

**A SOCIOLOGICAL EXPLORATION OF ONLINE GAME
ADDICTION AMONG YOUNG ADULTS**

*A Dissertation Submitted to the University of Kerala in the
Partial Fulfillment of the Requirements for the Master of Arts
Degree Examination in Sociology*

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DECLARATION

I, **JITHALEKSHMI. S**, do hereby declare that the Dissertation Titled **A SOCIOLOGICAL EXPLORATION OF ONLINE GAME ADDICTION AMONG YOUNG ADULTS** is based on the original work carried out by me and submitted to the University of Kerala during the year 2022-2024 towards partial fulfillment of the requirements for the Master of Arts Degree Examination in Sociology. It has not been submitted for the award of any degree, diploma, fellowship or other similar title of recognition before any University or anywhere else.

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CERTIFICATION OF APPROVAL

This is to certify that this dissertation entitled **A SOCIOLOGICAL EXPLORATION OF ONLINE GAME ADDICTION AMONG YOUNG ADULTS** is a record of genuine work done by **MS. JITHALEKSHMI.S**, Fourth semester Master of Sociology student of this college under my supervision and guidance and that it is hereby approved for submission.

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ABSTRACT

This research explores the impact of online game addiction on young adults in the Thiruvananthapuram district through a quantitative approach using a structured questionnaire. Online game addiction among young adults presents a significant issue, affecting various facets of their lives, including social interactions, mental health, and overall well-being. Surveying 60 young adults from the Thiruvananthapuram district, the research examines how online game addiction influences social life, academic performance, and mental health.

Findings indicate that online game addiction frequently leads to considerable social isolation, with individuals prioritizing gaming over real-world interactions, resulting in decreased involvement in family and social events. This isolation can impair social skills and weaken relationships. The transition from face-to-face to online-only interactions often offer a superficial sense of community, lacking the emotional depth of real-life connections. Additionally, excessive gaming is found to adversely affect academic performance, with respondents experiencing missed deadlines, lower grades, and diminished academic engagement.

Mental health issues such as depression, anxiety, and loneliness are commonly linked with online game addiction, further contributing to social withdrawal and relationship difficulties. Peer influence plays a complex role; while peer pressure and gaming communities may aggravate gaming habits, positive peer groups that promote a balanced lifestyle can help reduce addiction risks.

Addressing this issue involves increasing awareness of gaming addiction signs, promoting diverse social activities, encouraging supportive peer relationships, and seeking professional help if needed. The research highlights the necessity of a balanced approach to gaming, highlighting the importance of education, support, and intervention to manage and mitigate the negative effects of online game addiction. It aims to inform strategies and support mechanisms that substitute healthier gaming habits and overall life balance.

CHAPTER I

INTRODUCTION

1.1 INTRODUCTION

In recent years, the phenomenon of online game addiction among young adults has collected significant attention from the public alike with the proliferation of digital technologies and the universal availability of gaming addiction has become a pressing concern in many societies worldwide. This phenomenon is not merely a matter of personal choice or individual behavior but is deeply embedded within broader social, cultural, and structural context. Thus, a sociological exploration of online game addiction among young adults offers an exact understanding of the factors contributing to this complex issue.

It is essential to recognize that online gaming has become an integral part of contemporary youth culture. With advancement in technology and the internet's prevalence, gaming has transcended traditional boundaries and has become a universal form of entertainment and social interaction. As such, the social norms surrounding gaming have evolved, with online gaming communities forming distinct subcultures with their own values, norms and practices. Within these communities, young adults often find acceptance, intimacy and a sense of belonging, which can be potent factors in the development of addictive behaviors.

Online gaming offers a unique form of escapism, allowing individuals to temporarily disconnect from the stressors and challenges of everyday life. For many young adults, particularly those facing academic pressure job insecurity, or social isolation, gaming provides a means of seeking refuge from reality and experiencing a sense of autonomy and control within virtual world. However, this escapism can become problematic when it interferes with their real-life obligations and responsibilities, leading to neglect of academic, occupational or interpersonal pursuits.

The structural dynamics of the gaming industry play a crucial role in shaping patterns of online game addiction among young adults. The design feature of many popular online games, such as reward systems, and social networking features, are often engineered to maximize player engagement and detention. These design elements, combined with the legitimate strategies employed by game developer, create powerful incentives for prolonged gaming sessions and impulsive spending, thereby exacerbating the risk of addiction among vulnerable individuals.

The social factors, including peer influence and familial dynamics, can significantly impact an individual's susceptibility to gaming addiction. Peer pressure to conform to gaming norms, coupled with social validation and status within gaming communities, can reinforce addictive behaviors among young adults. Moreover, family dynamics, such as parental attitudes towards gaming, parental supervision, and familial conflict, can either mitigate or intensify the risk of addiction, highlighting the interplay between individual experiences and broader social contexts.

Within the context of online gaming, this study seeks to identify the socio-cultural factors underlying addictive behaviors among young adults. Examining the intersection of social interaction, technology integration and individual susceptibility, to develop an exact understanding of the complex within contemporary society.

1.2.BACKGROUND OF THE STUDY

Online gaming has emerged as a central component of digital entertainment, particularly for young adults. The proliferation of sophisticated gaming platforms, widespread internet access, and immersive multiplayer games has led to a significant increase in the number of individuals deeply engaged in online gaming. While gaming can provide entertainment, substitute social interactions, and even enhance cognitive skills, there is growing concern about the risk of online game addiction, especially among young adults. This demographic, especially those transitioning into adulthood—such as college students or early career professionals—is particularly vulnerable to the appeal of online games. The desire for social connection, exploration, and escapism, which online gaming readily offers, makes this group more susceptible. However, excessive involvement in gaming can result in negative outcomes, including declining academic performance, mental health challenges like anxiety and depression, social isolation, and strained relationships with family and peers. In Thiruvananthapuram, as in many other urban areas, the availability of online games has skyrocketed, fueled by the widespread use of smartphones and affordable internet. The young adult population in this region is especially at risk of developing online game addiction due to various socio-economic factors, academic pressures, and the pervasive influence of global gaming culture. Although online game addiction is increasingly recognized as a public health concern, there is a lack of sociological research examining its impact within specific cultural and regional contexts. This study seeks to address this gap by exploring the prevalence and effects of online game addiction among young adults in Thiruvananthapuram. The research

will examine how addiction impacts their social lives, academic achievements, mental health, and overall well-being. By shedding light on these issues, this study aims to inform the development of effective interventions and raise awareness about the dangers of excessive online gaming.

1.2.1. THE RISE OF ONLINE GAMING AND ITS SOCIAL CONTEXT

The emergence of online gaming is inextricably linked to the larger story of technical advancement, globalization, and cultural revolution. Over the last few decades, internet gaming has grown from a niche interest to a popular form of entertainment, attracting millions of gamers from all over the world. This expansion is driven not only by technological progress, but also by social, economic, and cultural elements that have combined to create a fertile atmosphere for the spread of online gaming.

GAMING THROUGH THE AGES: THE EVOLUTION OF ONLINE PLAY

The history of online gaming is a captivating journey that spans several decades, highlighting the evolution of technology, the internet, and gaming culture. Here's an overview:

Early Beginnings (1970s - 1980s)

Online gaming's origins can be traced back to the 1970s and 1980s when the first computer networks were developed. In 1978, Multi-User Dungeon (MUD) games emerged, which were text-based adventures allowing multiple players to connect and interact in a virtual world. These early games laid the foundation for future online multiplayer experiences.

The 1980s saw the rise of personal computers and local area networks (LANs), making multiplayer games more accessible. Notable early networked games include "Spasim" (1974), a 3D space combat game, and "Maze War" (1974), often considered the first first-person shooter (FPS). These games were typically played on university networks and required specialized knowledge to set up.

The Rise of Online Gaming (1990s)

The 1990s marked a pivotal moment for online gaming, driven by the internet's rapid expansion. With the advent of graphical web browsers and broader internet access, online gaming became more widely available to the public.

MUDs and MMOs: The success of MUDs continued into the 1990s, leading to more advanced online games. "Meridian 59" (1996) is often regarded as the first graphical massively

multiplayer online role-playing game (MMORPG). However, it was "Ultimo Online" (1997) and "Ever Quest" (1999) that truly popularized the MMORPG genre, drawing millions of players worldwide.

Online Console Gaming: The Sega Dreamcast, released in 1999, was the first console to feature online capabilities. Games like "Phantasy Star Online" introduced console gamers to online gaming, though technical limitations hindered widespread success.

The Explosion of Online Gaming (2000s)

The early 2000s saw online gaming explode into mainstream culture, fueled by advancements in broadband internet, gaming consoles, and PC hardware.

MMORPGs and Virtual Worlds

The MMORPG genre reached new heights with the release of "World of Warcraft" (2004), which became a cultural phenomenon and the most popular MMORPG of its time. Virtual worlds like "Second Life" (2003) also gained popularity, offering players immersive social experiences.

First-Person Shooters and Online Competition: Online FPS games gained traction, with titles like "Counter-Strike" (1999) and "Halo 2" (2004) leading the way. These games introduced competitive multiplayer modes that would evolve into today's esports scene.

Online Console Gaming: Sony's PlayStation 2, Microsoft's Xbox, and Nintendo's GameCube all launched online gaming services. Xbox Live (2002) set a new standard for online console gaming by offering a unified service for multiplayer gaming, matchmaking, and voice chat.

The Modern Era (2010s - Present)

In the 2010s, online gaming became a dominant force in the entertainment industry, with the rise of mobile gaming, social games, and live streaming.

Esports: The competitive gaming scene, known as esports, skyrocketed in popularity, with games like "League of Legends," "Dota 2," and "Fortnite" attracting millions of viewers and offering substantial prize pools. The rise of live streaming platforms like Twitch allowed gamers to broadcast their gameplay to global audiences, further boosting esports' popularity.

Mobile and Social Games: Mobile games like "Clash of Clans" and "Candy Crush Saga" brought online gaming to a broader audience, while social games such as "FarmVille" and "Words with Friends" gained popularity on social media platforms.

Cross-Platform Play and Cloud Gaming: In recent years, cross-platform play has become increasingly common, enabling players on different devices to play together. Additionally, cloud gaming services like Google Stadia and Xbox Cloud Gaming have begun offering gaming experiences without requiring powerful local hardware.

The history of online gaming showcases the rapid advancement of technology and its profound impact on entertainment. From its early days on university networks to its evolution into a global industry worth billion, online gaming has revolutionized the way people play, interact, and connect worldwide.

Technological Advancements as Catalysts

The rapid development of digital technology has played a significant role in the rise of online gaming. The introduction of high-speed internet in the late 1990s and early 2000s transformed the gaming scene, allowing for the production of more complex, interactive, and socially connected game experiences. Unlike traditional video games, which were mostly single-player and limited to local devices, online games allowed users to interact with one another in real-time, regardless of geographical location. This technological advancement was followed by the development of powerful gaming consoles, PCs, and, eventually, mobile devices capable of handling the demands of sophisticated online games. As a result, gaming became more accessible, attracting a diverse audience, including young adults who were already familiar with digital culture.

The Social Interaction of Gaming

As technology advanced, online gaming grew more integrated into the social fabric of daily life. The rise of social media platforms such as Facebook, Twitter, and YouTube contributed significantly to this process by offering locations for gaming material to be shared, discussed, and praised. This integration served to normalize gaming as a legitimate, even prestigious, hobby, particularly among younger generations. Online gaming has become a popular way for young adults to socialize. Unlike conventional forms of social contact, which frequently required physical presence, online gaming provided a virtual environment in which people could connect, collaborate, and compete with one another. These virtual settings created a sense

of connection and belonging, especially to people who may feel marginalized or alone in their real life.

The Cultural Shift Towards Gamification

The cultural landscape has also shifted in way that have supported the rise of online gaming. Gamification, or the incorporation of game-like elements into non-game contexts, has invaded many parts of life, including education, work, fitness, and social relationships. This development reflects a more widespread cultural acceptance of game mechanics as effective instruments for engagement and motivation. In this perspective, online gaming is more than just a form of pleasure; it reflects a culture that increasingly prizes competitiveness, success, and quick gratification—all of which are inherent in many online games. The immersive and participatory aspect of online games appeals to the desire for control, mastery, and social acknowledgement, making them especially appealing to young adults grappling with identity construction and social standing.

Economic Factors and the Gaming Industry

The rise of online gaming is also inextricably linked to the expansion of the gaming business, which has become one of the most profitable areas of the entertainment economy. Major gaming firms such as Tencent, Activision Blizzard, and Sony have made significant investments in the creation of online games, recognizing the financial value of a global player base. The gaming industry's economic model has developed to take advantage of internet games' addictive nature. Many games now have monetization tactics that encourage ongoing play, such as in-game purchases, loot boxes, and subscription models. These methods are frequently aimed at young adults, who are more likely to spend money on entertainment and like the social and competitive components of gaming.

Globalization and The Spread of Gaming Culture

Globalization has contributed significantly to the cross-border development of online gaming cultures. Online gaming communities are fundamentally global, with gamers from various countries and cultures interacting in common virtual areas. This has resulted in the formation of international gaming cultures, in which gamers share shared rituals, languages, and identities that transcend their local environments. Online gaming has emerged as a major cultural force in South Korea and China, impacting everything from fashion and language to education and employment. These countries have also emerged as global esports hotspots, with professional

gaming serving as both a popular spectator sport and a realistic career route for young adults. The International popularity of games like “League of Legends”, “Fortnite”, and “World of Warcraft” demonstrates how online gaming has created a global culture that bridges traditional cultural divides.

Online Gaming as a Social Phenomenon

The rise of online gaming must be viewed as a social phenomenon that reflects larger shifts in how we interact, communicate, and engage with the world. Online gaming has evolved from a solitary pastime to a sophisticated social ecology in which players create relationships, build communities, and engage in economies that mirror those of the real world. For young people, online gaming is more than simply a source of amusement; it is a place where they may explore their identities, gain recognition, and connect with others in ways that are frequently more immediate and rewarding than traditional forms of social engagement. However, this social environment offers issues, especially when gaming becomes compulsive or addictive, negatively impacting people's social lives and well-being.

1.2.3 THE IMPACT OF ONLINE GAME ADDICTION ON SOCIAL LIFE

Online gaming has become an integral part of modern entertainment, engaging millions of people worldwide. While gaming offers a platform for social interaction, skill development, and relaxation, it also has the potential to lead to addiction. Online game addiction, characterized by excessive and compulsive use of video games, can significantly impact various aspects of an individual's life. Among these, the effects on social life are particularly concerning. Understanding the impact of online game addiction on social life is essential for recognizing the signs of addiction and addressing its consequences effectively.

Disruption of Real-World Relationships

Online game addiction frequently causes severe disruptions in real-life relationships. As people become increasingly immersed in gaming, they prefer virtual interactions to real-world ties. This shift in emphasis may cause individuals to disregard their connections with family, friends, and love partners.

- a. **Neglect of Responsibilities:** When gaming becomes an addiction, people may begin to disregard their responsibilities at home. This could involve missing family dinners, avoiding housework, or dismissing critical interactions with loved ones. Over time, this can

cause emotions of abandonment and frustration among family members, who may believe that the addicted person is no longer emotionally or physically available.

- b. **Conflict and Strain:** Conflicts frequently arise as a result of an imbalance between time spent gaming and time spent on real-world relationships. Excessive gaming may cause concern or dissatisfaction among loved ones, resulting in disputes. The addict may react defensively, thus stressing the connection. This continual conflict can create a toxic home atmosphere, exacerbating the person's withdrawal into the virtual world.
- c. **Loss of Social Connections:** As the addiction worsens, people may lose interest in previously enjoyable social activities, such as going out with friends or participating in hobbies. This isolation from social life may cause friendships to erode over time. Friends may cease reaching out if they feel their efforts are being ignored or if they believe the person is uninterested in sustaining the relationship.
- d. **Impaired Social Skills :** Addiction to online games can hinder the development and maintenance of social skills, especially in young people.
- e. **Limited Face-to-Face Interaction:** Online games frequently feature text-based or voice chat interactions that lack the nuances of face-to-face communication, such as body language, facial expressions, and tone of voice. Individuals who do not engage in regular real-life social encounters may struggle to detect these social cues, which are necessary for efficient communication.
- f. **Difficulty in Real-World Socialization:** Individuals addicted to internet gaming may struggle to socialize in real-world settings. They may prefer to communicate in the virtual world, where they have greater control over their interactions. In contrast, real-world socialization necessitates spontaneity and adaptability, which might be challenging for someone who is used to a game's structured environment. This might cause social anxiety and discomfort in settings requiring direct human interaction.
- g. **Impact on Teamwork and Collaboration:** While some online games need teamwork, these interactions differ from real-world collaboration. In the gaming world, communication is frequently task-oriented and impersonal. This can impede the development of deeper interpersonal skills like empathy and conflict resolution, which are essential for establishing and maintaining good relationships in the real world.
- h. **Changed Perception of Social Norms :** Prolonged exposure to online gaming settings might affect an individual's understanding of social norms, which can have a negative impact on real-world interactions.

- i. **Adoption of Virtual Norms:** Online games frequently have their own set of social norms and behaviors, such as competitiveness, anonymity, and a preference for speedy decision-making. Individuals may gradually embrace these norms, resulting in improper or out-of-place behaviors in real-life circumstances. For example, the anonymity of online gaming can encourage more aggressive or harsh conversation, which would be deemed disrespectful or undesirable in face-to-face situations.
- j. **Difficulty Distinguishing Between actual and Virtual Worlds:** Some individuals may tend to blur the distinction between the virtual and actual worlds. They may come to believe that the norms of interaction in online games apply to real-life circumstances, resulting in inappropriate behavior. This can lead to misunderstandings, social faux pas, and even disputes in their daily contacts.
- k. **Impact on Values and Morals:** The content of some online games, particularly those involving violence or unethical behavior, can have an impact on a person's values and morals. Repeated exposure to such content may desensitize people to real-world problems or cause them to develop a distorted sense of right and wrong. This may impede their capacity to navigate social situations and sustain good relationships.

1.2.4 Implications for Academic and Professional Life

Online gaming addiction can have major effects for a person's academic and professional life, as well as their social life.

- a. **Academic Performance Deterioration:** Excessive gaming frequently interferes with students' ability to study, attend classes, or complete assignments. This can result in a loss in grades, missed educational opportunities, and, in extreme circumstances, dropping out of school. The stress and anxiety that come with low academic achievement can further separate people from their classmates, who may be furthering their education and jobs.
- b. **Poor Job Performance:** For working professionals, internet gaming addiction can interfere with their job duties. Late-night gaming can cause sleep loss, resulting in lower productivity and focus at work. Missed deadlines, absence, and a lack of interest can all result in job loss. The accompanying financial burden and loss of professional identity can exacerbate social isolation.
- c. **Social Isolation Due to Failure:** Academic or job failures caused by gaming addiction might result in social isolation. Individuals may feel embarrassed or ashamed about their

predicament, making them hesitant to socialize or seek assistance. They may also lose the respect and support of their peers, exacerbating feelings of isolation and depression.

1.2.5 Mental Health Consequences

The social isolation and relationship problems produced by online gaming addiction can have serious mental health repercussions, creating a vicious cycle that exacerbates the addiction.

- a. **Depression and Anxiety:** The loss of social relationships, as well as a deterioration in academic or professional performance, can leave people feeling useless, helpless, and guilty. These emotions can contribute to the development of sadness and anxiety, both of which are typical mental health disorders among those who are addicted to online games. Addiction may also function as a coping technique for these underlying mental health issues, resulting in a loop in which the user retreats deeper into gaming to escape bad emotions.
- b. **Loss Self-Esteem:** Individuals who are addicted to online gaming may have low self-esteem, especially if their addiction has resulted in failure in other areas of their lives. The disparity between their virtual triumphs and real-life failures might cause feelings of inadequacy, leading to increased social disengagement. This may make it even more difficult for them to seek assistance or reconnect with their social network.
- c. **Increased Loneliness:** The combination of social isolation, mental health concerns and low self-esteem can produce strong feelings of loneliness. Although the individual may interact with others online, these exchanges frequently lack the depth and emotional connection required to alleviate loneliness. This can lead to an increased reliance on gaming as a substitute for real-world contacts, exacerbating the addiction and negatively impacting social life.

1.2.6 Potentially Positive Aspects

While online game addiction has a considerable detrimental impact on social life, it is crucial to recognize that not all parts of online gaming are harmful. When regulated properly, internet gaming can provide a number of good societal advantages.

- a. **Opportunities for Social connection:** Online games give a platform for social connection, especially for people who find it difficult to participate in regular social situations. Multiplayer games, in particular, promote collaboration, communication, and teamwork, allowing players to form social bonds with others who share their interests.

- b. **Sense of Belonging:** Many online games provide communities or guilds where players may engage, share their experiences, and support one another. These groups can offer a sense of belonging and companionship, which is especially beneficial for people who feel lonely or detached in their daily lives.
- c. **Skill Development:** Some online games require strategic thinking, problem solving, and decision-making, which can help improve cognitive abilities. Furthermore, games that demand teamwork can help players improve their communication and leadership skills, which can be useful in real-world social and professional circumstances.
- d. **Moderation is Essential:** The key to maximizing the benefits of online gaming while minimizing the drawbacks is moderation. When combined with other life activities like spending time with family and friends, pursuing hobbies, and fulfilling duties, gaming may be a healthy and pleasurable kind of leisure.

Online gaming addiction has a wide-ranging and complex impact on social life. While online gaming can provide pleasant social contacts, excessive and compulsive gaming can significantly disrupt real-life relationships, impair social skills, alter perceptions of social standards, and cause mental health issues. Recognizing the indications of addiction and seeking help early might help to avoid these harmful consequences and achieve a healthier balance between gaming and other aspects of life.

1.2.7 Prevalence and Scope of Online Game Addiction among Young Adults

- a. **Rising Online Game Addiction:** Online game addiction has become more common among young adults, thanks to high-speed internet and the development of gaming platforms. According to numerous research, the incidence of internet gaming addiction among young adults worldwide ranges between 2% and 10%. However, these estimates can vary greatly depending on the diagnostic criteria utilized and the cultural environment. For example, in countries like South Korea and China, where internet gaming is thoroughly established in young culture, prevalence rates are frequently higher, with some studies estimating rates of 15% to 20% (Kuss, D. J., & Griffiths, M. D, 2012).
- b. **The Role of Demographics and Lifestyle:** Lemmens, J. S., Valkenburg, P. M., & Peter, J. (2011) found that Young folks (18-25 years old) are more susceptible to online game addiction owing to various variables. This age group frequently has more spare time, especially if they are students or unemployed, which they can use to game. Furthermore, young adults are in a stage of life where they desire autonomy and new experiences, making

them more vulnerable to the immersive and frequently competitive character of online games. Furthermore, the transition to adulthood can be stressful, and gaming may be used as an escape, raising the risk of addiction.

