5
Total	200	100

From the above table it shows that out of 200 samples 107 (%) of respondents agree that by playing online games we relieve from stress and 51(%) of respondents mentioned neutral 42 (%)of respondents disagree with the statement.

**Table.12**  
**Frequency and Percentage distribution of Respondents interest in getting in to friendship while playing Games**

Table.12		
Getting Friendship	Frequency	Percentage
Yes	123	61.5
No	77	38.5
Total	200	100.0

From the above Table it shows that out of 200 samples 123 (61.5%) of Respondents says they are interested to get friends while playing Online game and 77(38.5%) of Respondents says no to the statement.

Table.13

Frequency and Percentage distribution of Respondents thinking that playing Online mobile games improves their Skills

Table.13		
Yes	83	41.5
No	49	24.5
Neutral	68	34.0
Total	200	100.0

From the above table it shows that out of 200 samples 83(41.5%) of respondents agrees that online games improves their skills, 68(34%) of respondents are neutral to the statement, 49 (24.5%) does not agree to the statement.

Table.14

Frequency and Percentage distribution of Online Gaming does it affects the academic performance

Table.14		
Agree	56	28.0
Disagree	94	47.0
Sometimes	50	25.0
Total	200	100.0

From the above table out of 200 samples, 94(47%) respondents disagree that online gaming does not affect their academic performance, 56(28.0%) of respondents agree to this statement and 50(25%) of respondents says sometimes it affects their performance.

Table.15

Frequency and Percentage distribution of video games playing big role in Social life

Table.15		
Games play a big role in your Social life	Frequency	Percentage
Agree	112	56.0
Disagree	61	30.5
Neutral	27	13.5
Total	200	100.0

From the above table it shows that out of 200 samples, 112(56%) of Respondents agree that playing games has improved their social life, 61(30.5%) of respondents disagree to the statement and 27(13.5%) neutral to the statement.



Table.16

Frequency and Percentage distribution of thinking about playing Video games while studying.

Table.16		
Thinking of Video games while studying	Frequency	Percentage
Agree	63	31.5
Disagree	78	39.0
Sometimes	59	29.5
Total	200	100

From the above table 78(39.0%)of respondents Disagree to the Statement and 63(31.5%) of respondents agree to the statement, 59(29.5%) of Respondents said sometimes they think of playing video game while studying.

Table.17

Frequency and Percentage distribution of health Issues faced while playing Online Games

Table.17		
Health Issues	Frequency	Percentage %
Headache	56	28.0
Back pain	25	12.5
Obesity	18	9.0
Insomnia	60	30.0
No health issues	32	16.0
Others	9	4.5
Total	200	100

From the above table it shows that 60(30.0%) of Respondents are having Insomnia,56(28.0%),Headache,32(16.0%),No health issues,25(12.5%) Back pain,9(4.5%) have other issues.

Table.18

Frequency and Percentage distribution of feeling Restlessness or Irritation when you are not attempting to play online Games

Table.18		
Restlessness or irritation while not playing games	Frequency	Percentage
Yes	87	43.5
No	59	29.5
Neutral	54	27.0
Total	200	100.0

From the above table shows that out of 200 samples, 87(43.5%) of respondents agrees by yes that they feel Restlessness or irritation when they are not attempting to play , 59(29.5%) of respondents says No and 54(27%) of respondents also says that sometimes they felt Restlessness or irritation while not playing.

Table.19

Frequency and Percentage distribution of skipping the Online classes in order to play Online Games

Table.19		
Skipping Online classes to play mobile games.	Frequency	Percentage
Yes	60	30.0
No	88	44.0
Sometimes	52	26.0
Total	200	100.0

From the above Table it shows that 88(44.0%) of Teenagers do not skip the Online Classes to play 60(30.0%) Teenagers skip the online classes to play.

Table.20

Frequency and Percentage distribution which of the following is your favorite mobile Game.

Table.20		
Favourite Mobile Game	Frequency	Percentage
PUBG	65	32.5
Free Fire	62	31.0
Candy Crush Saga	31	15.5
Call of Duty	30	15.0
Others	12	6.0
Total	200	100.0

From the above table 65(32.5%) play Pubg ,62(31.0%) of respondents plays FreeFire ,31(15.5%)of respondents play candy crush saga 30(15%)of respondents play call of Duty,12(6.0%) of respondents play other games.

Table.21

Frequency and Percentage distribution Do you think that excessive online gaming makes you isolated from family?

Table.21		
Isolated from family due to Gaming	Frequency	Percentage
Yes	113	56.5
No	87	43.5
Total	200	100.0

From the above table out of 200 samples ,113(56.5%)of respondents say Yes that excessive online gaming makes them isolated from family,87(43.5%) of respondents says No to the statement.

Table.22

Frequency and Percentage distribution of think playing and winning games gives you Pride.

Table.22		
Playing games makes you smarter	Frequency	Percentage
Yes	104	52.0
No	56	28.0
Neutral	40	20.0
Total	200	100.0

From the above table out of 200 samples,104 (52.5%)of respondents say yes to the statement that playing games makes them smarter,56(28.0%) says No to the statement, 40(20.0%) are neutral to the statement.

## Conclusion:

The Purpose of the study is to know the Relation between gaming addiction, social isolation depression, and behavioral changes among teenagers the results of the study shows us that online gaming is a serious addiction in this pandemic. Mainly students play games to kill boredom and majority of students feel that playing online games continuously makes them academically weak. Respondents think that playing Online mobile games improves their Skills.

There must be some self-control when gaming,and not to let it overconsume a Teenagers life. and while gaming one need to be mindful of the amount of time spent and need to be very careful that they don't neglect academic responsibilities that they should do daily in that age. To sum up with the result the respondents think that Video games are playing big role in their Social life.

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