- c. **The Impact of Game Design and Addiction:** Online game design can contribute to addiction in young adults. Many online games are purposely designed to be addictive, including components like reward systems, in-game purchases, and social features that encourage long-term play. For example, "loot boxes" and other gambling-like systems can set off a loop of excitement and reward that keeps players interested. Furthermore, multiplayer online games frequently demand a large time investment to improve, which can result in extended gaming sessions and, eventually, addiction(King, D. L., Delfabbro, P. H., & Griffiths, M. D. , 2010).
- d. **Cultural and societal influences:** Young adults addiction to online games is influenced by cultural and societal factors. In some societies, gaming is not only a popular pastime, but also a socially acceptable, if not cherished activity. Professional gaming, or "esports," for example, is a highly regarded and lucrative career path in South Korea, and it has the potential to normalize extensive gaming among young adults. Furthermore, cultural influences, such as the need to keep up with peers or gain social status within gaming communities, can lead young adults to spend more time playing online games, raising their risk of addiction.
- e. **The Role of Technology and Accessibility:** The extensive availability of online gaming has led to the rising prevalence of addiction among young adults. With the availability of high-speed internet and gaming devices, young people may access online games at any time and from any location, making it easier for them to engage in extended gaming sessions. Mobile gaming has significantly increased the reach of online games, allowing young adults to play on their smartphones or tablets, frequently in short, frequent bursts throughout the day. This continual access can result in compulsive gaming behavior (Choudhury, P., & Sen, D. (2020).
- f. **Research and Data Trends:** Young individuals are becoming more addicted to online games, according to recent studies. Surveys done in several nations have revealed a consistent increase in the percentage of young adults reporting problematic gaming behaviors. Longitudinal studies have also shown that online game addiction can grow over time, with people who start playing at a younger age being more likely to develop it in their early adult years. Furthermore, there is a growing amount of research focusing on the neurological and

psychological aspects that lead to online gaming addiction, which is helping to define the breadth of the problem.

- g. **Global and Regional Variations:** Although online gaming addiction is a global issue, its prevalence and extent differ across areas. In Asia, particularly in China, Japan, and South Korea, online game addiction among young adults has been identified as a major public health concern. In response, these governments have introduced a variety of measures to address the issue, including gaming curfews and limits on in-game expenditures. In contrast, in Western countries, awareness of online game addiction is still rising, and efforts to combat it are frequently centered on education and prevention rather than legislation.
- h. **Gender Influence:** The frequency and scope of online game addiction among young adults vary by gender. While both men and women can acquire gaming addictions, research has found that young adult males are more likely to be impacted. This could be owing to the fact that many popular online games, particularly those involving competition and combat, tend to attract more male players. However, the rise of mobile and social gaming has resulted in a surge in gaming addiction among women, particularly for games that emphasize social engagement and community building.
- i. **Interplay with Other Addictions:** Young adults' addiction to online games is typically not isolated. It can be linked to other types of addiction, such as substance misuse, gambling, and even internet addiction in general. The immersive nature of online gaming, along with the anonymity afforded by the internet, can create a perfect storm for numerous addictive behaviors to emerge concurrently. This interplay of addictions can complicate treatment and recovery since treating one addiction may not fully address the underlying conditions that contribute to the others.
- j. **Online game addiction is an increasing concern among young adults, with research indicating that a sizable proportion of this population is affected. The availability of online games on multiple platforms—consoles, PCs, and mobile devices—has added to this problem. Young adults have been especially drawn to multiplayer games due to their widespread appeal and competitive nature. This age group is more vulnerable because to peer pressure, the need for socialization, and the desire for entertainment or an escape from real-life issues.**

1.3 STATEMENT OF THE PROBLEM

In recent years, internet gaming has exploded from a niche interest to a mainstream cultural phenomenon, particularly among young adults. These games, which frequently have complicated reward systems, social interaction features, and immersive settings, have created an environment in which players can readily become involved. For many young adults, what starts as a casual activity can turn into a compulsive practice, resulting in what is now known as online game addiction. This addiction is distinguished by a continuous and overpowering need to engage in gaming, frequently at the expense of important life tasks such as education, work, and social connections. The issue of online game addiction among young adults is complex, encompassing a variety of psychological, social, and environmental aspects. Psychologically, many young adults are driven to online games as a type of escapism, where they can momentarily escape real-world stresses like scholastic stress, social anxiety, or familial problems. These games' virtual worlds provide them a sense of accomplishment and control that they may not have in their real lives, boosting their desire to keep playing. Online communities have a significant social impact. Many online games are based on social interaction, with users forming teams, forging alliances, and competing in virtual environments. This develops a strong sense of belonging and identification inside the gaming community, which can be especially enticing to young adults who may feel lonely or ostracized in their real life. The pressure to conform to social standards within these groups, along with a desire for prestige and recognition, can push gamers to spend excessive amounts of time gaming, frequently at the expense of real-life duties and relationships. Furthermore, the design of online games influences addiction. Variable reward schedules, in-game purchases, and regular updates are all common features used by game creators to keep players engaged for longer periods of time. These design components use psychological dynamics similar to those seen in gambling, making it difficult for players to disengage once they begin playing. The constant availability of these games on numerous platforms, from cell phones to consoles, exacerbates the problem, as young adults can play them at any time, blurring the borders between leisure and addiction. The repercussions of online gaming addiction are serious and far-reaching. Addicts' academic performance may suffer as a result of missing lessons, lack of attention, and diminished motivation. Socially, addiction can lead to isolation from family and friends as gaming takes precedence over real-life ties. Mentally, persistent engagement in virtual worlds can lead to increased tension, anxiety, and depression as people seek to balance their gaming habits with real-world commitments. The financial impact of in-game purchases

might put a pressure on young adults who are already struggling financially. The purpose of this study is to have a sociological exploration of online game addiction among young adults, with the goal of better understanding the interactions between individual behaviours, social factors, and game design. The study's examination of these characteristics will reveal insights into the underlying causes of online game addiction, as well as its societal consequences. The ultimate goal is to guide the development of effective preventative and intervention measures that will assist young adults in striking a healthy balance between gaming and other elements of their lives while also minimizing the detrimental impacts of addiction on their personal, academic, and social well-being.

1.4 SIGNIFICANCE OF THE STUDY

A sociological study of online game addiction among young adults is significant because it can shed light on the interaction of technology, culture, and social behavior in an increasingly digital world. This research is critical for understanding how online gaming communities have evolved into complex social space where norms, values, and identities are negotiated and produced. It can provide profound insights into how these virtual environments establish distinct social dynamics that can either worsen or ease feelings of loneliness, anxiety, and stress, especially during the formative years when young adults are developing their sense of self and place in society. This study is significant because it examines the larger consequences of online game addiction on educational outcomes, job development, and long-term social integration. Understanding how addiction affects academic achievement, job prospects, and social connections allows researchers to identify potential long-term effects for individuals and society. It also provides an opportunity to investigate how varied socioeconomic backgrounds, and resource availability affect susceptibility to gaming addiction, providing light on issues of digital gap and social inequality. The sociological method can delve into the role of gender and identity in online game addiction, as gaming cultures frequently mirror and reinforce gender norms and stereotypes. This could lead to a greater understanding of how these dynamics contribute to addiction and how they can be challenged or altered to foster healthier online communities. The study's findings could also help to shape public debate about the ethics of game design, particularly the monetization tactics used by game creators that may foster addictive behaviors, such as micro transactions and loot boxes. The value of this research stems from its ability to affect policy and practice. The study's evidence-based insights into the social origins and impacts of online game addiction will help to lead the development of more effective public health initiatives, educational programs, and community interventions. It can

also assist build regulatory frameworks that strike a balance between the benefits of digital entertainment and the need to protect vulnerable groups, ensuring that the digital environment promotes healthy social development and wellbeing. As a result, the study adds to a better understanding of the difficulties and opportunities that digital technologies bring in influencing society's future.

CHAPTER II

REVIEW OF LITERATURE

Online gaming addiction has emerged as a significant area of concern globally, particularly among young adults. The proliferation of high-speed internet and the increasing gaming platforms have transformed online gaming into a pervasive form of entertainment. While many engage in online gaming as a recreational activity, a growing body of research highlights its potential to develop into a behavioural addiction, characterized by excessive gaming behaviour, withdrawal symptoms, and a negative impact on various aspects of life, including social relationships, academic performance, and psychological well-being.

This review of literature aims to provide an overview of the existing research on online gaming addiction, examining its prevalence, contributing factors, psychological impacts, and the various strategies employed to address and mitigate its effects. Through this examination, the review will offer insights into the broader implications of online gaming addiction for individuals, families, and society as a whole.

A systematic review of empirical research in *International Journal of Mental Health and Addiction*, 10(2), 278 – 296 by Griffiths found that online game is constructive because they can evade people, especially youths from getting involved in dangerous behavior. Addiction will cause many health issues like vision problems, headaches, neck pain etc. Vision problems too much while playing online games can also increase the risk of health problems in the eye organ, especially decreased vision. And also, mental issues which lead to many game disorders. Addiction to online games can increase depression and anxiety levels which are not good for health.

Permana and Nursalam (2023) in their study on the factors contributing to online game addiction in adolescents: a systematic review in *International Journal of Public Health Science (IJPHS)* Vol.12, No.4, pp. 1763-1770 found that the factors influence online game addiction including: adolescent factors consisting, parental factors and environmental factors. This study yields important information about the factors that affect adolescents to identify the source of problems to minimize negative impacts. Nurses as healthcare provider carrying out health promoting are expected to be able to identify the factors that causes online game addiction experienced by adolescents and develop interventions to help adolescents get out of online game addiction to help adolescents achieve better achievements and better social skills.

Nim and Pandey (2020) in their study the addiction of video games among young adults: an intervention found that the study would also be beneficial for further research on the topic and working more in the same direction will also generate awareness regarding the video gaming addiction in young adults and its intervention plans. If video gaming actually affects an individual's life and overall growth in a negative direction intervention should be much more aware of this as an addiction and should be working on the intervention plan for it.

Irmak and Erdogan (2016) in the study titled The Digital Game Addiction Among Adolescents and Young Adults: a current overview found that the digital game addiction has not been widely accepted by psychiatric authorities as a psychiatric disorder, the increasing number psychiatry referrals due to problems accompanying this disorder, the efforts families to seeks support and solutions, the similarities with other type of addiction are all factors that examination of issues. Interest in the treatment of digital game addiction is growing among the psychology community. This article offers an overview of digital game playing behavior in the context of the current literature for healthcare professionals.

A study by Fenn (2024) on Game Addiction, Imposter Phenomenon and Social Adjustment Among Young Adults in India shows the relationship between game addiction and the imposter phenomenon among young adults and the mediating effects of social adjustment. This study included 376 gamers between the age of 18 to 25 years. The results showed a strong positive relationship between game addiction and the imposter phenomenon. Male had higher level of gaming addiction and imposter phenomenon. Gaming is negatively related to their social adjustment. Females higher level of social adjustment, and the relation between gaming and imposter feeling was weaker for them. This study shows that the relation of gaming to the feeling of imposter phenomenon.

In the research of Ahn and Randall (2008) on computer game addiction, they define game addiction on the basis of the definition used by the Center of Addiction and Mental Health based in the US. The center defines addiction as “a psychological or a physical dependence on something”. Individual with game addiction can thus be said to have a psychological dependence on Massive Multiplayer Online Games or to exhibit excessive or compulsive In the research of use of computer and video games. This study discovered that MMOGs affected both social and academic lifestyle of students. Approximately 50% of MMOG addicted students were reported as actively engaged in a physical altercation. This statistic corresponds with the amount of playing time of addicted students on the MMOGs.

Wang and Siyn zhu (2011) in their research Online Game Addiction Among University Students. This study is to formulate a theory as to what causes video game addiction among students in university. The overall goal is to determine what causes students to become addicted to computer games, while trying to understand more about the social norms and daily habits of computer game addicts. Massive Multiplayer Games (MMOG) are multiple player online games. The games are differences from regular online games as they have the technological capacity to host hundreds to thousands of players on the same game in one persistent world.

Nim and Pandey (2020) in their study found that addiction is a never-ending problem, with psychological, biological, and environmental aspects influencing one's development and existence. Addiction and fixation are more likely to be genetic (APA). Addiction is a condition in which a person engages in substance misuse or any other type of conduct (such as gambling or internet addiction) that is rewarded, affectively resulting in the fixed stimulus more than once, regardless of undesirable effects. Until today, the growth of drug misuse has been nearly unstoppable. Nowadays, common substances such as marijuana are readily available. The purpose of this study was to determine the prevalence of gaming addiction among male and female persons in the age ranges of 18-25. The findings revealed a greater prevalence of gaming addiction in men than in women. The study also includes an intervention strategy for the individuals who were previously identified as having gaming addiction criteria. Gaming addiction may be caused by a lack of free time, a desire to avoid or escape a stressful circumstance, or any other personal issue. With the inclusion of the intervention plan, the persons intend to minimize or eradicate the addiction problem to a limit that does not hurt themselves or others, for example.

Trott and Shukla (2022) in their study on Online gaming addiction is defined as the chronic and recurrent use of the internet to engage in games, which causes considerable impairment or distress in a person's life. With the current pandemic, media reports indicate that increased access to online devices among children and young adults has exacerbated online gaming addiction. However, the field of online gaming addiction is a relatively young topic, with numerous research looking into various aspects of it. As a result, the goal of this study is to examine the existing literature in order to identify developing trends in this area and to provide a systematic review that can be used to guide future research in this new topic. Starting with the gaps highlighted in this review, the proposed routes will assist researchers in identifying concerns and gaps that have not been fully examined and can serve as the foundation for future research pathways.

Samuel and Rose (2023) study titled Gaming Addiction, Irritability and Social Connectedness Among Online Gamers found that Online gaming surged in popularity during the 2000s, leading to the emergence of studies addressing gaming addiction, its drawbacks, prevalence, and associated risk factors. Video game addiction is defined as an uncontrollable, prolonged, and excessive preoccupation with video games, despite related social or emotional issues.

Lemmens, Valkenburg, & Peter, 2009 in their research aimed to explore the relationship between gaming addiction, irritability, and social connectedness among online gamers. Using Pearson Correlation and regression analysis, a non-experimental correlational design with a quantitative approach was employed. The sample included 204 individuals aged 18-40. The research utilized the Gaming Addiction Scale (GAS), Brief Irritability Scale, and Social Connectedness Scale-Revised. Results indicated a significant relationship between gaming addiction and irritability, where higher gaming addiction was associated with increased irritability. However, no significant relationship was found between gaming addiction and social connectedness. Additionally, a negative correlation was observed between irritability and social connectedness, suggesting that increased irritability is linked to decreased social connectedness.

Saadsh and Ah Yusuf, Social Effects of Online Game Addiction in Adolescent in this study Online gaming is gaining global popularity due to ongoing technological advancements, with internet gaming addiction now recognized as a significant global issue, particularly concerning video game addiction. This study aimed to assess the social impacts of online game addiction in adolescents and enhance our understanding of those affected. It was a systematic review of literature, utilizing Scopus, Science Direct, and SAGE Journals databases over five years, including randomized controlled trials. The search used keywords such as “online game addiction,” “online game,” and “adolescents.” Out of 1,746 titles, 15 studies were selected, all of which were randomized clinical trials. These studies focused on the impact of social influences on online gaming addiction among adolescents. The findings from these 15 articles indicated that social influences play a significant role in adolescent online gaming addiction. Social constraints were found to be a crucial factor in excessive internet use among adolescents. Additionally, the studies revealed that internet gaming disorders and lack of attention are exacerbated by individualistic cultural orientations, with no significant gender differences. The review also highlighted a high prevalence of online gaming addiction among adolescents.

In another study by Safarina and Halimah (2019) on Self Control and Online Game Addiction in Early Adults Gamers says that the Early adulthood is a crucial developmental stage characterized by complex experiences and responsibilities. However, some individuals in this period spend nearly all their time playing online games in internet cafes, often playing for at least 10 hours a day, which can lead to various problems. This study aimed to explore the relationship between self-control and online game addiction among early adult gamers. Thirty-three participants in early adulthood completed self-report measures, including demographic information, the Brief Self-Control Scale by Tangney et al., and the Game Addiction Scale by Lemmens et al. Spearman's rank correlation was used for data analysis. The results revealed that two aspects of self-control Deliberate/Non-impulsive and Self-discipline had a significant correlation with online game addiction, while the other three aspects Healthy Habit, Work Ethic, and Reliability did not show a significant correlation.

Karuna and Elihami (2021) The Relationship of Online Game Addiction with Learning Motivation in Social Age Children on Covide-19 Pandemic: in their study during the COVID-19 pandemic, concerns arose about how online gaming affects children's learning motivation. This study aimed to investigate the relationship between online game addiction and learning motivation among school-age children during the pandemic. Using an analytic approach with a cross-sectional design, the study included a total of 57 children aged 6-18, selected through total sampling. The research was conducted from July 13 to July 18, 2021, and data analysis was performed using the chi-square test. The findings revealed that 70.2% of the children were classified as addicted to online games, while 59.6% exhibited adequate learning motivation. The study found a p-value of 0.001 (≤ 0.05) and an Odds Ratio (OR) of 0.103, indicating a significant relationship between online game addiction and learning motivation among school-age children during the pandemic.

Batmaz and Griffiths (2023) Onilne Gaming Addiction and Basics Psychological needs among Adolescents: The Mediating roles of meaning in life and Responsibility: in this study Individuals who have their basic needs met are generally more autonomous and less dependent on their environment. Basic psychological needs (autonomy, competence, and relatedness) are important predictors of online gaming addiction. From an existential perspective, meaning and responsibility in life are central to human experience. This study tested a hypothetical model to explore the relationships between basic psychological needs, online gaming addiction, responsibility, and meaning in life. Data were collected from 546 participants, and mediation

analysis was performed. The results showed significant relationships between basic psychological needs, online gaming addiction, responsibility, and meaning in life. Specifically, responsibility and meaning in life served as serial mediators in the relationship between basic psychological needs and online gaming addiction. The study found that the negative relationship between online gaming addiction and basic psychological needs was partly explained by meaning in life and responsibility. These findings highlight the importance of addressing basic psychological needs in interventions aimed at preventing online gaming addiction in adolescents.

King and Delfabbron(2014) this research on gaming addiction among young adults in Thiruvananthapuram, this article could provide valuable insights into the cognitive aspects that contribute to addiction, such as how these cognitive processes might influence academic performance, mental health, and social interactions. Understanding these cognitive factors could help you better analyse how gaming addiction impacts the overall well-being of young adults and how it might exacerbate feelings of isolation or interfere with academic responsibilities.

Allen and Anderson (2018) Satisfaction and frustration of basic psychological needs in the real world and in Video Games predict Internet gaming disorder scores and wellbeing: in there study says that the need-density hypothesis suggests that pathological gaming is most likely to occur when the fulfilment of three fundamental human needs—competence, autonomy, and relatedness—is low in real life but high in video games. Our study examined this hypothesis to see if satisfaction of these needs in the real world and in video games independently predicts internet gaming disorder (IGD) scores. We also investigated the effects of need frustration in both settings. As expected, our findings strongly supported the need-density hypothesis regarding need satisfaction. Surprisingly, we discovered that need frustration in both real life and video games was positively correlated with higher IGD scores. Additionally, we aimed to understand how need satisfaction and frustration in both domains relate to overall well-being. We consistently found that well-being was closely linked to real-world need satisfaction and frustration. However, the connections between well-being and need satisfaction and frustration in video games were inconsistent. This suggests that satisfying and frustrating needs in the real world has a greater impact on well-being than in video games. Therefore, our findings support the real-world superiority hypothesis over the video game superiority and equivalence hypotheses.

Kelly and Chan (2022) *The Impact of Esports and Online Video Gaming on Lifestyle Behaviours in Youth: A Systematic Review*: in this study says that Esports has transformed into an intensely competitive segment of video gaming. Recent evidence suggests that high levels of involvement in this activity may be associated with mental health issues, which could have significant effects on the development of young people. This summary aims to explore the impact of esports and online video gaming on various lifestyle outcomes. Transformation of Esports: The text emphasizes how eSports has shifted from a casual activity to a "hyper-competitive" or intensely competitive field. This indicates a significant evolution in the nature and perception of eSports. Mental Health Concerns: There is "emerging evidence" linking intense engagement in eSports to mental health problems. This suggests a growing body of research indicating that heavy involvement in these activities might lead to issues like anxiety, depression, or other mental health challenges. Youth Development: The phrase "implications on youth development" indicates that these mental health issues could affect the overall growth and well-being of young individuals. This could include impacts on their social skills, academic performance, and emotional stability. Lifestyle Outcomes: The summary aims to explore how eSports and online gaming affect "lifestyle outcomes." This broad term could encompass various aspects of life, including physical health, social relationships, academic success, and overall life satisfaction. The goal is to understand the broader effects of these activities on the lives of those who participate in them.

Anise and Lamis (2012) *Psychological needs, purpose in life, and problems Videos games playing among Chinese Young Adults*: In their study the growing concern over the negative effects of excessive and problematic video game playing on both children and adults has led to increased research attention. Drawing on self-determination theory (SDT; Ryan & Deci, 2000), this study hypothesized that the three basic psychological needs autonomy, competence, and relatedness are positively linked to a sense of purpose in life, which in turn acts as a protective factor against problematic video game playing among Chinese young adults. A questionnaire survey was conducted with 165 Chinese adults aged 18 to 30 years (mean age = 22.7 years), revealing that perceived autonomy, competence, relatedness, and purpose in life were all negatively associated with problematic game playing. The study found that demographic and psychological factors accounted for 38% of the variance in problematic game playing. Notably, gender, perceived relatedness, and purpose in life emerged as the most significant predictors of problematic game playing among these young adults. The mediating role of purpose in life was confirmed, showing that it mediated the effects of the psychological needs identified by

SDT on problematic game playing. Furthermore, young men were significantly more prone to problematic game playing compared to their female counterparts. In conclusion, both psychological needs and purpose in life influenced the vulnerability of Chinese young adults to problematic game playing, either directly or indirectly. The study suggests that intervention programs promoting social engagement and voluntary work, along with counselling services that help individuals find a sense of purpose, could be effective in addressing problematic game playing among Chinese young adults.

Raj, and Nazini (2023) in a study titled *Impact of Online Gaming Addiction on Social Isolation Among First Year Undergraduate students* talk about Online gaming addiction has emerged as a significant concern in recent years due to the rising popularity of online games and their easy accessibility via the internet. This phenomenon can lead to substantial behavioural changes, as individuals often prioritize gaming over other activities and responsibilities. Excessive and prolonged use of online games can result in various physical, social, and psychological issues, such as poor sleep patterns, reduced physical activity, and heightened stress and anxiety. In extreme cases, it can lead to social isolation and declining academic performance. The growing prevalence of online gaming addiction has escalated into a public health concern, necessitating the attention of parents, educators, and health professionals. This study employs a quantitative methodology, utilizing a survey to collect data. The researcher selected first-year undergraduate students from Satyabhama Institute of Science and Technology in Chennai as the sample for this study. This abstract underscore the importance of researching the causes and consequences of online gaming addiction, as well as the development of effective interventions and prevention strategies based on systematic research.

RESEARCH GAP

The research gap lies in the need for a focused examination of online game addiction's impact within a specific geographical and cultural context, particularly in Thiruvananthapuram. While existing research provides insights into the broader effects of gaming addiction, it often overlooks the ways these effects manifest in different regions and among particular populations. The study addresses this gap by offering a localized perspective that takes into account the socio-cultural dynamics of Thiruvananthapuram, thereby enriching the understanding of online game addiction and its implications for social life, academic performance, and social health within this community.

CHAPTER III

RESEARCH METHODOLOGY

3.1 INTRODUCTION

This chapter explains the research methodology that were used in gathering data and analysis which are relevant to the research. Research methodology refers to the systematic approach and set of procedures used by researchers to collect, analyse, and interpret data in order to answer specific research questions or test hypotheses. It encompasses the overall strategy for conducting research, including the selection of research design (such as qualitative, quantitative, or mixed methods), data collection techniques (such as surveys, experiments, or interviews), and data analysis methods. The methodology ensures that the research process is rigorous, reliable, and valid, and it guides researchers in making informed decisions about how to approach their studies and interpret their findings.

3.2 TITLE OF THE STUDY






A SOCIOLOGICAL EXPLORATION OF ONLINE GAME ADDICTION AMONG YOUNG ADULTS

3.3 OBJECTIVES

GENERAL OBJECTIVE

To understand how online game addiction has affected the social life of young adults.

SPECIFIC OBJECTIVES

-  To examine the relationship between online game addiction and academic performance among young adults.
-  To analyze the amount of time spent by the young adults for online gaming.
-  Assess the factors contributing to the initiation and persistence of online game addiction among young adults.
-  To understand how online game addiction has affected the social life of young adults.
-  To analyse the role of peer influence in the development and perpetuation of online game addiction.

3.4 RESEARCH STRATEGY

For this study on online gaming addiction among youth, a **quantitative research strategy** is employed. Quantitative research involves the systematic investigation of observable phenomena through the collection and statistical analysis of numerical data. This approach is commonly used to quantify behaviours, opinions, and other variables, providing a structured way to test hypotheses and assess relationships between factors.

3.5 RESEARCH DESIGN

In this research on online gaming addiction among youth, a cross-sectional study design is utilized. A cross-sectional study involves observing a specific population at a single point in time or over a short period. This design collects data from individuals within the target demographic—youth in this case—regarding their gaming behaviours, potential addiction symptoms, and associated psychological, social, and lifestyle factors.

3.6 VARIABLES

Dependent Variable: Online Game Addiction

Independent Variables: Age, Gender, Educational Level, Socioeconomic Status, Hours Spent Gaming, Type of Games Played, Platform Used, Peer Influence, Social Isolation, Accessibility of Technology.

3.7 SOURCES OF DATA

Both primary and secondary sources of data are collected for the research. Primary Data

Primary data was collected using a self-administered questionnaire designed by the researcher.

And the researcher has collected secondary data from books, journal articles, internet sources and other magazines.

3.8 TOOLS OF DATA COLLECTION

The researcher utilized the questionnaire and administered it in the form of Google Forms to collect primary data from the respondents. Google Forms provided a convenient and efficient platform for data collection, allowing the respondents to easily fill out the questionnaire online.

3.9 TOOLS OF DATA ANALYSIS

For data analysis, the researcher employed the Statistical Package for the Social Sciences (SPSS), which is a software package specifically designed for statistical analysis. The collected data was subjected to descriptive statistics. Descriptive statistics were utilized to summarize and describe the main characteristics of the data.

3.10 PILOT STUDY

To assess the feasibility of the study, a pilot study was conducted. Ten respondents were selected, and data was collected from them. After analyzing the data obtained from the pilot study, necessary corrections and modifications were made to the questionnaire. This process helped refine the questionnaire, ensuring its effectiveness and suitability for the main study.

3.11 PRE-TEST

Once the questionnaire was drafted, the researcher conducted a validity test to assess whether the scales used in the questionnaire yielded the intended data. The test aimed to identify any issues, such as response latency, partially completed responses, and potential confusion regarding the initial questions in the questionnaire itself. The validity test was crucial in recognizing and addressing these concerns, ensuring the accuracy and reliability of the collected data.

3.12 SAMPLING

Purposive sampling was used to collect data from the respondents. This is a non-probability sampling method that was chosen based on the characteristics of the population and the objectives of the study. Purposive sampling is used when the researcher wants to reach a specific subset of people, because all study participants were chosen because they fit a certain profile.

3.13 SAMPLE SIZE

A total of 60 respondents was selected by way of purposive sampling.

3.14 UNIVERSE

Young Adults in Thiruvananthapuram district form the universe of the study.

3.15 UNIT

A young adult irrespective of gender was the unit of study.

3.17 AREA

Thiruvananthapuram was chosen as the area of study.

3.18 DATA ANALYSIS

The questionnaire was prepared based on the objectives of study. Data were collected and sorted through questionnaires. The table was prepared based on classification. The information obtained was analysed based on the table. Descriptive statistics was used to analyse the data. The filled in questionnaire was coded and presented in tabular form. The quantitative data obtained was presented in percentages.

CHAPTER IV DATA ANALYSIS AND INTERPRETATION

INTRODUCTION

This chapter deals with data analysis conducted for the study on online gaming addiction among young adults in Thiruvananthapuram District, Kerala. The analysis was performed using SPSS (Statistical Package for Social Sciences) and Microsoft Excel, in interpreting the findings.

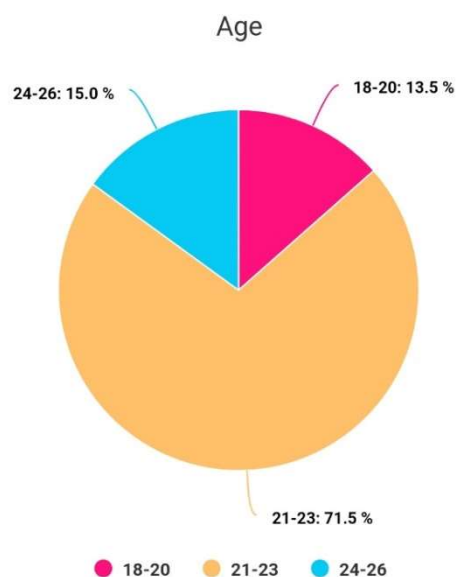
The data used for this analysis was collected from young adults exhibiting varying levels of addiction to online gaming. The participants were residents of Thiruvananthapuram District, in Kerala .

To gather the necessary data, a structured questionnaire was developed, focusing on various dimensions of online gaming behavior, addiction levels, and demographic factors such as age, gender, educational background, and socioeconomic status. Google Forms was used as the primary platform for distributing the questionnaire, given its wide accessibility and user-friendly interface. Once the data collection was completed, the responses were systematically organized and exported for analysis.

4.1 DEMOGRAPHIC PROFILE

Age of the Respondents

Figure 4.1 Age of the Respondents



The age distribution of online game addiction among young adults, with 13.5% aged 18-20, 71.5% aged 20-23, and 15.0% aged 24-26, provides important insights into how age influences gaming behaviours and the likelihood of addiction. The notably high percentage of those aged 20-23 who are addicted to online games indicates that this age group is especially at risk. This period often represents a critical transition in life, as young adults face the demands of higher education or the early stages of their careers. The stress and uncertainty associated with these challenges may lead them to seek escapism or stress relief through online gaming. The social nature of gaming, along with the competitive and goal-oriented aspects of many games, can further fuel these behaviours, resulting in extended gaming sessions and potential addiction.

Young adults in the 20-23 age range often experience greater autonomy and less parental oversight than they did as teenagers, giving them more freedom to engage in gaming without external constraints. This age is also a time when individuals are developing their identities and social networks, with online gaming playing a significant role in these processes. The sense of community and belonging that gaming offers can be particularly attractive, especially if these young adults are struggling with social connections in the real world. As a result, they may become more deeply immersed in the gaming world, increasing the risk of addiction.

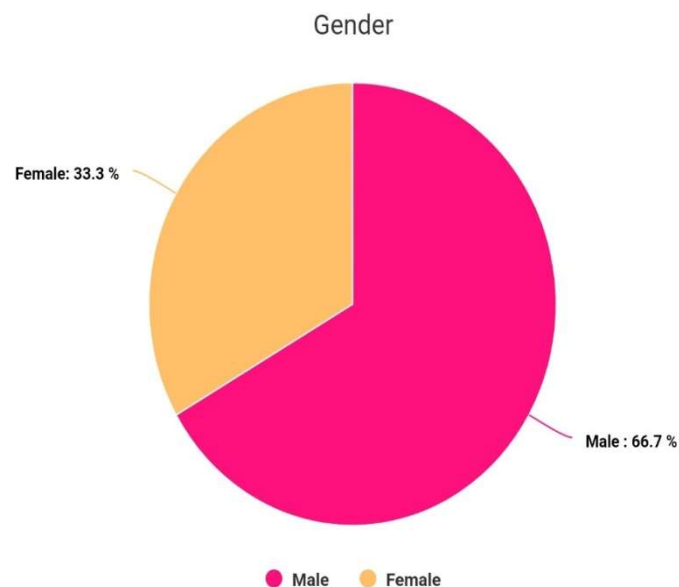
The 18-20 age group, which comprises 13.5% of online game addiction cases, may have a lower percentage due to many in this group still adjusting to the transition from adolescence to adulthood. At this stage, they might still be under closer supervision by parents or guardians, and their time could be more structured by academic obligations. However, those who do develop addiction at this age are at risk of long-term gaming issues as they move into their twenties. Early addiction can have lasting impacts, potentially affecting academic performance, social development, and mental health.

The 15.0% of individuals aged 24-26 who exhibit online game addiction represents a smaller but still significant segment. By this age, many young adults are likely finishing their education and beginning their careers or pursuing advanced studies. The pressures of early career challenges, combined with the potential isolation of transitioning into professional life, might lead some to use online gaming as a coping mechanism. However, the slightly lower percentage in this age group could indicate that as individuals mature and take on more responsibilities, their gaming engagement might decrease, or they might develop better coping strategies for managing stress without resorting to excessive gaming.

The age distribution of online game addiction among young adults emphasizes that early adulthood, particularly ages 20-23, is a crucial period for the development of addictive gaming behaviours. Understanding these age-related trends is vital for creating effective interventions. For those in the 20-23 age range, strategies could include offering resources for stress management, fostering healthy social connections outside of gaming, and encouraging a balanced approach to gaming. For younger individuals aged 18-20, early education on responsible gaming habits could help prevent addiction, while for those aged 24-26, interventions might focus on balancing professional responsibilities with leisure activities. By addressing the specific needs and challenges associated with each age group, we can more effectively combat online game addiction and support the overall well-being of young adults.

Gender of the Respondents

Figure 4. 2. Gender of the Respondents



The gender distribution in online game addiction among young adults, with 66.7% male and 33.3% female, underscores notable gender differences in gaming behaviour. This pattern is consistent with broader trends in gaming communities, where males have historically shown higher levels of engagement with video games. Several factors contribute to this, including cultural and social influences that traditionally associate gaming with masculinity. From an early age, males are often encouraged to engage with technology and competitive activities, which are key aspects of many online games. This early exposure can foster a lasting interest in gaming that persists into adulthood.

The gaming industry has long targeted male audiences by designing games that cater to stereotypically male interests, such as action, strategy, and competition. This targeted marketing reinforces the connection between gaming and male identity, further driving higher participation rates among males. The males are more likely to spend substantial amounts of time gaming, increasing their risk of developing addictive behaviours.

The 33.3% of females showing online game addiction represents a growing demographic within the gaming world. While females have traditionally been underrepresented in gaming, this trend is changing, with more women engaging in various gaming genres. The rise of mobile gaming, social games, and narrative-driven games has attracted a broader female audience, contributing to the increase in female gamers. This rise in participation also raises concerns about the potential for addiction among female gamers.

The ways in which males and females approach gaming also differ significantly. Research indicates that males are often drawn to the competitive and achievement-oriented aspects of gaming, which can lead to compulsive behaviours as they strive to improve their skills, gain status within the gaming community, or complete in-game objectives. This drive for achievement can sometimes result in excessive gaming, as males may spend long hours playing to reach their goals.

Females may be more attracted to the social aspects of gaming, such as forming relationships within online communities or engaging in cooperative play. While these social connections can be positive, they can also contribute to addiction if individuals become overly reliant on their online relationships or if gaming becomes their primary source of social interaction. The need to maintain these connections or to escape from real-life stressors through gaming can lead to prolonged gaming sessions and, ultimately, addictive behaviours.

Understanding the gender disparity in online game addiction is essential for developing gender-sensitive interventions. For males, strategies might include promoting balanced gaming habits, encouraging time management, and addressing the competitive pressures that can lead to excessive gaming. For females, interventions could focus on fostering healthy socialization practices, emphasizing the importance of real-world connections, and providing alternative outlets for stress relief.

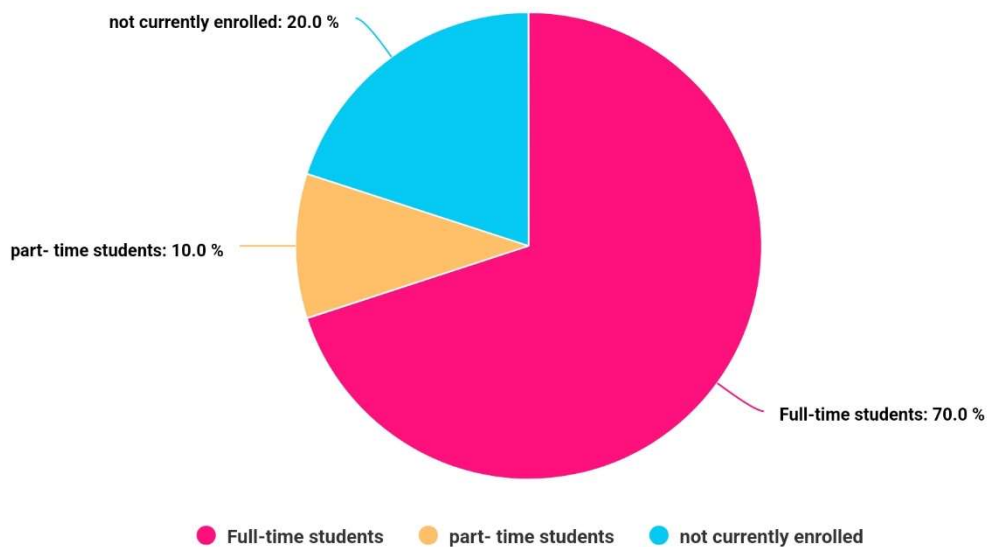
Recognizing the gender-specific factors that contribute to online game addiction can help in creating targeted prevention and treatment programs that address the unique needs of each group. As gaming continues to evolve and attract a more diverse audience, it is crucial to

monitor these trends and adapt interventions to support the well-being of all gamers, regardless of gender. This approach not only helps in addressing online game addiction more effectively but also ensures that both males and females can enjoy gaming as a healthy and balanced part of their lives.

Academic Status

Figure 4. 3. Academic Status

What is your current academic status? (e.g., full-time student, part-time student)



Academic status among respondents shows that 70% are full-time students, 10% are part-time students, and 20% are not currently enrolled in any educational programs. This breakdown provides important insights into the demographic and socio-economic characteristics of the participants. The large proportion of full-time students indicates that the majority are deeply involved in formal education, dedicating much of their time to their studies. These individuals are likely in a pivotal stage of their academic journey, where managing time between academics and other activities, such as online gaming, can be particularly challenging.

The 10% who are part-time students likely juggle education with additional responsibilities, such as work or family commitments. This dual focus may impact their gaming habits differently compared to full-time students, possibly resulting in either more controlled gaming due to time limitations or increased gaming as a way to relieve stress. The part-time status might also reflect a different socio-economic background, where individuals may need to work

while studying, which could affect how much time they allocate to leisure activities, including gaming.

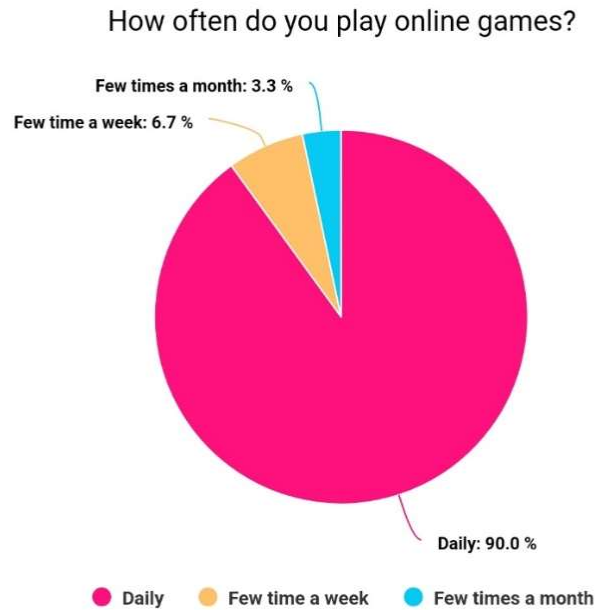
The 20% of respondents who are not enrolled in any educational programs represent a varied group, including those who have completed their education, those who have dropped out, or those taking a gap year. Their relationship with online gaming might differ significantly from those still engaged in formal education. For example, those not currently enrolled may have more free time, potentially leading to higher involvement in online gaming. Alternatively, this group might include individuals who have chosen not to continue their education due to reasons such as dissatisfaction with the educational system, financial issues, or personal circumstances, which could be linked to increased gaming as a form of escapism or coping.

This data suggests that academic status significantly influences the online gaming behaviours of young adults. Full-time students, likely facing academic pressure, may use gaming as a recreational outlet, which could potentially lead to addictive behaviours if not properly managed. Part-time students may display varied gaming patterns due to their dual responsibilities, while those not currently enrolled might engage in gaming to fill the time or cope with the lack of academic or professional involvement. By understanding these distinct categories, it becomes possible to better address the factors that contribute to online gaming addiction. Tailored interventions could include time management workshops for full-time students, stress management resources for part-time students, and career counselling or alternative activities for those not enrolled. Recognizing these dynamics is crucial for developing effective strategies to mitigate the negative effects of online gaming while supporting the overall well-being of young adults across different academic statuses.

4.4 The Social Life of Young Adults and Influences of Online Gaming

The data shows that the young adults engage in online gaming reveals a significant trend toward daily play, with 90% of respondents reporting that they play online games every day. This dominant trend indicates that online gaming has become an integral part of their daily lives. Daily gaming can reflect both the widespread appeal of digital entertainment and the potentially addictive characteristics of these games. For many young adults, what may begin as a form of leisure or stress relief can gradually develop into a habit that consumes large amounts of time, often at the expense of other important activities like studying, socializing offline, or even getting enough sleep.

Figure 4.4 Duration of playing online games



The 6.7% of respondents who play a few times a week likely represent individuals with a more balanced approach to gaming. This group may treat gaming as a regular, yet controlled, form of entertainment, managing to fit it around other responsibilities and commitments. These players might be better at regulating their gaming time, potentially avoiding some of the negative consequences that come with more frequent play. However, even gaming a few times a week can still carry risks, especially if sessions are lengthy or if gaming becomes the primary outlet for social interaction or stress relief.

Those who play only a few times a month, representing 3.3% of respondents, are probably at the lowest risk for developing gaming-related issues. This group seems to engage with online gaming more as an occasional activity rather than a daily habit, suggesting a higher level of self-regulation and a broader array of interests and responsibilities that take precedence over gaming. These individuals likely game for entertainment during their leisure time, without it significantly impacting their daily lives or obligations.

Despite these different patterns, the data strongly indicates that for the vast majority of young adults, online gaming is a central aspect of daily life. The high frequency of daily gaming raises concerns about the potential for addiction, particularly when gaming starts to overshadow other aspects of life. Daily gaming, especially when it involves long hours, can lead to a range of negative outcomes, including academic struggles, social isolation, and mental health issues such as anxiety and depression. The immersive and often competitive nature of online games

can make it challenging for players to limit their gaming time, as the drive to achieve in-game goals or maintain social connections within gaming communities can lead to extended playing sessions.

The prevalence of daily gaming also reflects broader societal trends, where digital entertainment has become increasingly accessible and pervasive. With the rise of mobile gaming, high-speed internet, and social gaming platforms, the barriers to frequent gaming have diminished, making it easier for individuals to incorporate gaming into their daily routines. The social elements of many online games, which allow players to connect with friends or join virtual communities, can further reinforce the habit of daily gaming, as players feel compelled to log in regularly to maintain their social ties and in-game progress.

Given the high percentage of daily gamers, it is essential to consider interventions that promote healthy gaming habits. These might include encouraging time management skills, raising awareness about the risks of excessive gaming, and providing alternatives for social interaction and stress relief that do not involve screens. Educational initiatives could target young adults, stressing the importance of balance and the potential negative impacts of daily gaming on their academic performance, physical health, and overall well-being.

The data indicates that daily online gaming is widespread among young adults, with a small minority playing less frequently. While some may successfully balance gaming with other aspects of life, the high frequency of daily play raises concerns about the potential for addiction and other negative consequences. Addressing this issue requires a comprehensive approach that promotes awareness, balance, and healthy alternatives to excessive gaming.

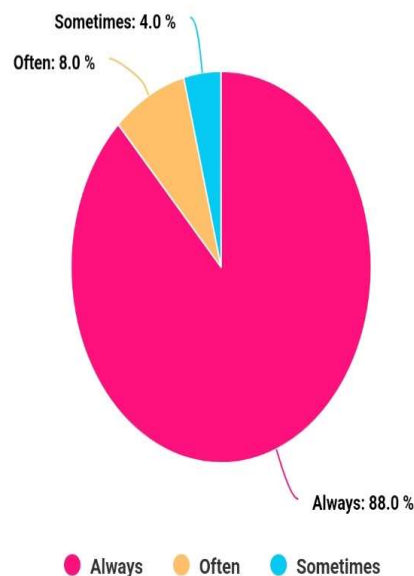
Neglect of Sleep or Important Activities Due to Online Gaming

The below figure 4.5 shows that 88.0% of respondents "always" neglect sleep or other essential activities, such as homework or exercise, due to online gaming highlights a serious issue with time management and the potential for gaming addiction. This overwhelming majority indicates that gaming has become more than just a casual activity for these young adults; it has evolved into a dominant force that regularly disrupts their daily routines. The consistent neglect of sleep, in particular, can have severe repercussions on physical health, cognitive function, and emotional well-being. Chronic sleep deprivation is associated with numerous negative outcomes, including impaired memory, decreased academic performance, and an increased risk of mental health issues such as anxiety and depression. When gaming takes precedence over basic needs like sleep, it can create a downward spiral where individuals increasingly rely on

gaming as a coping mechanism to manage the stress and fatigue caused by lack of sleep, further intensifying the problem.

Figure 4.5. Neglect of Sleep or Important Activities Due to Online Gaming

Have you ever neglected your sleep or other important activities (e.g., homework, exercise) because of online games?



The 8.0% of respondents who "often" neglect important activities for gaming may have a slightly more balanced approach, but their frequent lapses in prioritizing responsibilities are still concerning. This group may struggle with setting boundaries or managing their time effectively, leading to regular instances where gaming overtakes more productive or necessary tasks. Over time, this behaviour could escalate into more severe patterns of neglect, particularly if they begin to experience negative consequences such as falling behind in their schoolwork or missing out on physical exercise. The fact that this behaviour is described as "often" rather than "always" suggests that there may be moments of awareness or attempts to regain control, but the lure of gaming remains strong enough to cause frequent disruptions.

The 4.0% of respondents who "sometimes" neglect their responsibilities due to gaming likely have a better grasp on their gaming habits, yet even occasional neglect can still be problematic. This group might be more adept at balancing gaming with other aspects of life, but the fact that they still occasionally allow gaming to interfere with important tasks indicates that the risk of slipping into more habitual neglect is present. These occasional lapses might suggest that gaming is starting to shift from a simple leisure activity to something that encroaches on time

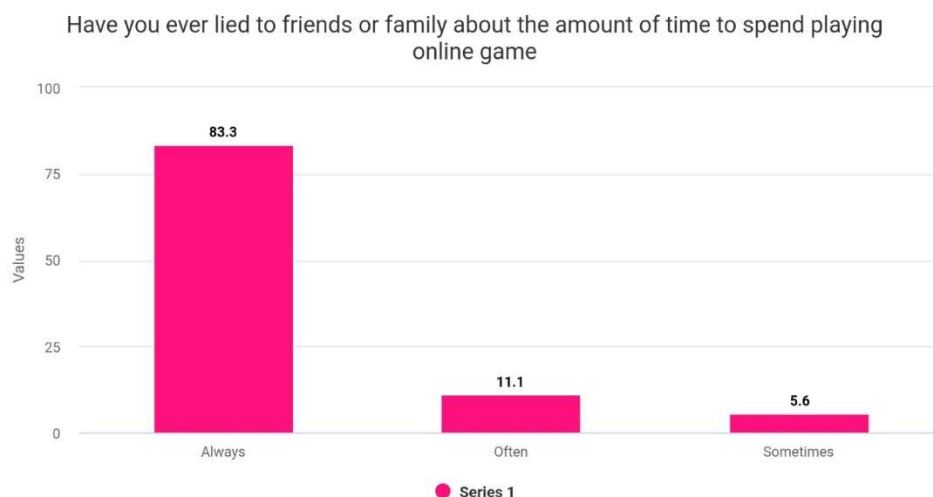
meant for essential responsibilities. Although this group is currently the least affected, they are not immune to the possibility of their gaming habits worsening, especially if they encounter increased stress or life changes that make gaming a more appealing escape.

This data presents a troubling picture of how online gaming impacts the lives of young adults. The high percentage of those who always or often neglect sleep and other responsibilities underscores the potentially addictive nature of online games and the significant toll they can take on daily life. The immersive and competitive nature of many online games, coupled with social pressures to keep up with peers or achieve in-game goals, can create a strong incentive to prioritize gaming over other activities. This can lead to a cycle of neglect where important tasks are consistently pushed aside, resulting in long-term consequences for academic performance, physical health, and overall well-being.

To address this issue, targeted interventions are needed to help young adults recognize the importance of balance and the dangers of excessive gaming. Educational campaigns could focus on the long-term risks associated with neglecting sleep and other responsibilities, while also offering practical strategies for managing time and setting boundaries around gaming. Encouraging young adults to engage in a variety of activities and to prioritize their health and responsibilities over gaming is crucial to preventing the development of more severe gaming-related problems. By fostering a more balanced approach to gaming, it is possible to mitigate the negative impacts and ensure that online gaming remains a healthy and enjoyable part of life rather than a source of harm.

Lying About Time Spent on Online Games

Figure 4.6 Lying About Time Spent on Online Games



The data reveals a significant trend of dishonesty about online gaming time among young adults, with 83.3% of respondents admitting they have "always" lied to friends or family about their gaming hours. This suggests that online game addiction often involves a high level of deception, reflecting a considerable gap between individuals' gaming behaviours and their willingness to be transparent about them. The large proportion of habitual liars indicates that many feel the need to conceal their gaming habits due to guilt, embarrassment, or fear of judgment. This behaviour points to a broader issue where excessive gaming creates not only personal concerns but also sources of interpersonal conflict or anxiety.

The 11.1% of respondents who reported lying "often" emphasize the widespread nature of this issue. For these individuals, dishonesty is a regular strategy for managing their gaming habits, possibly driven by societal expectations around productivity and leisure or by the desire to avoid the negative consequences associated with excessive gaming. The frequent nature of these lies suggests ongoing struggles with gaming management, potentially leading to continuous conflicts or stress related to their gaming practices.

In contrast, the 5.6% who lie "sometimes" indicates that while dishonesty is less frequent for this group, it still occurs. This occasional deceit may be influenced by specific circumstances, such as intense gaming periods or criticism from others. Although less common, these instances of dishonesty highlight that some individuals still feel compelled to hide their gaming time under certain conditions, revealing a persistent, though varied, pattern of gaming-related deceit.

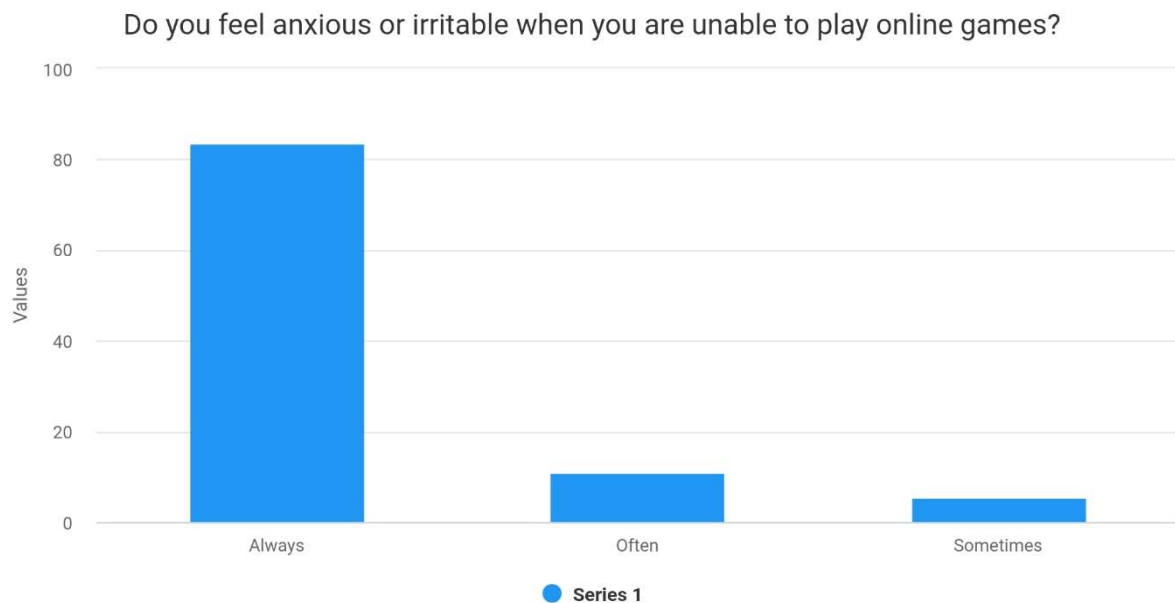
This widespread dishonesty about gaming time highlights several key issues. Firstly, it underscores the social stigma and potential conflicts related to excessive gaming. Many individuals may fear negative judgments or repercussions from their families and friends, leading them to underreport their gaming time to avoid disapproval or conflict. This dishonesty can perpetuate a cycle of guilt and avoidance, possibly worsening the gaming addiction issue rather than addressing it directly. Secondly, this behaviour points to the need for a better understanding and supportive approach to online gaming. Reducing the stigma surrounding gaming could foster an environment where individuals feel more comfortable discussing their gaming habits openly. Promoting honest communication about gaming can lead to more effective interventions and support, helping individuals manage their gaming behaviours in a healthier manner.

The high rate of dishonesty about gaming time reflects significant issues related to online game addiction and personal honesty. The frequent and occasional deceit observed reveals

underlying psychological and social challenges, such as guilt, fear of judgment, and conflict avoidance. Addressing these challenges through supportive measures and open dialogue can reduce the need for deceit and encourage healthier gaming practices, leading to improved personal and relational outcomes.

Anxiety or Irritability When Unable to Play Online Games

Figure 4.7 Anxiety or Irritability When Unable to Play Online Games



The data results highlight a significant emotional distress among individuals who are unable to play online games. A striking 83.3% of respondents report feeling anxious or irritable "always" when unable to game, suggesting a profound dependence on gaming as a coping mechanism or source of emotional stability. This persistent anxiety or irritability implies that online gaming is not just a pastime but a critical element of these individuals' emotional well-being, offering escape, reward, or social connection that is hard to replace.

In contrast, 10.9% of respondents feel anxious or irritable "often," and 5.5% "sometimes," indicating that a considerable portion of the population experiences emotional disturbance when unable to game, though less frequently. This variability may reflect different levels of gaming involvement or coping strategies, but it underscores that online gaming plays a significant role in managing mood and stress for many individuals.

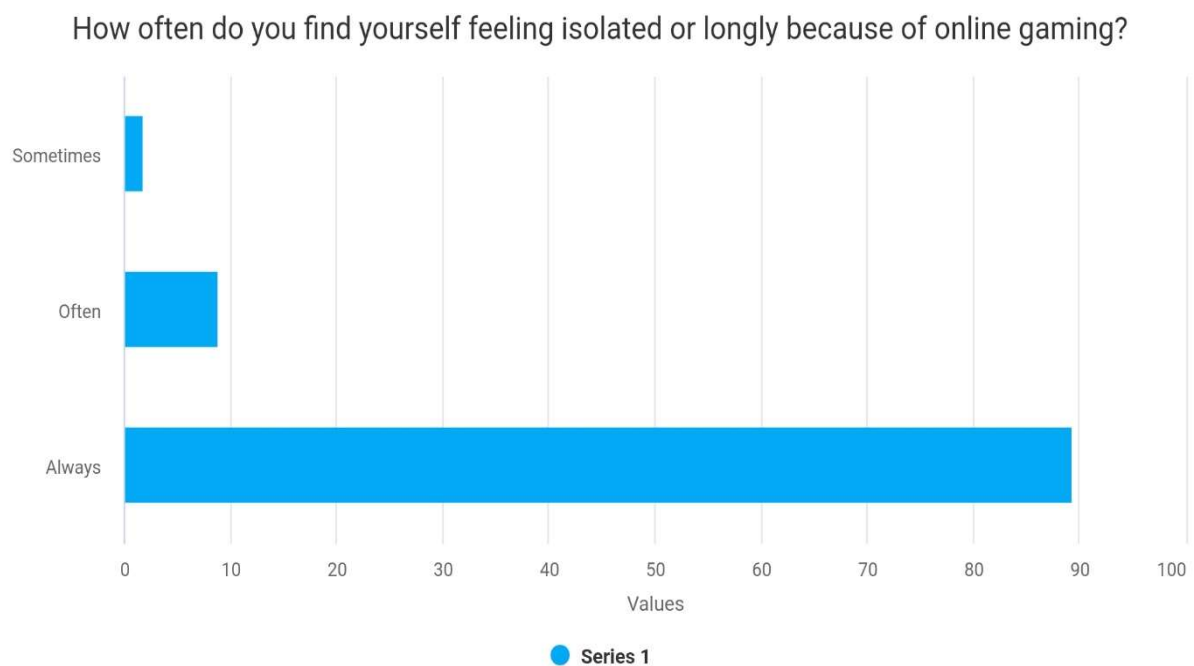
These strong emotional reactions to being unable to play online games could signal an over-reliance on gaming for emotional regulation, which may lead to neglect of other important

areas such as academics, personal relationships, or mental health. This pattern suggests that addressing online game addiction requires tackling the emotional dependencies that accompany gaming habits. Strategies should focus on developing alternative coping mechanisms, increasing self-awareness about the impact of gaming on daily life, and supporting individuals in balancing gaming with other responsibilities and social interactions.

The emotional distress linked to gaming unavailability may reflect broader issues related to gaming addiction, where gaming serves as a primary source of pleasure or distraction from real-life stressors. The intensity of distress reported by most respondents suggests a need for professional support and psychological intervention to address potential addiction and its impact on overall quality of life. Recognizing these emotional impacts is essential for creating effective treatment and prevention strategies for online game addiction.

Feelings of Isolation or Loneliness Due to Online Gaming

Figure 4.8. Feelings of Isolation or Loneliness Due to Online Gaming



The survey results reveal a significant prevalence of isolation and loneliness associated with online gaming. An overwhelming 89.3% of respondents report feeling isolated or lonely "always" due to their gaming habits, indicating that online gaming is closely linked with social disconnection for the majority. This high percentage suggests that, despite the opportunities for virtual interaction provided by online gaming, it often leads to real-world feelings of loneliness.

This occurs because gaming frequently replaces meaningful face-to-face interactions with more superficial online connections, which may not provide the same level of emotional support and fulfilment.

In contrast, 8.9% of respondents report feeling isolated or lonely "often," while 1.8% experience these feelings "sometimes." Although these figures are lower, they still reveal that many individuals encounter varying degrees of loneliness related to their gaming activities. This variation in responses could reflect different levels of gaming involvement or personal social needs, but it highlights a clear role for online gaming in contributing to social isolation. Even among those who do not experience constant loneliness, there is still a noticeable impact on their sense of social connection due to their gaming habits.

The pronounced isolation reported by the majority underscores that gaming is not merely a leisure activity but has become a central aspect of their social lives. This suggests that for many individuals, online gaming has replaced more meaningful real-world interactions. The reliance on virtual worlds for social fulfilment may fall short compared to the depth and quality of face-to-face relationships. The constant feelings of loneliness and isolation experienced by many respondents likely stem from a lack of direct communication and the diminished quality of interactions provided by online gaming.

This trend of isolation associated with online gaming highlights the need for strategies aimed at achieving a balance between virtual and real-world interactions. Effective interventions might include encouraging activities that foster face-to-face socialization and increasing awareness about the potential social drawbacks of excessive gaming. Support systems that focus on enhancing real-world social skills and relationships could be instrumental in mitigating the loneliness that many individuals experience as a result of their gaming habits.

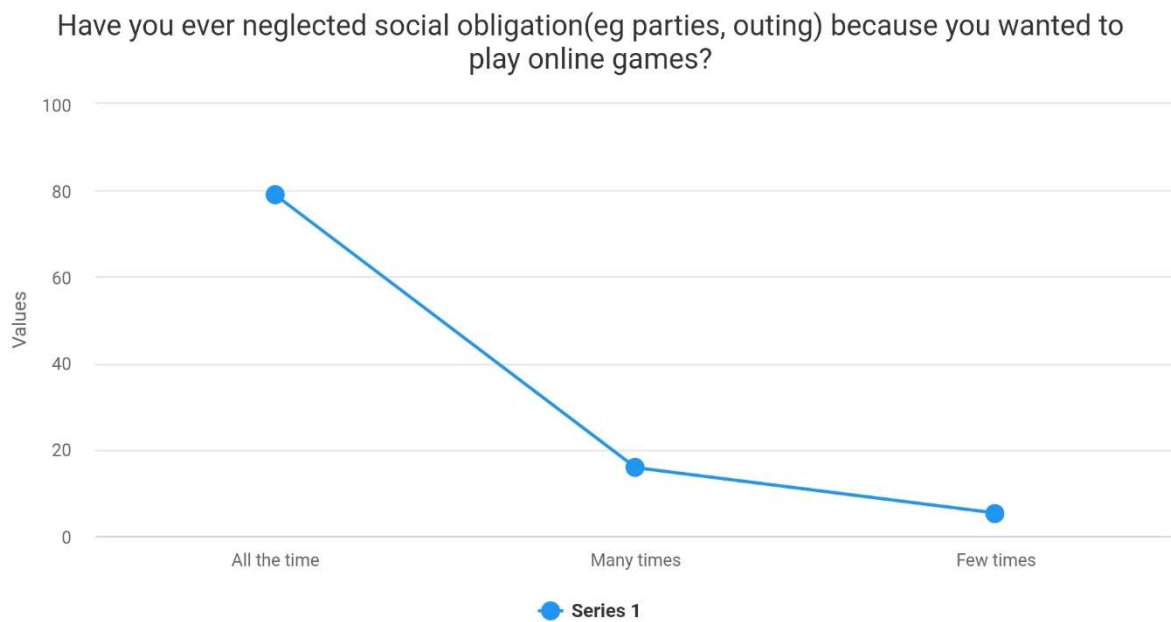
The substantial emotional impact of gaming on social isolation raises broader concerns about its influence on mental health. The severe loneliness reported by most respondents suggests that gaming might be serving as a substitute for more fulfilling social experiences. This substitution can lead to a cycle of increased isolation, as individuals may become increasingly disengaged from real-world social opportunities. Addressing these concerns is crucial for developing comprehensive strategies that not only help individuals enjoy gaming but also ensure they maintain healthy social connections and emotional well-being.

The survey results point to the need for a balanced approach to online gaming. By recognizing the significant impact gaming can have on social isolation and implementing strategies to

manage gaming habits effectively, individuals can achieve a healthier equilibrium between virtual and real-world interactions. This balance is essential for preserving meaningful relationships, enhancing personal growth, and ensuring overall emotional well-being while enjoying the benefits of online gaming.

Neglecting Social Obligations for Online Gaming

Figure 4. 9 Neglecting Social Obligations for Online Gaming



The survey results reveal a pronounced tendency among individuals to prioritize online gaming over social obligations. Specifically, 78.9% of respondents report that they neglect social obligations "all the time" to engage in online gaming, indicating a profound influence of gaming on their social priorities. This high percentage suggests that for a significant number of individuals, online gaming holds such a central role in their lives that it consistently overshadows other important social activities, such as parties and outings. This habitual behaviour indicates that online gaming is not merely a preferred leisure activity but has become a dominant force in their lives, frequently displacing real-world social interactions.

In addition to those who neglect social obligations "all the time," 15.8% of respondents admit to doing so "many times," and 5.3% "few times." These figures illustrate that neglecting social commitments in favour of gaming is a common behaviour, albeit less consistent compared to the majority. This variation in responses may reflect differing levels of gaming involvement,

personal social needs, or varying degrees of responsibility, but it nonetheless highlights a significant trend where online gaming is often prioritized over real-world social interactions.

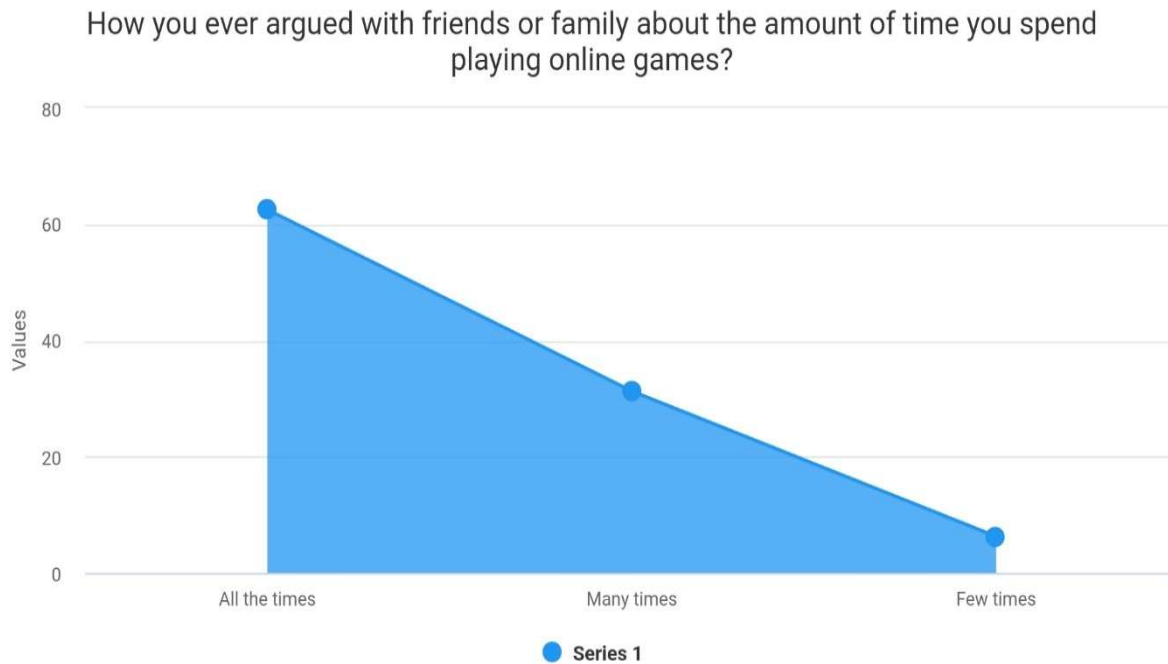
The tendency to neglect social obligations for online gaming can point to several underlying issues. First, it may reflect an over-reliance on gaming for social fulfilment and entertainment. For many individuals, gaming provides a sense of community and engagement that they might not find in their offline interactions. However, this reliance can come at the expense of maintaining meaningful real-world relationships. As gaming becomes a central focus, individuals might find themselves increasingly disengaged from face-to-face social interactions, leading to strained relationships with friends and family. The frequent choice of gaming over social commitments can also result in missed opportunities for social experiences that contribute to personal growth and emotional well-being.

This pattern highlights a need for interventions aimed at balancing online gaming with social responsibilities. To address this issue, strategies could include promoting awareness about the potential social drawbacks of excessive gaming and encouraging better time management. Individuals might benefit from support systems designed to help them develop real-world social skills and maintain a balanced lifestyle. These strategies could include setting limits on gaming time, engaging in activities that foster face-to-face interactions, and creating structured schedules that allocate time for both gaming and social obligations.

The high frequency with which individuals report neglecting social obligations for gaming underscores broader concerns about gaming's impact on personal and social life. It suggests that gaming can exert a powerful influence on one's priorities and behaviours, potentially leading to a cycle of social isolation and reduced engagement in real-world activities. This trend highlights the importance of developing comprehensive approaches to managing gaming habits, ensuring that individuals can enjoy gaming without compromising their social relationships and responsibilities.

Recognizing and addressing these issues is crucial for promoting a balanced approach to online gaming. By understanding the effects of gaming on social obligations and implementing strategies to manage gaming habits, individuals can achieve a healthier balance between virtual and real-world interactions. This balanced approach is essential for maintaining meaningful social connections, enhancing personal growth, and ensuring overall well-being while enjoying the benefits of online gaming.

Figure 4.10 Arguments About Time Spent Playing Online Games



The survey results indicate a significant level of conflict between individuals and their friends or family members regarding the amount of time spent playing online games. The 62.5% of respondents report that they argue with their loved ones about gaming "all the time," suggesting that this issue is a frequent and ongoing source of tension in their relationships. This high percentage implies that for many individuals, the time dedicated to online gaming is substantial enough to cause concern among their close social circles, leading to regular disputes. These frequent arguments may reflect underlying issues such as a perceived imbalance between gaming and other responsibilities, including social, familial, or academic obligations. The persistent nature of these conflicts suggests that gaming is a dominant activity in the lives of these individuals, often prioritized over other important aspects of life.

In 31.3% of respondents report arguing "many times" about their gaming habits, while 6.3% experience such arguments "few times." Although these figures are lower than the majority who argue all the time, they still reveal that a significant portion of individuals frequently face disputes over the amount of time they spend gaming. This suggests that even among those who do not constantly argue, there is still considerable tension related to gaming habits. The variation in responses might be attributed to different levels of gaming involvement, the nature of relationships, or varying expectations from friends and family. However, the consistent

presence of arguments across different levels of frequency underscores a common issue where gaming habits disrupt personal relationships.

The prevalence of these conflicts points to the broader impact of online gaming on social dynamics. When gaming becomes a central focus, it can lead to strained relationships as loved ones express concern over the amount of time being devoted to it. These arguments might stem from feelings of neglect, where friends and family members feel that their relationships are being compromised due to excessive gaming. This can create a cycle of tension, where the more time spent gaming, the more frequent the arguments, potentially leading to further isolation and increased reliance on gaming as a coping mechanism.

These conflicts highlight the need for better communication and balance between gaming and other life responsibilities. Strategies to address these issues might include setting clear boundaries and time limits for gaming, fostering open discussions about the impact of gaming on relationships, and encouraging a more balanced lifestyle that accommodates both gaming and personal interactions. Support systems, such as family counselling or peer support groups, could also be beneficial in helping individuals navigate these conflicts and find a healthier balance between their gaming habits and their relationships.

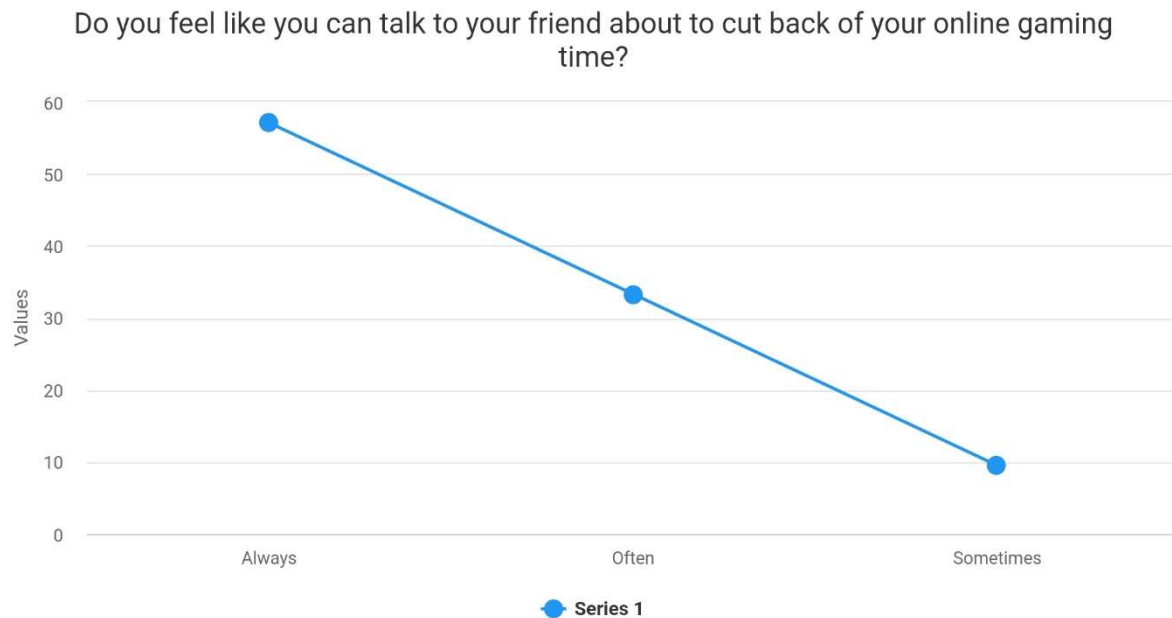
The frequent arguments reported by respondents reflect the significant influence of gaming on their lives and relationships. Addressing these conflicts is crucial for maintaining healthy social connections and ensuring that gaming does not become a source of division and strain within families and friendships. By recognizing the importance of balance and open communication, individuals can enjoy online gaming without compromising their relationships with loved ones.

Comfort in Discussing Online Gaming Habits with Friends

The data results in figure 4.11 shows that many individuals are comfortable discussing their desire to reduce online gaming time with their friends, though the degree of comfort varies. Specifically, 57.1% of respondents "always" feel they can talk to their friends about cutting back on gaming, indicating that more than half have a strong sense of trust and openness in their friendships. This suggests that these individuals likely see their friends as supportive and understanding of their struggles with gaming, offering encouragement or assistance in managing their gaming habits. This level of comfort is crucial for those seeking positive

change, as social support is often key to successfully modifying behaviours, especially in cases of addictive tendencies like excessive gaming.

Figure 4.11. Comfort in Discussing Online Gaming Habits with Friends



In 33.3% of respondents "often" feel comfortable discussing their gaming habits with friends, while 9.5% "sometimes" feel at ease doing so. Although these numbers are lower, they still indicate that a significant portion of individuals has a reasonable level of confidence in their friendships when it comes to addressing gaming-related concerns. However, the fact that not everyone feels this comfort suggests potential challenges, such as fear of judgment, the belief that their friends may not understand or share their concerns, or a lack of deep communication within those relationships. This variability indicates that while many individuals find support in their social circles, others may struggle with how to approach the topic or may not feel that their friends are the right people to turn to for this issue.

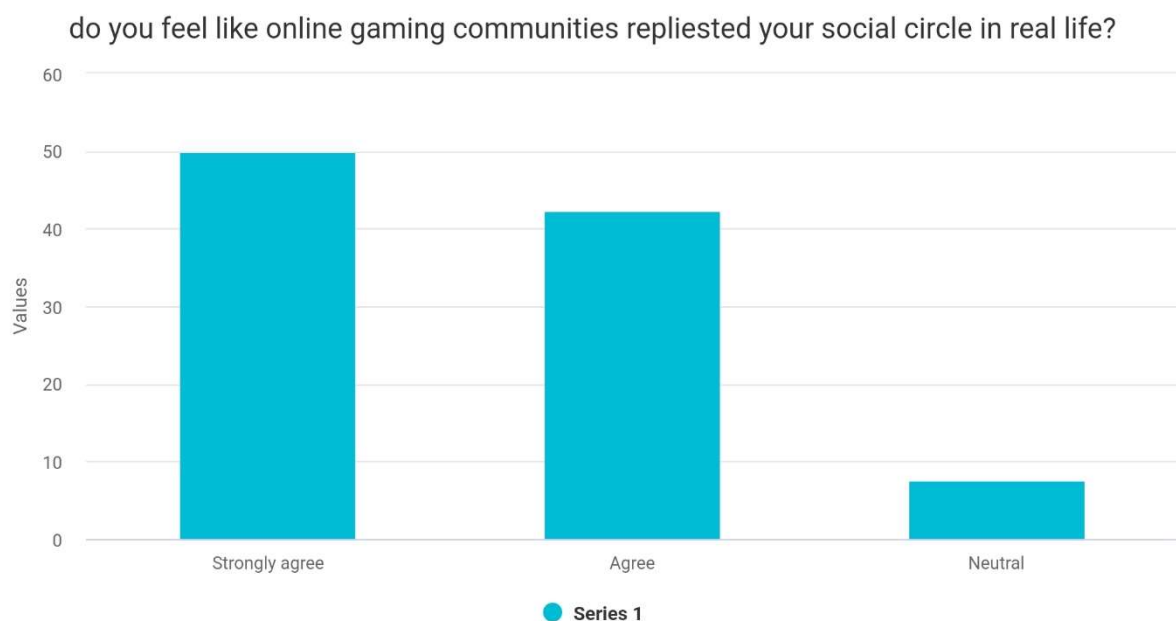
The data also point to a potential gap in social support networks for those who "sometimes" feel comfortable discussing their desire to cut back on gaming. For these individuals, there might be hesitation or uncertainty about how their friends will respond, possibly due to past experiences or the dynamics of the friendship. This hesitation can hinder positive change, as individuals might feel isolated or unsupported in their efforts to reduce gaming time. It underscores the importance of fostering open, non-judgmental communication within

friendships, where individuals feel safe to express their concerns and seek help without fear of stigma or dismissal.

The results highlight the significant role that friends can play in the process of cutting back on online gaming. For many, friends are not just a source of social interaction but also a crucial support system that can help them navigate the challenges of reducing gaming time. Encouraging friends to be more involved in each other's well-being, including conversations about gaming habits, can strengthen this support and make it easier for individuals to take steps toward healthier gaming practices. This might involve participating in alternative activities together, offering encouragement, or simply being a listening ear.

Replacement of Real-Life Social Circle by Online Gaming Communities

Figure 4.12 Replacement of Real-Life Social Circle by Online Gaming Communities



The survey results indicate a significant change in the social dynamics of individuals engaged in online gaming, with many respondents revealing that online gaming communities have largely replaced their real-life social circles. The 50% of respondents "strongly agree" that their involvement in these virtual communities has taken the place of traditional face-to-face interactions, and another 42.3% "agree" with this viewpoint. This data suggests that, for a substantial number of people, online gaming communities have become their primary source

of social engagement, potentially overshadowing or even supplanting in-person relationships. This trend reflects a major transformation in how these individuals experience social connectivity, where virtual interactions provide a sense of belonging, validation, and camaraderie that may be more accessible or satisfying than those found in real-world environments.

Several factors could explain this shift towards virtual socialization. Online gaming communities offer a shared space where individuals with similar interests and goals can form strong bonds quickly and deeply. These communities remove the geographical and logistical barriers that often limit real-world interactions, making it easier for individuals to connect with like-minded people. The appeal of these communities is also rooted in their accessibility and immediacy—players can engage with others at any time, regardless of their location, which is particularly advantageous in today’s increasingly digital and globalized world. The anonymity provided by online interactions allows individuals to express themselves more freely, potentially leading to stronger and more authentic connections than those they might experience in person.

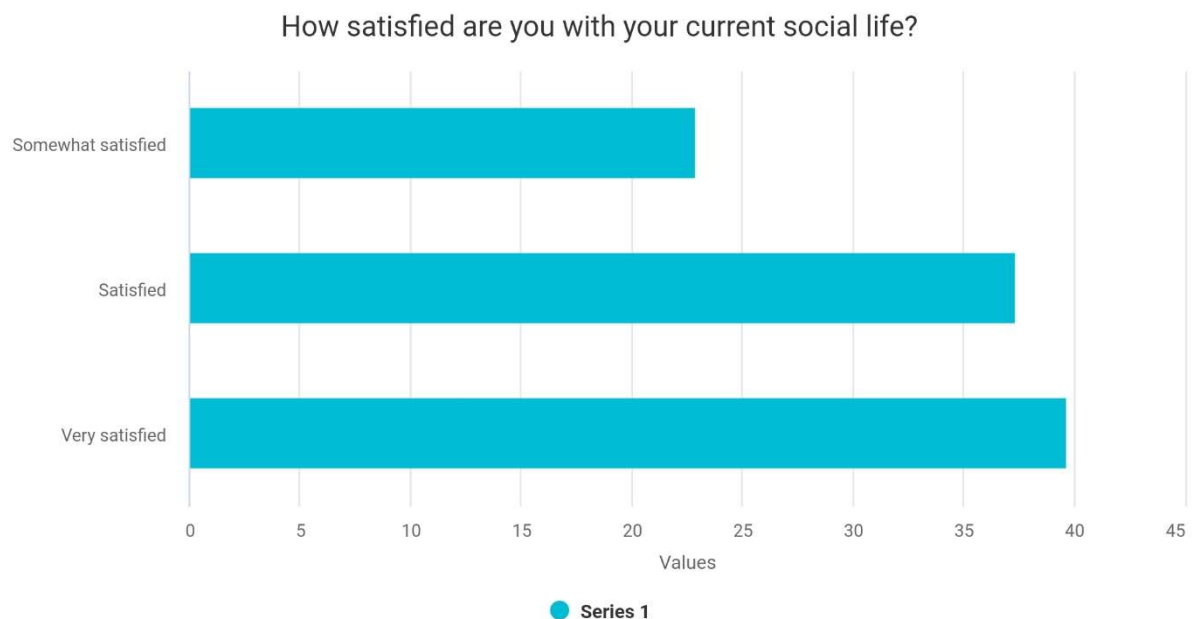
The widespread agreement that online gaming communities have replaced real-life social circles also raises important concerns. A heavy reliance on virtual relationships could lead to a decline in real-world social skills and face-to-face interactions, which are essential for developing deeper, more meaningful connections necessary for emotional and psychological well-being. Over time, this shift might reduce an individual's ability to engage in and maintain traditional social relationships, possibly resulting in feelings of isolation or a lack of social support outside the gaming environment. While online communities can offer a sense of belonging, they may not always provide the same level of emotional support or connection that in-person relationships do, especially when it comes to dealing with life’s challenges.

The 7.7% of respondents who remain "neutral" on this issue suggest that some individuals have managed to balance their online and real-life social circles or have not fully replaced one with the other. This group likely still values their real-world interactions while also participating in online gaming communities, indicating that both forms of socialization can coexist. For these individuals, online gaming might complement rather than replace their existing social networks, providing an additional avenue for connection without completely displacing their real-life relationships.

The survey results highlight a significant trend where online gaming communities are becoming the dominant social environment for many individuals, effectively replacing their real-life social circles. While these virtual communities can offer valuable social connections, the potential risks associated with this shift—such as the erosion of real-world social skills and relationships—should not be overlooked. It is crucial for individuals to maintain a balance between their online and offline social lives to ensure they do not lose touch with the essential, tangible aspects of human interaction that are vital for long-term emotional and psychological well-being. Addressing these issues may involve promoting awareness of the importance of real-world relationships and encouraging a more balanced approach to socialization that includes both online and offline interactions.

Satisfaction with Current Social Life

Figure 4.13 Satisfaction with Current Social Life



The data results provide insightful perspectives on respondents' satisfaction with their current social lives, revealing a generally positive sentiment among participants. Specifically, 39.7% of respondents report being "very satisfied," and an additional 37.4% are "satisfied" with their social lives, indicating that a majority (77.1%) are content with their current social interactions and relationships. These findings suggest that most individuals feel their social needs are being met, whether through in-person connections, online interactions, or a combination of both. The relatively high satisfaction levels could be attributed to successful social integration, where

respondents have cultivated a network of relationships that effectively fulfill their emotional and social needs.

The significant proportion of respondents who are "very satisfied" with their social lives indicates that these individuals likely experience a strong sense of belonging and connection within their social circles. This high level of satisfaction may result from meaningful and supportive relationships that provide both emotional support and opportunities for social engagement. These individuals might also benefit from a well-balanced social life that includes both in-person interactions and online connections, allowing them to enjoy the advantages of both forms of socialization.

The 37.4% who are "satisfied" likely have a generally positive outlook on their social lives, though they may see room for improvement. These individuals may have adequate social support and engagement but might not experience the deeper fulfillment or connection that those who are "very satisfied" report. Their satisfaction might be linked to a stable, though not entirely fulfilling, social environment where their basic social needs are met, but opportunities for deeper connections or more frequent interactions might be lacking.

On the other hand, the 22.9% of respondents who are "somewhat satisfied" represent a group that may feel ambivalent about their social lives. These individuals might experience a sense of partial fulfillment in their social interactions but also recognize gaps or shortcomings that prevent them from feeling fully satisfied. This ambivalence could be due to various factors, such as limited social opportunities, the quality of relationships, or the balance between online and offline interactions. For these respondents, their social life may be adequate in some respects but lacking in others, leading to a sense of dissatisfaction or a desire for improvement.

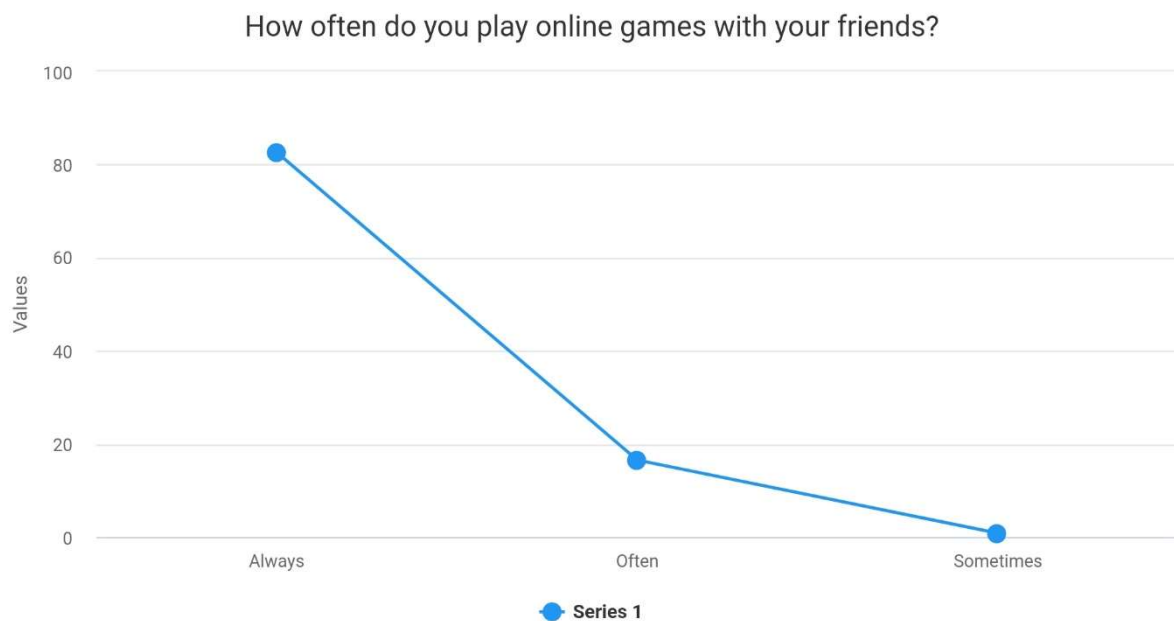
The distribution of responses highlights that while the majority of individuals are content with their social lives, a notable portion feels their social interactions could be enhanced. This variability in satisfaction levels suggests that social fulfillment is a complex and multifaceted experience, influenced by the quality and quantity of relationships, the balance between different forms of social interaction, and individual expectations or needs. For those who are only somewhat satisfied, targeted efforts to strengthen social connections—whether by fostering deeper relationships, increasing social opportunities, or balancing online and offline interactions—could help elevate their sense of satisfaction.

While the survey indicates that most respondents are satisfied with their current social lives, the varying degrees of satisfaction also suggest that social fulfillment is not uniform across all

individuals. This highlights the importance of recognizing and addressing the diverse social needs of individuals, ensuring that everyone has the opportunity to achieve a level of social satisfaction that meets their personal and emotional needs. By fostering environments that encourage meaningful social interactions and connections, both online and offline, we can help individuals attain a more fulfilling social life, ultimately enhancing their overall well-being.

Playing Online Games with Friends

Figure 4.14 Playing Online Games with Friends



The survey results reveal a significant trend towards online gaming as a central social activity for many respondents. A substantial 82.6% of participants "always" play online games with their friends, while 16.5% do so "often." This indicates that for the majority, online gaming serves as a crucial aspect of their social lives, going beyond mere entertainment to become a key mechanism for maintaining and strengthening friendships. The high proportion of respondents who "always" game with friends underscores the role of virtual environments in building social connections and sharing experiences, despite physical distance. Online games offer a unique space where friends can collaborate, compete, and enjoy each other's company, providing a valuable social outlet in today's increasingly digital world.

Several factors contribute to this trend. Many online games feature multiplayer modes designed to foster teamwork and competition, which naturally encourage group play. These games provide a convenient means of connecting with friends across different locations and time

zones, overcoming the barriers of physical distance. The interactive and immersive nature of online gaming can enhance feelings of camaraderie and teamwork, making the shared experience of gaming more enjoyable and meaningful. In a globalized world, where friends may be geographically dispersed, online games offer a consistent and accessible way to stay connected and engaged.

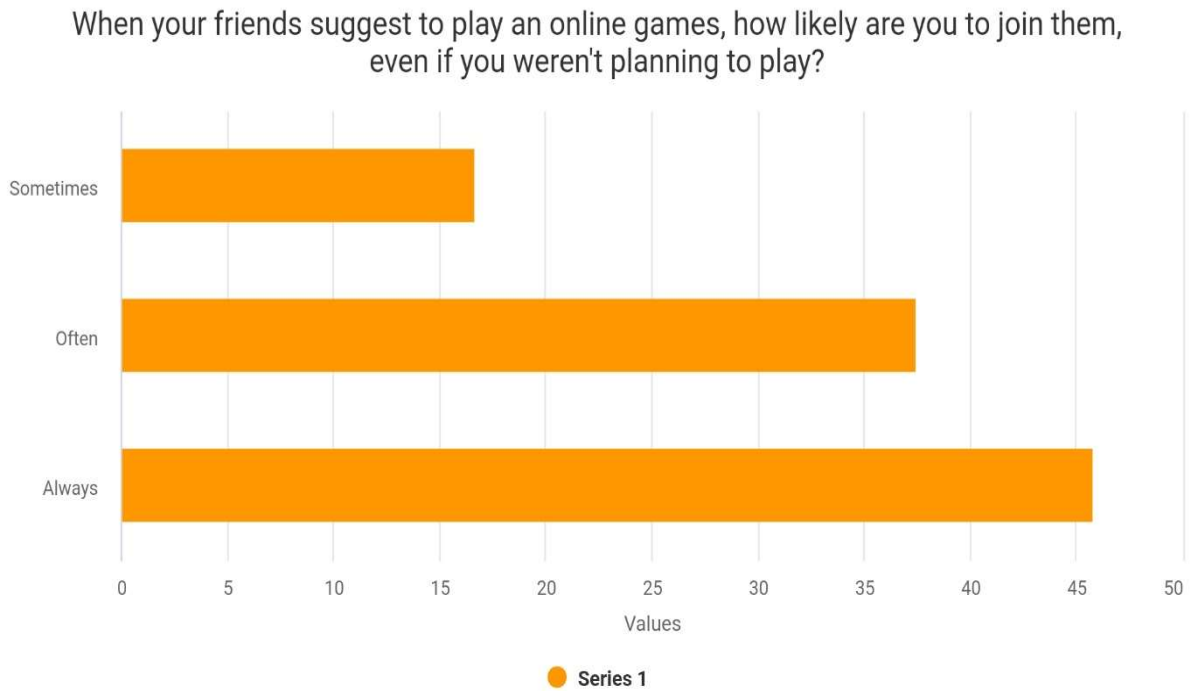
The 16.5% of respondents who "often" play online games with friends suggest that while gaming is an important social activity, it may not be their primary or exclusive means of interaction. These individuals might balance gaming with other forms of socializing or face logistical challenges in coordinating group gaming sessions. Despite this, their frequent participation in social gaming highlights its ongoing significance in their social lives.

The small percentage of respondents (0.8%) who engage in online gaming with friends "sometimes" indicates that for some, gaming is a less central part of their social routine. These individuals might prefer solo gaming experiences or have limited opportunities to game with friends due to personal preferences or lifestyle constraints. For them, gaming may serve as an occasional activity rather than a primary social engagement.

The survey underscores the prominent role of online gaming in the social lives of many individuals. For the majority, gaming with friends is a regular and integral part of their social activities, facilitating interaction, collaboration, and relationship maintenance. This trend reflects the evolving landscape of social interaction, where virtual platforms offer new ways to connect and engage. However, the variation in gaming habits ranging from frequent to occasional participation demonstrates the diverse ways individuals incorporate gaming into their social lives. Understanding these dynamics is crucial for grasping the broader impact of online gaming on social relationships and well-being.

In the survey highlights that online gaming is a significant social activity for many, with the majority of respondents regularly playing with friends. This pattern emphasizes the role of gaming in maintaining and enhancing friendships, providing a platform for consistent and meaningful interaction. However, the differences in engagement levels also illustrate how individuals integrate gaming into their social lives in varied ways, offering insights into the broader implications of online gaming on contemporary social networks.

Figure 4.15 Likelihood of Playing Online Games When Suggested by Friends



The survey results offer a clear insight into how individuals prioritize online gaming in response to friends' invitations, highlighting the strong social dimension of gaming. Notably, 45.8% of respondents say they "always" join online games when their friends suggest playing, regardless of their initial plans. This substantial percentage reflects a significant inclination towards accommodating friends' gaming requests, underscoring online gaming as a crucial social activity. For these individuals, gaming transcends mere entertainment; it becomes a primary way to maintain and strengthen social connections. Their readiness to participate in these games illustrates the high value they place on shared gaming experiences and their commitment to engaging with their social circles through gaming.

The willingness to join friends' gaming sessions underscores the importance of social interaction in online gaming. Many online games emphasize collaborative and interactive play, which becomes more rewarding when shared with others. This behaviour suggests that online gaming serves not just as a recreational activity but as a platform for social bonding, where friendships are reinforced through teamwork and shared experiences. The flexibility to accommodate friends' gaming suggestions highlights how integral social connectivity is to the gaming experience for these individuals, indicating that the enjoyment of gaming is significantly enhanced by playing with friends.

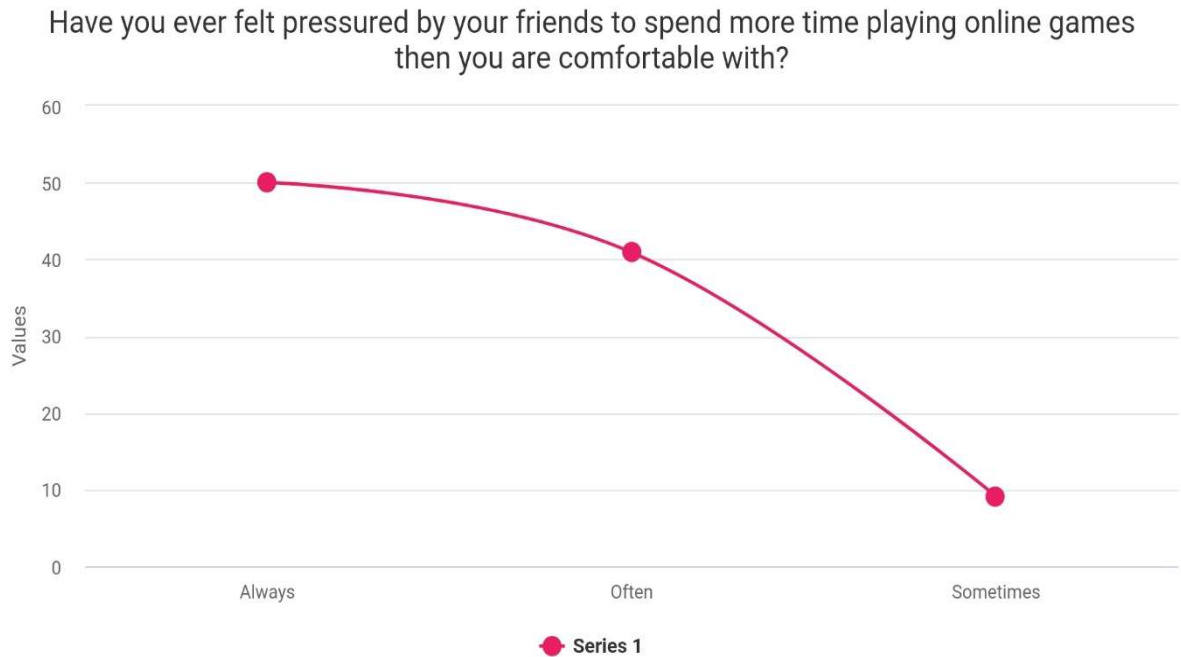
The 37.5% of respondents "often" join friends for gaming, showing a strong engagement with social gaming, although not as consistent as those who "always" participate. This group likely values gaming with friends but might face occasional barriers such as personal commitments or conflicting schedules that prevent them from joining every suggested session. Despite these limitations, their frequent participation underscores the importance of social gaming in their lives, even if not always feasible.

The 16.7% of respondents who "sometimes" join friends for gaming represent a more selective group. These individuals might be willing to participate but are influenced by other priorities or constraints. Their less frequent participation could be due to factors like personal schedules, specific gaming preferences, or the nature of their friendships. For these respondents, gaming serves more as an occasional social opportunity rather than a regular activity, indicating a different balance between gaming and other aspects of their lives.

The survey highlights the significant role online gaming plays in social interactions for many people. The majority of respondents show a strong tendency to join gaming sessions with friends, demonstrating the social value and appeal of these virtual interactions. This trend reflects how gaming has integrated into social routines and underscores the need for flexibility and responsiveness in maintaining friendships through online platforms. However, the variations in responses also reveal differences in how individuals manage their time and priorities, with some being more consistently engaged in social gaming than others. Understanding these dynamics sheds light on the broader social implications of online gaming and its role in contemporary social interactions.

In the survey indicates that online gaming is a major social activity for most respondents, with many consistently joining friends' gaming sessions. This behaviour highlights online gaming as a significant tool for social connection and reveals the varying levels of engagement among individuals. Recognizing these patterns is crucial for understanding the impact of online gaming on social relationships and its place within the broader context of personal and social life.

Figure 4.16 Pressure from Friends to Spend More Time on Online Games



The survey results highlight a significant trend in the impact of social pressure on online gaming habits, revealing challenges related to personal boundaries. Specifically, 50% of respondents feel "always" pressured by friends to play online games more than they are comfortable with, and 40.9% report feeling this pressure "often." These figures indicate that many individuals face expectations from their social circles that push them to extend their gaming sessions beyond their comfort zones. This dynamic suggests that the social environment surrounding online gaming can deeply affect personal gaming behaviours and comfort levels.

The pressure to increase gaming time often stems from the collaborative and competitive nature of online games. Multiplayer games frequently require regular participation to maintain team cohesion and achieve competitive success. Friends in these gaming environments may expect their peers to be available for scheduled sessions or to contribute to team goals, leading to both implicit and explicit pressure to play more. For those who "always" feel pressured, this can create a persistent challenge, as the need to meet social expectations conflicts with personal comfort and boundaries. This pressure to stay engaged with the group and avoid appearing unreliable can significantly influence their gaming habits, potentially leading to stress or frustration.

The 40.9% of respondents who feel pressured "often" experience a strong but somewhat less consistent level of pressure compared to those who "always" feel it. These individuals face regular demands from their friends to participate in gaming sessions or increase their gaming time, though these pressures may not be as constant or overwhelming as those reported by the majority. The periodic nature of this pressure can still present challenges, especially if individuals struggle to balance their social gaming commitments with their own comfort and other obligations. This frequent pressure highlights the ongoing influence of social expectations on gaming behaviour, suggesting that while not constant, it remains a recurring issue for many.

A smaller percentage of respondents (9.1%) who "sometimes" feel pressured indicates that this experience is less common among this group. These individuals might face pressure only occasionally or in specific contexts rather than as a regular aspect of their gaming experience. The lower frequency of pressure suggests that their social interactions might not be as focused on gaming, or that they have managed to establish clearer boundaries with their friends. For these respondents, occasional pressure might be easier to handle, reflecting a different balance between gaming activities and social dynamics.

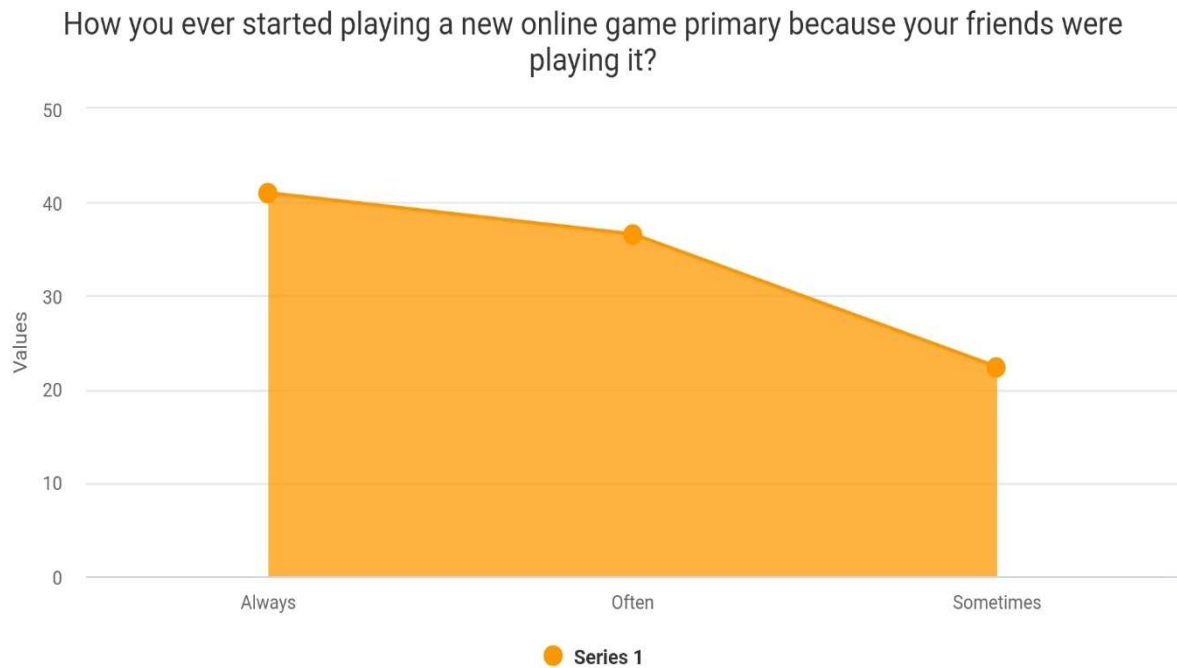
In the data results underscore the significant role of social pressure in shaping online gaming behaviours. The majority of respondents experience varying degrees of pressure from friends to extend their gaming time, highlighting how social expectations within gaming communities can impact personal comfort and boundaries. Addressing these social influences is crucial for promoting healthier gaming habits and ensuring that individuals can balance their gaming activities with personal needs. Strategies such as setting clear boundaries, communicating effectively with friends, and fostering supportive gaming environments are essential for maintaining well-being and ensuring that online gaming remains a positive and enjoyable experience. Understanding these dynamics is vital for both individuals and gaming communities to support balanced and respectful gaming practices.

Starting New Online Games Because Friends Are Playing

The survey results reveal a distinct impact of friends on the decision to start playing new online games, underscoring the social aspect of gaming preferences. A significant 41.0% of respondents "always" begin new games primarily because their friends are playing them. This highlights how strongly social circles influence gaming choices, with the preference for joining

friends in shared gaming experiences often outweighing the appeal of discovering new games independently. This substantial figure reflects the critical role of peer recommendations and the desire to engage in social gaming communities.

Figure 4.17 Starting New Online Games Because Friends Are Playing



In 36.6% of respondents "often" start new online games based on their friends' involvement, demonstrating a similar but somewhat less consistent trend. This group shows a strong tendency to follow friends' gaming preferences, although they may not be as driven by this factor as those who "always" start games due to friends. This indicates a notable but variable influence of peer recommendations, where friends' gaming choices are significant but not the sole factor influencing game selection.

The 22.4% of respondents who "sometimes" begin new games primarily because of friends represent a more selective group. These individuals are influenced by their friends' gaming activities but do not let this factor dominate their decisions. Their choice to start a new game may be influenced by a combination of personal interest, game reviews, and other considerations, with friends' recommendations being just one factor among many. This occasional influence suggests a more balanced approach to game selection, where social influence is weighed alongside other personal and external factors.

The survey highlights the significant role of social influence in the decision to start new online games. The high percentages of respondents who "always" or "often" choose new games based

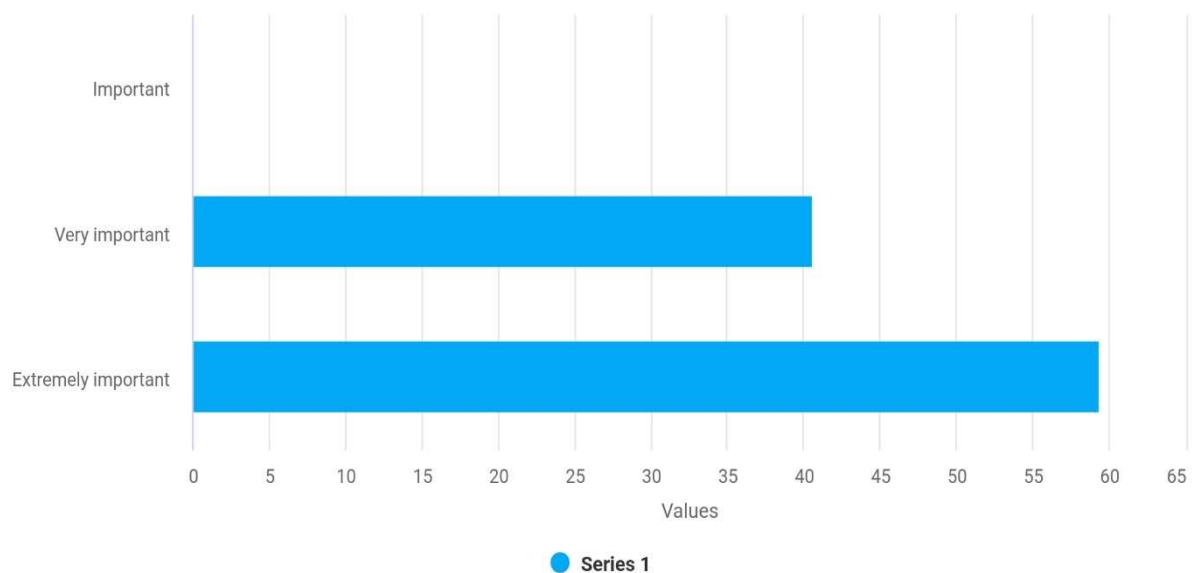
on friends' involvement emphasize the importance of social connections in shaping gaming habits. This trend illustrates how online gaming functions not only as a personal pastime but also as a communal activity where social bonds and shared experiences play a pivotal role. The influence of friends on game selection demonstrates the interconnected nature of gaming communities, where peer interactions and recommendations significantly impact individual choices and enhance the collective gaming experience.

The survey indicates that friends have a considerable effect on the decision to start new online games, with a significant portion of respondents either always or often selecting new games based on friends' suggestions. This finding highlights the social dimension of gaming and the role of peer connections in shaping gaming behaviours. Understanding this dynamic can help developers and gaming communities recognize the social motivations behind game choices and the ways in which friendships contribute to the overall gaming experience.

THE AMOUNT OF TIME SPENDING IN ONLINE GAMES

Figure 4.18 Perceived Importance of Time Spent Gaming with Friends

In your opinion, how important is it to your friends that you spend a lot of time playing online games with them?



The survey results underscore the pivotal role online gaming plays within social circles, with 59.4% of respondents stating that it is "extremely important" for their friends that they spend significant time playing games together, while 40.6% consider it "very important." These figures highlight that online gaming is deeply embedded in the social fabric of many friendships, proving to be more than just a leisure activity but a crucial element in maintaining and strengthening social connections.

The high importance placed on gaming by friends can be attributed to several factors. Online games often act as a shared platform that fosters social cohesion and community among players. For many, gaming offers a common space for interaction, collaboration, and enjoyment, making it a key aspect of their social lives. Regular gaming sessions can forge stronger bonds, create shared experiences, and deepen friendships. When friends regard gaming as "extremely" or "very" important, it suggests that these shared activities are essential to their sense of belonging and emotional connection within their social networks.

The absence of respondents who view gaming as merely "important" or less highlights that, for most, online gaming is a major and influential part of their social existence. This distinction underscores how gaming has evolved from a casual pastime to a central element of social engagement. The significant emphasis on gaming reflects its dual role as both an entertainment medium and a vital tool for social interaction and emotional support.

The high regard for gaming by friends may also reveal underlying social expectations and pressures. When a substantial segment of a social group highly values gaming, there may be both implicit and explicit expectations for individuals to participate regularly to maintain their standing within the group. This pressure can significantly impact gaming habits, potentially leading individuals to prioritize gaming over other activities or responsibilities to align with social expectations.

The strong focus on online gaming illustrates the shifting landscape of social interactions in the digital age. Online gaming platforms facilitate connections across diverse geographical locations and time zones, becoming essential for maintaining relationships in a globalized world. For many, the social dimension of gaming is as significant, if not more significant, than the gameplay itself. Understanding this dynamic is key to recognizing how online games serve as social tools that support communication, bonding, and mutual support.

In the survey highlights that online gaming is a central element in social relationships for a large majority of respondents, with most indicating that it is either "extremely" or "very" important to their friends. This underscores the integral role of gaming in fostering and maintaining social bonds, revealing its place as a core aspect of modern social interactions. Acknowledging the significance of gaming in social contexts helps to understand its impact on friendships and social dynamics, including the pressures and expectations that may influence gaming behaviours.

Similarity of Online Gaming Habits with Friends

The data indicates that a large majority of respondents view their online gaming habits as closely aligned with those of their friends. Specifically, 38.8% of participants see their gaming habits as "extremely similar" to those of their peers, 38.0% consider them "very similar," and 23.3% describe them as "similar." This pattern highlights a significant social dimension in the development and continuation of online gaming behaviours, suggesting that social networks play a major role in shaping individual gaming habits.

Figure 4.19 Similarity of Online Gaming Habits with Friends



The considerable similarity in gaming practices among friends can be explained by several interrelated factors. First, online gaming is fundamentally a social activity, with many games featuring multiplayer modes, cooperative missions, and competitive environments that encourage group interaction. These social aspects motivate players to engage with friends and acquaintances, creating a shared gaming culture within their social circles. Consequently, individuals are likely to adopt similar gaming habits to fully participate in these social experiences, enhancing their overall enjoyment and strengthening their connections with peers.

The alignment in gaming habits may result from shared interests and preferences. Friends often influence one another's choices, whether through direct recommendations or by setting trends within their social group. When a game becomes popular among friends, others in the group

are more likely to adopt similar habits to remain engaged with the common activity. This influence is further amplified by the social validation gained from participating in popular games, as individuals tend to conform to group norms and relish the collective experience.

Peer influence extends beyond game selection to include the amount of time spent gaming and attitudes towards gaming. Friends frequently discuss their gaming experiences, share strategies, and offer feedback, leading to similar gaming schedules and behaviours. This social reinforcement creates a feedback loop where individuals adjust their gaming habits to match those of their friends, further consolidating the similarity in gaming practices.

The similarity in gaming habits among friends can reflect broader social trends. Popular games and gaming genres often spread through social networks, and as friends share their gaming experiences, they contribute to the normalization and dissemination of certain gaming behaviours within their circles. This trend-driven behaviour underscores the impact of external factors, such as game popularity and social dynamics, in shaping individual gaming choices.

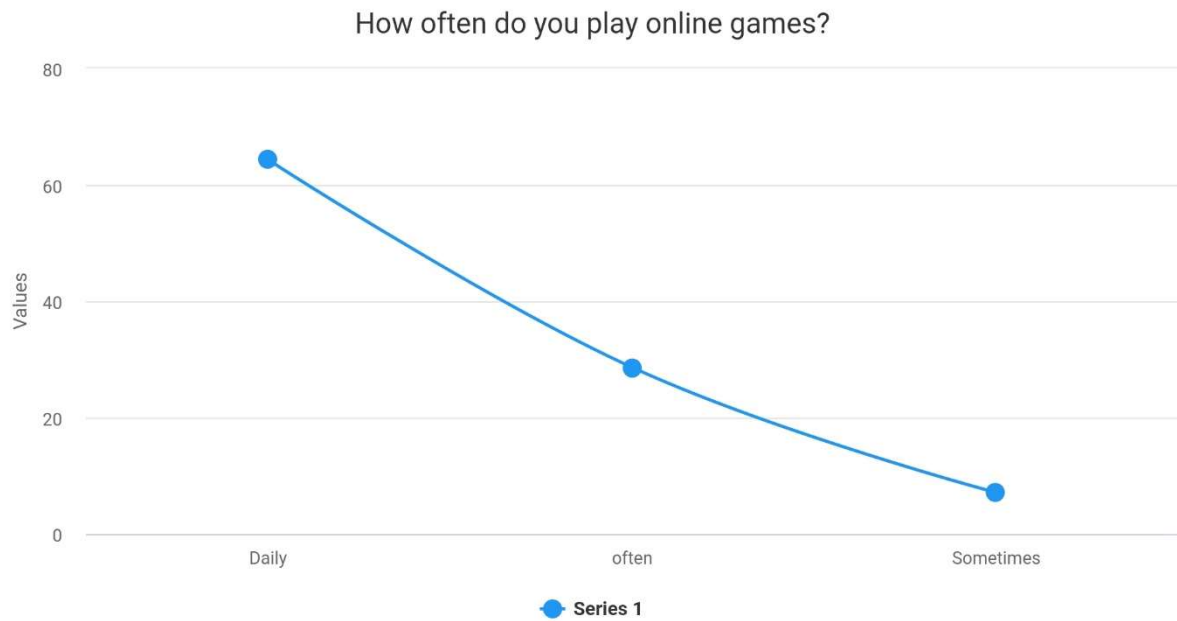
Recognizing the close alignment of gaming habits among friends is crucial for addressing issues related to online game addiction. If gaming behaviours are closely tied within social groups, interventions aimed at reducing excessive gaming might need to address the social context as well. Strategies that involve engaging entire social circles, rather than focusing solely on individual behaviour, could be more effective in fostering healthier gaming practices. For instance, educational programs and support initiatives targeting groups of friends could promote balanced gaming habits and provide resources for managing gaming time effectively.

In the survey data demonstrates a significant degree of similarity in online gaming habits among friends, reflecting the strong influence of social networks on individual gaming behaviours. This alignment, driven by shared interests, social interactions, and peer validation, highlights the importance of a social perspective in tackling online game addiction. Considering these social dynamics can help tailor interventions to better promote healthier gaming practices and address the risks associated with excessive online gaming.

Frequency of Online Gaming

The data indicates that a large majority of respondents engage in online gaming with considerable frequency. Specifically, 64.3% report playing online games daily, 28.6% play often, and 7.1% play sometimes. This distribution reveals a strong tendency toward regular online gaming, suggesting that it is a significant activity in the lives of many individuals.

Figure 4.20 Frequency of Online Gaming



The high percentage of daily gamers indicates that online gaming is more than just a recreational activity for them; it has become a central and consistent part of their daily routines. Playing daily implies that online games provide more than mere entertainment; they offer a habitual engagement that integrates seamlessly into the respondents' lives. This frequent gaming may be driven by the immersive nature of online games, which offer continuous content, updates, and social interactions that enhance the gaming experience and make it a regular fixture in one's schedule. The high level of daily engagement suggests that online gaming serves as a major source of leisure and social connection, meeting needs such as stress relief, community involvement, and personal enjoyment.

For the 28.6% of respondents who play online games often, their gaming habits, while not as frequent as those of daily gamers, still reflect a strong commitment to the activity. This group engages in online gaming regularly, indicating that it is a significant part of their leisure time, although it may not dominate their daily routine. These frequent gamers likely integrate gaming into their schedules around other commitments like work, study, or family responsibilities. Their regular gaming pattern underscores the appeal of online games as a consistent and enjoyable activity, even if it is not as central to their lives as it is for daily gamers.

The 7.1% of respondents who play online games sometimes exhibit a more sporadic approach to gaming. This group engages in online gaming occasionally, possibly during free time or when other activities permit. The less frequent nature of their gaming could be due to various

factors, such as competing interests, time constraints, or a less intense attachment to gaming compared to daily and frequent gamers. For these individuals, online gaming is one of several leisure activities rather than a primary or daily pursuit.

The survey data highlights a trend toward frequent online gaming, with most respondents participating daily or often. This high level of engagement emphasizes the significant role online gaming plays in the lives of many individuals. The implications of such frequent gaming are complex. On one hand, regular gaming can provide benefits such as social interaction, entertainment, and skill development. On the other hand, it may also pose challenges, including potential impacts on time management, academic performance, and social relationships.

Understanding these patterns is crucial for developing effective strategies to manage gaming behaviour and address associated issues. Interventions should focus on promoting healthy gaming habits, balancing gaming with other life aspects, and providing resources for managing gaming time and mitigating risks related to gaming addiction.

Average Hours Spent on Online Gaming Per Day

Figure 4.21 Average Hours Spent on Online Gaming Per Day



The data reveals that a substantial portion of respondents devote significant amounts of time to online gaming each day. Specifically, 41.3% of participants report spending more than 5 hours daily on online games, while 40.5% spend between 3 to 4 hours. Additionally, 16.5% allocate 2 to 3 hours, and only 1.7% spend between 1 to 2 hours per day gaming. This distribution

highlights that a large majority engage in online gaming for extended periods, with over 80% of respondents spending at least 3 hours a day gaming.

The high percentage of individuals gaming more than 5 hours a day underscores the immersive and potentially consuming nature of online games. Such extensive daily gaming suggests that these games are a major part of their lives, likely offering not only entertainment but also fulfilling social and psychological needs. The immersive qualities of modern online games, including their extensive content, interactive environments, and social features, likely contribute to these long gaming sessions. This level of engagement indicates that for many, online gaming is more than a casual hobby; it is a significant aspect of their daily routines that could impact other areas of their lives.

The nearly equal proportion of respondents who spend 3 to 4 hours daily gaming also reflects a high level of engagement. This group integrates gaming regularly into their schedules, showing that online games are an important leisure activity for them, even if it does not dominate their daily life. Their consistent gaming habits suggest a structured approach to balancing gaming with other responsibilities.

The smaller percentage of respondents spending 2 to 3 hours daily highlights a moderate level of gaming engagement. While this group spends less time gaming compared to the more frequent gamers, they still dedicate a notable amount of their day to online games. This moderate level of engagement may indicate a balanced approach, where gaming is one of several interests and commitments.

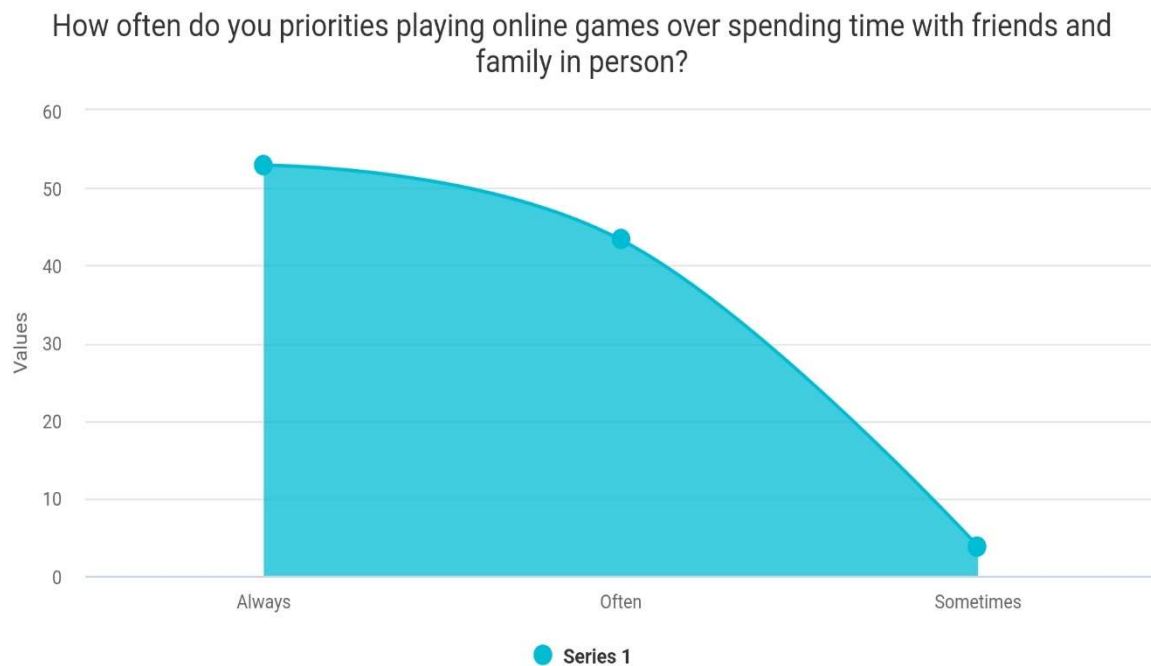
The very small percentage of respondents who game for only 1 to 2 hours daily suggest that for them, online gaming is a less central activity. Their gaming time might be influenced by other priorities or a preference for shorter gaming sessions. For this group, online gaming is a part of their daily activities but not a dominant pursuit.

In the data shows a clear trend towards significant daily engagement in online gaming, with a majority spending 3 or more hours each day. This pattern underscores the important role online gaming plays in the lives of many individuals, but also raises concerns about balancing gaming with other life activities. The extensive time spent gaming could affect time management, academic performance, and social relationships. Recognizing these patterns is essential for developing effective strategies to manage gaming behaviour. Interventions should focus on encouraging balanced gaming habits, setting time limits, and addressing the risks of excessive

gaming to ensure that it remains a positive and enjoyable part of life without negatively impacting other areas.

Prioritizing Online Gaming Over In-Person Time with Friends and Family

Figure 4.22 Prioritizing Online Gaming Over In-Person Time with Friends and Family



The above figure no 4.22 reveals a notable trend among respondents who prioritize online gaming over in-person interactions with friends and family. 52.9% of participants report that they "always" choose gaming over spending time with loved ones, while 43.3% do so "often." Only 3.8% prioritize gaming "sometimes" compared to face-to-face interactions. This distribution indicates a significant preference for online gaming, which may come at the expense of personal relationships and real-world socialization.

The high percentage of respondents who "always" prioritize gaming suggests that for these individuals, online gaming is a core aspect of their daily lives rather than just a pastime. This consistent preference implies that online gaming provides substantial fulfillment or satisfaction, potentially making it a more appealing alternative to in-person interactions. The immersive features of modern online games, such as rich content, interactive environments, and social elements, can create experiences that feel more engaging or accessible compared to real-world

social activities. For some, online gaming offers a sense of achievement, community, and entertainment that fits better into their schedules than coordinating with friends and family.

The substantial proportion of respondents who "often" prioritize gaming reinforces the idea that online gaming is a major leisure activity, frequently taking precedence over personal social activities. The continuous engagement, flexible scheduling, and extensive social networks available through online gaming make it a compelling option for many. The convenience and immediate gratification provided by gaming can often overshadow the effort required to organize in-person gatherings.

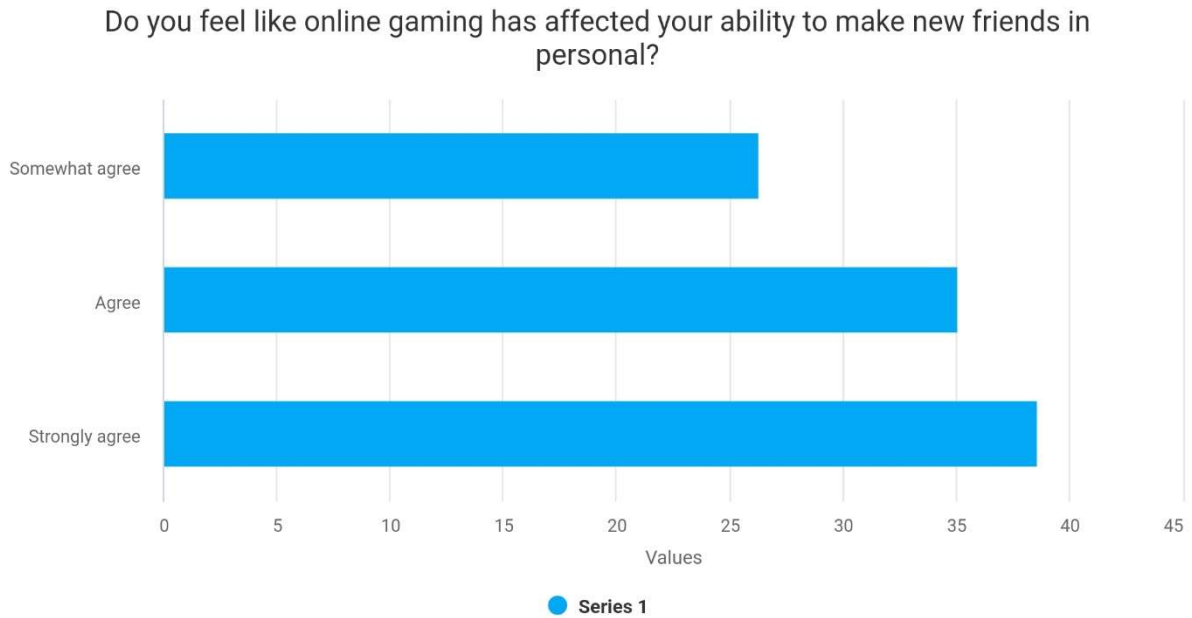
The small percentage of respondents who "sometimes" prioritize gaming over in-person interactions suggests that this group manages a more balanced approach. They may participate in online gaming but still place significant value on spending time with friends and family. This group appears to actively maintain their personal relationships while also enjoying gaming as a leisure activity.

The data highlights a strong trend where a majority of respondents prioritize online gaming over face-to-face interactions with friends and family. This trend underscores the significant role online gaming plays in many individuals' lives and its potential impact on personal relationships and social dynamics. Although online gaming offers various benefits, such as social connection, entertainment, and skill development, prioritizing it over in-person relationships may lead to social isolation or strain on personal connections, potentially affecting social skills and emotional well-being.

Addressing these patterns is essential for understanding the broader implications of online gaming on social and personal life. It is important to recognize how gaming habits might influence relationships and to develop strategies that promote a healthier balance between virtual and real-world interactions. Interventions should focus on encouraging individuals to value and nurture personal relationships while managing their gaming activities, helping to mitigate any negative impacts and support overall social well-being. By fostering a balanced approach, individuals can enjoy the benefits of online gaming without compromising their meaningful connections with friends and family.

Impact of Online Gaming on Ability to Make New Friends

Figure 4.23 Impact of Online Gaming on Ability to Make New Friends



The survey data highlights a significant concern among respondents about the impact of online gaming on their ability to make new friends in person. According to the results, 38.6% of participants "strongly agree" that online gaming affects their ability to form new in-person friendships, 35.1% "agree," and 26.3% "somewhat agree." This distribution indicates a widespread perception that online gaming may influence one's social skills and opportunities for real-world interactions.

The large proportion of respondents who "strongly agree" suggests that many individuals see online gaming as a major obstacle to developing new in-person relationships. These respondents likely feel that the time and energy dedicated to online gaming limit their chances to engage in face-to-face social activities. The immersive nature of modern online games, which often involves extensive play sessions and deep engagement in virtual environments, may detract from time that could otherwise be spent in real-world social interactions. The appeal of online gaming, with its rich content and interactive features, can provide a compelling alternative to in-person socialization, making it challenging for individuals to prioritize real-world relationships.

For the 35.1% of respondents who "agree" with the notion, online gaming represents a significant factor in their social lives. This group perceives a direct link between their gaming habits and difficulties in making new friends face-to-face. The accessibility and engaging nature of online games can make it hard for individuals to step outside their virtual environments and participate in real-world social activities. The online gaming community offers a sense of connection and camaraderie, which, while fulfilling, may not fully replicate the dynamics of in-person relationships. As a result, the convenience and gratification provided by gaming might overshadow the effort required to foster new friendships in a physical setting.

The 26.3% of respondents who "somewhat agree" present a more nuanced perspective. They acknowledge that online gaming may influence their ability to build new in-person relationships but recognize that other factors also play a role. This group may view online gaming as one of several influences on their social interactions, considering additional personal or situational factors that affect their social opportunities. For these individuals, online gaming is a contributing factor rather than the sole determinant of their social experiences.

The data illustrates a clear perception among a majority of respondents that online gaming has an impact on their ability to make new friends in person. This belief highlights the potential effects of extensive gaming on social skills and real-world social opportunities. While online gaming offers virtual connections, entertainment, and a sense of achievement, it may limit the time and energy available for face-to-face interactions, potentially affecting one's social development.

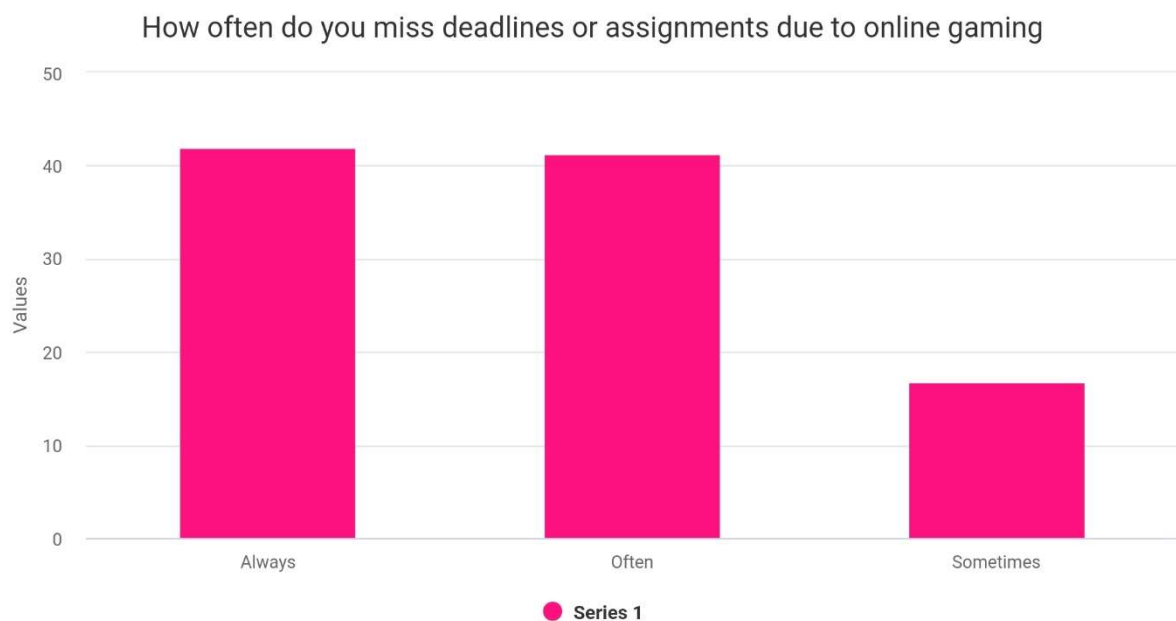
Understanding these patterns is crucial for addressing the broader implications of online gaming on personal relationships. It is important to recognize how online gaming habits might influence social skills and opportunities for in-person interactions. Developing strategies to promote a balance between virtual and real-world social activities can help mitigate potential negative effects. Encouraging individuals to engage in face-to-face interactions alongside their gaming activities can support overall social well-being and ensure that online gaming remains a positive part of their lives without compromising the quality of personal relationships.

ACADAMIC PERFORMANCE

Missing Deadlines or Assignments Due to Online Gaming

The data reveals a concerning trend regarding the impact of online gaming on meeting deadlines and completing assignments. Specifically, 42.0% of respondents "always" miss deadlines or assignments due to gaming, 41.2% "often" face this issue, and 16.8% "sometimes" fall behind. This distribution underscores that a significant number of individuals view online gaming as a major factor affecting their ability to manage academic or professional responsibilities effectively.

Figure 4.24. Missing Deadlines or Assignments Due to Online Gaming



The substantial percentage of respondents who "always" miss deadlines highlights a severe issue with time management. For these individuals, online gaming appears to consistently take precedence over their academic or work commitments, resulting in regular delays. The immersive and captivating nature of online games, which can demand considerable time and attention, may contribute to procrastination and reduced focus on deadlines. For this group, gaming acts as a major distraction, significantly disrupting their ability to meet important deadlines and fulfil their responsibilities.

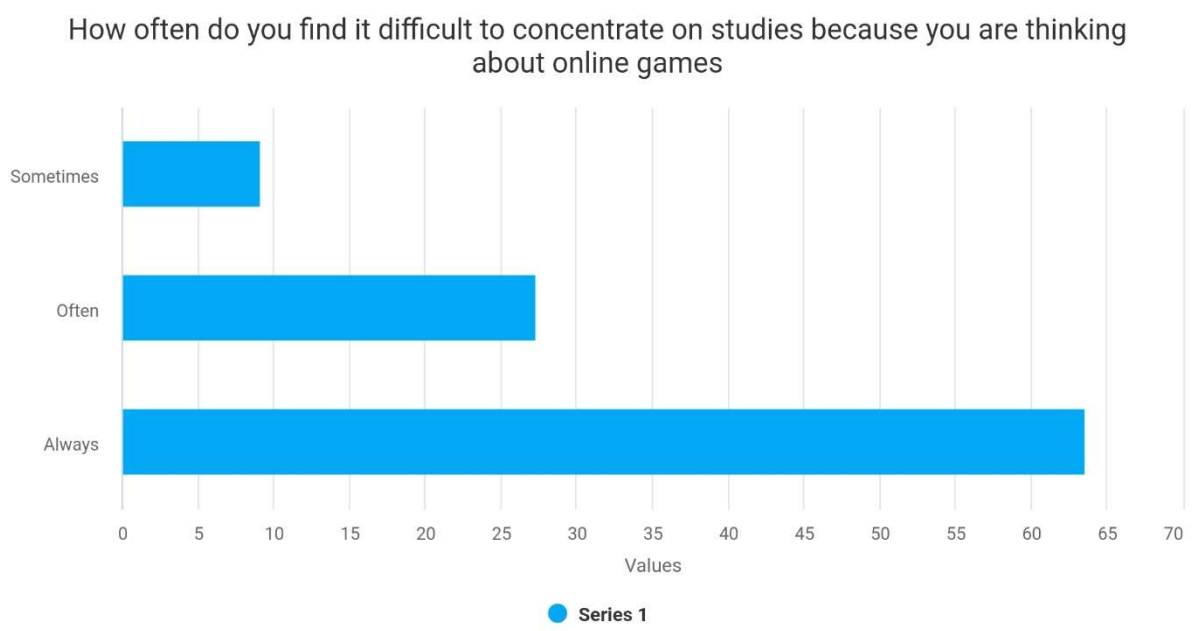
The high proportion of respondents who "often" miss deadlines indicates that online gaming has a notable impact on their time management. Although not as extreme as the "always" group, this category still struggles with balancing gaming and their responsibilities. The recurring

nature of their delays suggests that gaming frequently interferes with their ability to manage tasks effectively. These individuals may find it challenging to integrate their gaming habits with academic or professional duties, leading to consistent issues with meeting deadlines.

The 16.8% of respondents who "sometimes" miss deadlines due to gaming represent a smaller but still significant portion of the population. This group acknowledges that while online gaming affects their ability to meet deadlines, it does not do so as frequently. Their gaming habits may occasionally conflict with their responsibilities, but other factors also contribute to their time management challenges. This indicates that while gaming is a factor, it is not the sole reason for their difficulties in meeting deadlines.

The data highlights a significant concern about how online gaming affects time management and responsibility. The high percentages of respondents who report missing deadlines "always" or "often" due to gaming point to a critical issue. The immersive and engaging nature of online games can lead to distractions that hinder balancing gaming with academic or professional obligations. To address these issues, strategies should focus on improving time management skills and minimizing the negative effects of gaming. Techniques such as setting time limits for gaming sessions, prioritizing tasks, and establishing clear boundaries can help individuals manage their responsibilities more effectively, ensuring that deadlines are met while still enjoying their gaming experiences.

Figure 4.25. Difficulty Concentrating on Studies Due to Thoughts of Online Gaming



The survey data indicates that online gaming significantly affects respondents' ability to concentrate on their studies. Specifically, 63.6% of participants "always" struggle to focus on their studies due to thoughts about online gaming, 27.3% "often" face this issue, and 9.1% "sometimes" experience concentration difficulties because of gaming-related thoughts. This distribution underscores a strong link between online gaming and academic focus challenges, suggesting that online gaming can be a major distraction for many individuals.

For the 63.6% of respondents who "always" find it hard to concentrate on their studies, online gaming appears to be a pervasive and persistent distraction. The engaging and immersive qualities of online games, which often feature complex content and interactive experiences, can create a compelling allure that diverts attention away from academic tasks. This ongoing distraction may contribute to reduced academic performance and difficulty managing study time effectively, as constant preoccupation with gaming detracts from engagement with educational material.

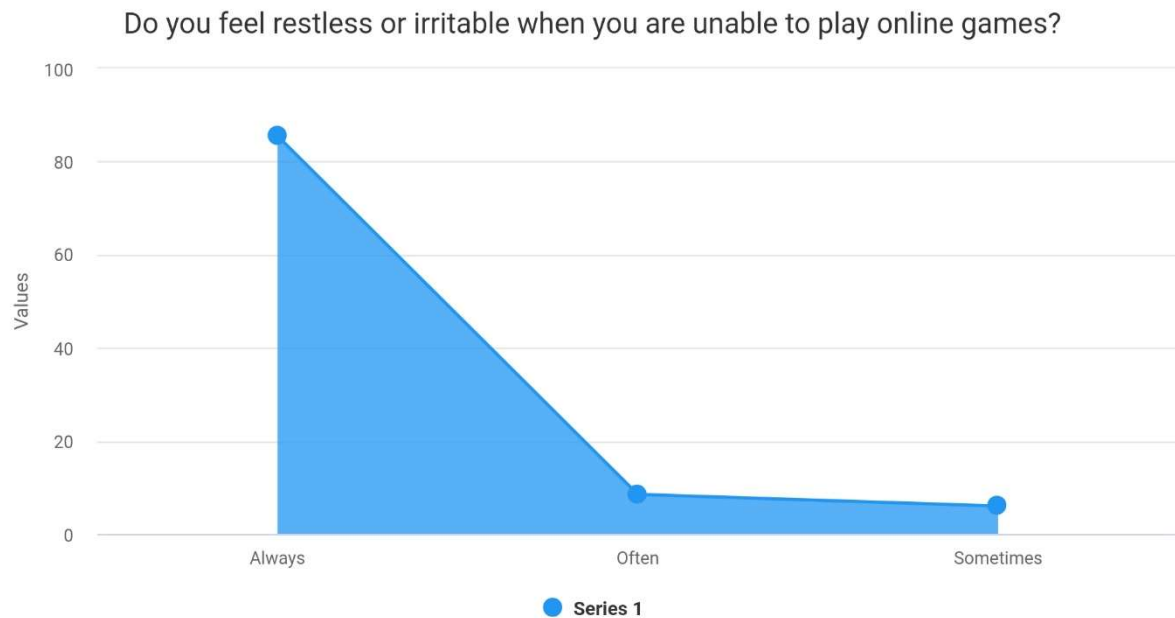
The 27.3% of respondents who "often" have trouble concentrating on their studies due to online gaming further highlights the issue. While these individuals may not experience the same level of consistent distraction as those in the "always" category, online gaming still represents a significant and frequent barrier to maintaining focus. Their regular difficulties in concentrating suggest that gaming is a recurring factor affecting their academic performance, potentially hindering their ability to complete assignments, prepare for exams, or participate in productive study sessions.

The 9.1% of respondents who "sometimes" struggle with concentration due to gaming-related thoughts indicate that online gaming is a less frequent but still notable distraction. For this group, gaming occasionally interferes with their focus on studies, implying that while gaming impacts their academic concentration, it is not as dominant or disruptive as for those who "always" or "often" face these challenges. This group's issues may also involve other factors, suggesting a more complex interplay between gaming and academic focus.

The data reveals a clear and concerning trend where a significant majority of respondents face considerable difficulties in concentrating on their studies due to online gaming. The high levels of reported distraction highlight the need for strategies to manage the impact of gaming on academic performance. To address this issue, individuals should develop effective time management skills, set boundaries for gaming, and create study environments that minimize

distractions. Implementing these strategies can help balance gaming activities with academic responsibilities, ultimately improving the ability to focus on studies and achieve better academic outcomes.

Figure 4.26. Restlessness or Irritability When Unable to Play Online Games



The survey data reveals a significant emotional impact when individuals are unable to engage in online gaming. A substantial 85.5% of respondents "always" feel restless or irritable when they cannot play, 8.5% feel this way "often," and 6.0% feel it "sometimes." This distribution highlights a strong emotional dependence on online gaming, indicating that its absence leads to considerable distress for many.

The large percentage of respondents who "always" experience restlessness or irritability demonstrates a deep connection between online gaming and emotional well-being. For these individuals, online gaming is not merely a form of entertainment but a vital component of their emotional regulation and daily satisfaction. The immersive nature of online games provides a sense of escape, achievement, and social interaction, making the absence of gaming especially disruptive. This strong reliance may suggest patterns of addiction or excessive engagement, where the lack of gaming leads to significant mood disturbances. The restlessness and irritability reported by this group reflect a high level of dependency on gaming for emotional stability, which can affect their overall quality of life and relationships.

For the 8.5% who "often" feel restless or irritable, the emotional response is notable but less intense compared to those who "always" feel affected. These individuals find online gaming to

be a significant part of their emotional routine. Although their distress is not constant, the frequency of their irritation when unable to game indicates that gaming plays a considerable role in their emotional management. Their dependency is not as severe as that of the "always" group, but gaming still has a substantial impact on their daily emotional state.

The 6.0% who "sometimes" feel restless or irritable represent a smaller group with a more occasional response. For these individuals, online gaming affects their mood, but it is not the primary factor influencing their emotional state. Their occasional distress suggests that while gaming is significant, it is not as central to their well-being as it is for those who experience constant emotional disturbances. This group may have a more balanced relationship with gaming, with other aspects of their life also playing a role in their emotional state.

The data illustrates a clear and significant relationship between online gaming and emotional well-being for many respondents. The high percentage of those who "always" feel restless or irritable when unable to game underscores the profound impact gaming can have on emotional health. This dependency highlights the need for understanding how gaming affects mood and behaviour. To address these emotional responses, exploring healthier ways to manage stress and developing coping strategies for times when gaming is not possible are essential. Supporting individuals who experience significant distress due to gaming can promote a more balanced and healthy approach to gaming, ensuring it remains a positive activity without negatively affecting emotional well-being. By developing this balance, individuals can enjoy gaming while maintaining their emotional health and quality of life.

CHAPTER V

FINDINGS, CONCLUSION AND SUGGESTIONS

5.1 INTRODUCTION

Gaming addiction has emerged as a significant issue, particularly among young adults. The data presented reveals a clear understanding of how various demographic factors, life stages, and social dynamics contribute to the prevalence and intensity of online gaming addiction. This analysis had delved into the patterns observed across different age groups, genders, academic statuses, and social interactions to better understand the factors driving gaming addiction among young adults.

5.2 MAJOR FINDINGS

Age-Related Patterns in Gaming Addiction

The data highlights a substantial concentration of gaming addiction in the 21-23 age range, accounting for 71.5% of the studied population. This demographic dominance suggests that individuals in their early twenties are particularly susceptible to gaming addiction, likely due to transitional life stages, such as moving from education to employment, which can bring about increased stress and uncertainty. During this period, young adults may have more discretionary time and face significant academic or career pressures, making gaming an attractive escape or coping mechanism. The smaller percentages observed in the 18-20 (13.5%) and 24-26 (15.0%) age groups provide additional insight. Younger individuals in the 18-20 range are often still navigating educational commitments and social adjustments, which might limit their engagement in gaming. Conversely, those in the 24-26 age range may begin to prioritize career and personal responsibilities, leading to a reduction in gaming activity. This distribution underscores how developmental and life stage variables influence the intensity and prevalence of online gaming addiction among young adults.

Gender Disparity in Gaming Addiction

The gender disparity in online gaming addiction is evident, with males constituting 66.7% of the affected population and females making up 33.3%. This significant imbalance can be attributed to various sociocultural factors. Traditionally, gaming has been more socially

normalized and marketed toward males, leading to higher participation rates and, consequently, a greater prevalence of addiction among them. Males are also more likely to engage in competitive and immersive gaming experiences, which can contribute to higher addiction rates. On the other hand, females may experience lower levels of engagement or different patterns of gaming, potentially influenced by varying social expectations or interests. This gender disparity highlights the need for targeted interventions that address the specific factors contributing to gaming addiction across different demographics.

Academic Status and Gaming Behaviours

The distribution of academic statuses among individuals with online gaming addiction—70% full-time students, 10% part-time students, and 20% not currently enrolled—reflects how academic engagement influences gaming behaviours. Full-time students, who make up the majority, may experience significant academic stress and have substantial free time, which can contribute to higher rates of gaming as a form of escapism or stress relief. Their demanding schedules might also lead them to use gaming as a coping mechanism for academic pressures or social isolation. Part-time students, with less academic pressure, may still engage in gaming but at lower rates due to less available time. Those not currently enrolled may have more flexibility and time for gaming but might also be dealing with other life stressors or transitions, affecting their engagement levels. This distribution highlights the interplay between academic demands and gaming behaviours, suggesting that periods of high academic engagement might correlate with increased gaming addiction.

Frequency and Habitual Gaming Patterns

The frequency of online gameplay among young adults, with 90% playing daily, 6.7% a few times a week, and 3.3% a few times a month, indicates a strong tendency toward habitual gaming. The overwhelming majority playing daily suggests a high level of immersion and potential addiction, where gaming becomes a central, routine part of their daily lives. This frequent engagement can be driven by various factors, including a desire for social interaction, escapism, or the structured routine provided by gaming. The small percentage of individuals playing less frequently may either have different priorities or are less engaged, possibly due to personal preferences or other commitments. This frequency distribution highlights how pervasive online gaming has become among young adults, potentially affecting their daily routines, social interactions, and overall well-being.

Impact on Daily Functioning and Responsibilities

The significant proportion of young adults neglecting sleep or other important activities due to online gaming (88% always, 8% often, and 4% sometimes) illustrates the profound impact gaming addiction can have on daily functioning. The majority of individuals reporting constant neglect of essential activities like sleep, homework, and exercise indicates a severe level of addiction, where gaming takes precedence over health and responsibilities. This persistent disregard for basic needs suggests that online gaming has become a dominant force in their lives, overriding other crucial activities. The smaller percentages of those who often or sometimes neglect other activities further highlight that while not everyone is equally affected, the potential for gaming to disrupt daily routines is substantial. This pattern underscores the need for awareness and intervention to address the balance between gaming and other important aspects of life.

Secrecy and Dishonesty About Gaming Habits

The data indicating that 83.3% of young adults always lie to friends or family about their online gaming time, 11.1% do so sometimes, and 5.6% never engage in deceit, reflects a significant level of secrecy and denial related to gaming habits. This high percentage of constant dishonesty suggests that individuals may recognize their excessive gaming as problematic or socially unacceptable, prompting them to conceal the extent of their gaming from loved ones. The need to hide their behaviour could be driven by guilt, shame, or a fear of judgment and intervention. The smaller percentage who lie occasionally indicates that, while they might not be as consistently deceptive, they still feel the need to manage their gaming narrative in relation to their social environment. This pattern of deceit highlights the underlying issues of addiction, where the individual's gaming behaviour becomes so integral and consuming that it necessitates a veil of secrecy, further complicating the challenges associated with seeking help and achieving balance.

Emotional Dependency and Social Withdrawal

The data revealing that 83.6% of young adults always feel anxious or irritable when unable to play online games, 10.9% often, and 5.5% sometimes, underscores the profound emotional dependency associated with gaming addiction. This overwhelming majority experiencing constant anxiety or irritability when unable to game suggests a deep psychological reliance on

gaming for emotional regulation and satisfaction. The intense emotional reactions highlight how integral gaming has become to their daily coping mechanisms and overall sense of well-being. This dependency can disrupt their emotional balance, leading to heightened stress and mood disturbances when access to games is restricted. The smaller proportions who experience these feelings less frequently indicate that while they may not be as consistently affected, the overall pattern points to a significant correlation between gaming availability and emotional stability. This analysis reveals how gaming addiction can profoundly impact emotional health, further emphasizing the need for strategies to manage and mitigate these effects.

Social Isolation and Neglect of Real-Life Interactions

The high percentage of young adults feeling isolated or lonely due to online gaming (89.3% always, 8.9% often, and 1.8% sometimes) indicates a significant relationship between excessive gaming and social withdrawal. The overwhelming majority who always experience these feelings suggests that online gaming might be replacing or diminishing real-life social interactions, leading to a pervasive sense of isolation. This constant loneliness can stem from the immersive and solitary nature of many online games, which, despite providing virtual social connections, often lack the depth and fulfilment of face-to-face interactions. The smaller percentages who feel isolated less frequently still reflect a notable impact of gaming on their social well-being. Overall, this pattern highlights how gaming addiction can contribute to a detrimental cycle where increased gaming leads to reduced social engagement, exacerbating feelings of loneliness and further entrenching the dependency on virtual interactions.

The data showing that 78.9% of young adults always neglect social obligations like parties and outings to play online games, 15.8% do so many times, and 5.3% do so a few times, highlights a significant impact of gaming on real-life social interactions. The majority always choosing gaming over social events indicates a strong preference or dependence on virtual engagement at the expense of maintaining personal relationships and participating in social activities. This pattern suggests that gaming has become a primary focus, leading to the systematic exclusion of other meaningful social experiences. Those who often or occasionally prioritize gaming over social obligations further demonstrate how gaming habits can intrude upon and potentially diminish social engagement. This behaviour underscores the potential for gaming addiction to disrupt social lives and relationships, reinforcing the need for balanced gaming habits and strategies to ensure healthy social interaction and personal fulfilment.

Interpersonal Conflicts and Social Dynamics

The data indicates that 62.5% of young adults argue with friends or family about their online gaming time all the time, 31.3% many times, and 6.3% few times, reveals significant interpersonal conflicts driven by excessive gaming. The high percentage of constant arguments suggests that gaming habits are a major point of contention, reflecting how deeply gaming impacts personal relationships. This frequent conflict indicates that those affected may struggle to balance their gaming with familial or social expectations, leading to persistent disagreements. The substantial portion experiencing these disputes many times further highlights ongoing friction and dissatisfaction among their close circles. The smaller percentage who argue less frequently still face tensions, albeit less regularly. This pattern underscores the broader relational consequences of gaming addiction, where increased gaming often leads to strained relationships and frequent conflicts, pointing to the need for improved communication and management strategies to address and resolve these issues effectively.

Support Systems and Peer Influence

The data shows that 57.1% of young adults always feel they can talk to their friends about wanting to cut back on online gaming, 33.3% often, and 9.5% sometimes, highlights a significant level of openness and support within their social circles regarding gaming habits. The majority who always feel comfortable discussing their desire to reduce gaming suggests that they have supportive friends who are receptive to conversations about gaming and its impact. This level of communication indicates a degree of awareness and willingness to address gaming issues constructively.

5.3 CONCLUSION

The online gaming addiction among young adults reveals a profound and intricate issue that is shaped by an interplay of psychological, social, and structural dimensions. The findings illustrate that young adult, particularly those between 21 and 23, are highly susceptible to gaming addiction, a vulnerability closely tied to their transitional life stages and the stresses associated with academic and early career pressures. This phase of life often brings heightened uncertainty, leading individuals to seek solace in the immersive worlds of online gaming. The data highlights the importance of understanding the unique psychological profiles of young adults during this period, where the desire for escapism can evolve into a dependence on

gaming as a primary means of coping with real-world challenges. This dependency is not merely a reflection of personal choice but is also deeply rooted in the broader sociocultural environment, where societal expectations and pressures heavily influence behaviour patterns.

The gender disparity observed, with males significantly more prone to gaming addiction, highlights the role of sociocultural norms and marketing strategies that have historically positioned gaming as a male-dominated activity. This cultural narrative not only drives higher participation rates among males but also fosters a competitive, achievement-oriented gaming culture that can amplify addictive behaviours. Moreover, the role of academic status is critical, as full-time students, who constitute the majority of the affected population, face unique challenges that can lead to higher levels of engagement in gaming. These students often experience significant academic stress coupled with substantial free time, creating a perfect storm for addiction. The habitual nature of gaming, with the majority of individuals engaging daily, points to the potential for these activities to become deeply ingrained in their daily routines, often to the detriment of essential life functions such as sleep, social relationships, and academic responsibilities. This habitual engagement further intensifies emotional dependency on gaming, leading to social isolation and a diminishing capacity to engage in meaningful, real-world interactions.

The structural dynamics of the gaming industry play a pivotal role in perpetuating gaming addiction among young adults. The design features of many online games such as variable reward schedules, in-game purchases, and frequent updates—are strategically engineered to maximize player retention and engagement, often at the expense of the player's well-being. These design elements exploit psychological mechanisms similar to those used in gambling, making it difficult for individuals to disengage from gaming once they have started. Furthermore, the social dynamics within gaming communities, where peer influence and support systems are significant, can either mitigate or exacerbate addiction. The sense of belonging and identity found within these virtual communities can be powerful motivators for continued gaming, yet they also contribute to the cycle of addiction by reinforcing gaming as a primary source of social interaction. This analysis, therefore, calls for a multifaceted approach to prevention and intervention, one that addresses the psychological, social, and structural factors driving gaming addiction. By fostering a deeper understanding of these underlying causes, we can develop more effective strategies to help young adults achieve a healthier balance between gaming and other aspects of life, thereby promoting their overall well-being and social integration.

5.3 SUGGESTIONS

Focused Interventions for Ages 21-23: Since this age group is particularly susceptible to gaming addiction, targeted interventions should be developed for young adults between the ages of 21 and 23. Workshops or seminars that educate about the risks of gaming addiction, promote time management skills, and offer alternative recreational activities could be beneficial.

Awareness Campaigns in Educational Institutions: Colleges and universities should conduct awareness campaigns that highlight the risks of excessive gaming and provide guidance on balancing gaming with academic and personal responsibilities.

Providing Structured Free Time: Educational institutions should offer structured recreational activities and clubs that promote engagement in physical and social activities outside of gaming. This can help mitigate addiction by providing healthier alternatives to spending free time.

Academic Support Programs: Schools should implement academic support programs that assist students in managing workload and stress, reducing the need for gaming as a coping mechanism. Peer mentorship and tutoring can also help students better navigate academic challenges.

Social Integration and Community Engagement: Encouraging young adults to engage in real-world social activities and community involvement can help reduce the risk of social isolation caused by excessive gaming. Community-building activities such as sports, volunteering, and social clubs can provide alternative avenues for social interaction.

Parental and Self-Regulation Tools: Developers should integrate parental control and self-regulation tools more prominently in games, enabling users to monitor and limit their gaming time. These tools should be promoted to ensure users are aware of their availability.

Peer-Led Support Groups: Establishing peer-led support groups for young adults struggling with gaming addiction can provide a safe space to discuss their challenges and find collective strategies for balancing gaming with other aspects of life. These groups can serve as both a preventive measure and a source of support for individuals in recovery.

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APPENDIX

QUESTIONNAIRE

A SOCIOLOGICAL EXPLORATION OF ONLINE GAME ADDICTION AMONG YOUNG ADULTS

1. Age

18- 20

21-23

24-26

2. Gender

Male

Female

3. What is the current academic status?

Full time students

Part time students

Not currently enrolled

4. How often do you play online games?

Daily

Few times a week

Few times a month

5. How you neglected your sleep or other important activities (eg. Home work, exercise)
because of online game?

Always

Often

Sometimes

6. Have you been lied to friends or family about the amount of time to spend playing online
games?

Always

Often

Sometimes

7. Do you feel anxious or irritable when you are unable play online games?

Always

Often

Sometimes

8. How often do you find yourself feeling isolated or lonely because of online gaming?

Always

Often

Sometimes

9. Have you ever neglected social obligation (eg. Parties, outing) because you wanted to play online game?

All the times

Many times

Few times

10. How you ever argued with friends or family about the amount of time you spend playing online games?

All the time

Many times

Few times

11. Do you feel like you can talk to your friends about wanting to cut back of your online gaming time?

Always

Often

Sometimes

12. Do you feel like online gaming communities have replaced your social circle in real life?

Strongly agree

Agree

Neutral

13. How satisfied are you with your current social life?

Very satisfied

Satisfied

Somewhat satisfied

14. How often do you play online games with your friends?

Always

Often

Sometimes

15. When your friends suggest to play an online games, how likely to play?

Always

Often

Sometimes

16. Have you ever felt pressure by your friends to spend more time playing online games than you are comfortable with?

Always

Often

Sometimes

17. How you are started playing a new online game primary because your friends were playing it?

Always

Often

Sometimes

18. In your opinion, how important is it to your friends that you spend a lot of time playing online games with the?

Extremely important

Very important

Important

19. Do you feel like your online gaming habits are more similar to your friend's habits, or are they quite different?

Extremely similar

Very similar

Similar

20. How often do you play online games?

Daily

Often

Sometimes

21. On average, how many hours do you spend playing online games per day?

More than 5 hours

3-4 hours

2-3 hours

1-2 hours

22. How often do you priorities playing online games over spending with friends and family in person?

Always

Often

Sometimes

23. Do you feel like online gaming has affected your ability to make new friends in person?

Strongly agree

Agree

Somewhat agree

24. How often do you miss deadline or assignments due to online gaming?

Always

Often

Sometimes

25. How often do you find it difficult to concentrate on studies because you are thinking about online games?

Always

Often

Sometimes

26. Do you feel restless or irritable when you are unable to play online games?

Always

Often

Sometimes
