

# **A Study on Impact of Online Gaming and Its Addiction among Youth with Reference to Kota City**

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**ABSTRACT** Nowadays people are dependent on technology which became an essential part in every aspect of human life. In an evolved model, people rely on social media and online gaming for entertainment purpose. An online game is a online game that is played over the internet or through another computer network. As people can communicate in online games they get addicted to it rapidly and it affects their daily routine and social interaction. As a result, the purpose of our research is to see if there is any impact of online gaming on youth in Kota city.

## **I INTRODUCTION**

Today, playing video games online is a huge global craze. If one has internet connectivity, they can play games. There are games that allow us to compete against strangers and that also make it quite likely to discover new talents. Additionally, we may stay in touch with our buddies through online gaming. Online games are wonderful since there are those that allow us to make money.

Even though playing video games online is often a very enjoyable experience, there may also be benefits and drawbacks. Online gaming is beneficial because it helps keep people, particularly young people, from engaging in risky behaviour like using drugs or joining gangs. People get excited playing video games online and become more competitive. Additionally, it improves a player's cerebral agility and sharpness. According to a study, playing

action games teaches the brain to make decisions more quickly without sacrificing precision.

Online gaming may also have more negative side effects than positive ones. The lack of physical activity among younger generations may lead to a variety of health problems. Online gaming has the potential to lead to addiction and take away time from other pursuits. Online harassment may result from playing games. The amount of time spent playing online games overall may have a negative impact on academic performance. Online gaming addicts dispute frequently with their teachers, fight frequently with their friends, and have lower grades than those who play online games less frequently, according to psychology.

**Keywords :** *Online Gaming, video Gaming ,Behaviour, Interpretation*

## **OBJECTIVES**

- (1) To study the impact of online gaming among youth in Kota.
- (2) To know the addiction level of online games among youth in Kota.
- (3) To know the different types of online gaming disorder among youth.

## **RESEARCH METHODOLOGY**

Our primary goal is to investigate the extent of teen addiction to online gaming in Kota. By resolving this issue, we can

win back our younger generation and help them integrate more fully into society. Teenagers are now more dependent on the system, which includes online games, and they merely go into their own fantasy world, which makes them less social. This is due to the new invention. Descriptive study has been used for this study. Data for this study was collected by means of respondents from Kota.

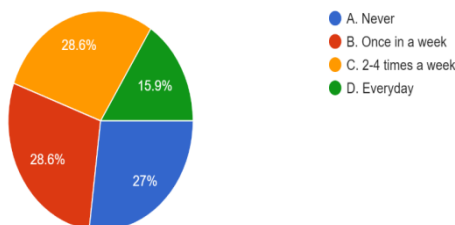
**Sampling Plan:**

- (a) Sampling unit: Choosing the right participants was an important part of my research. The target population for this study was youngsters of Kota city.
- (b) Sampling technique: Convenience sampling
- (c) Sampling area: The research was conducted in colleges of Kota, Rajasthan.

**Analysis and Interpretation**

We are using pie chart system for the analysis to get better results for the research.

**1. How often do you play online games?**

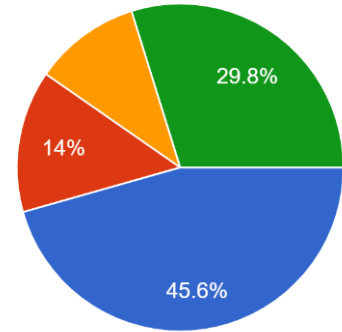


**Interpretation-**

The result shows the details about the number of respondents who play or who have played online games. It is inferred that in a week, 27 % respondents never plays, 28.6% plays once, 28.6% plays 2 to

4 times and 15.9% plays every day online games.

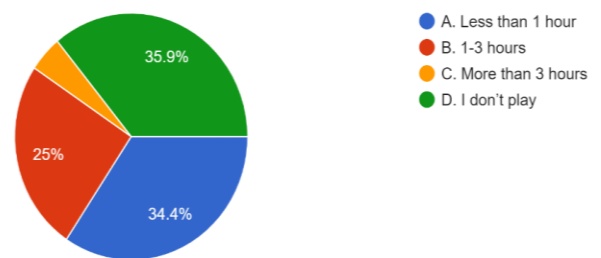
**2. For how long have you been playing games for.**



**Interpretation-**

The pie chart shows us the data as whole and in 100%. It is inferred that for how long they playing online games. In this 45.6% playing form 1 year, 14% playing 2-3 year, 11.6% playing 4-5 years and 29.8% playing online games from more than 5 years.

**3. How much time a day do you spend playing online games?**

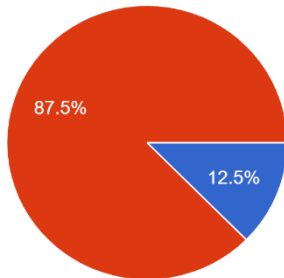


**Interpretation-**

pie chart shows us the data as whole and in 100%. It shows the time spent by the respondents every day playing online games. A total of 34.4% students spends up to 1 hour a day playing, 25% students play online games one to three hours a day

playing, 4.7% students play online games and 35.9% do not play online games.

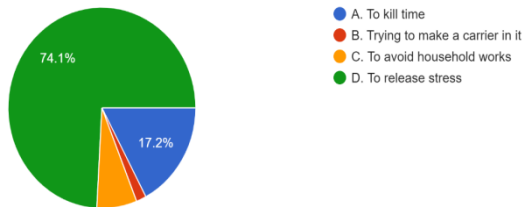
**4. Do you spend money in online games?**



**Interpretation-**

The pie chart shows us the data as whole and in 100%. It shows the money spent by the respondents in online games. A total of 87.5% do not spend money while 12.5% spend money in online games.

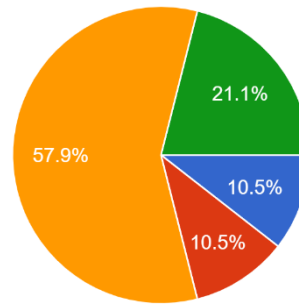
**5. Why do you play online games?**



**Interpretation-**

The pie chart shows us the data as whole and in 100%. It shows that why respondents play online games. A total of 74.1% play online games to release stress, 17.2% plays to kill time, 6.9% plays to avoid household works and 1.7% plays to make a career in online gaming.

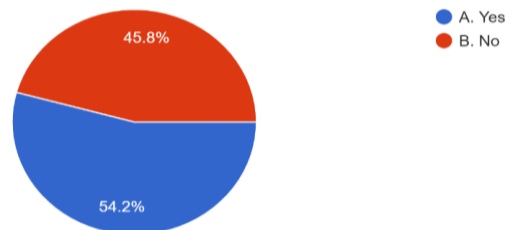
**6. Do you feel that your behaviour becoming aggressive because of online games?**



**Interpretation-**

The pie chart shows us the data as whole and in 100%. It is inferred that 10.5% of respondents strongly agree that their behaviour becoming aggressive because online gaming, 10.5% of respondents agree, 21.1% of respondents strongly disagree that their behaviour becoming aggressive because of online gaming and remaining 57.9% of respondents disagree.

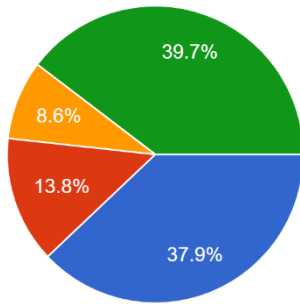
**7. Do you interact with other players in the game?**



**Interpretation-**

The pie chart shows us the data as whole and in 100%. It shows that 54.2% respondents interact in online games and 45.8% respondents do not interact.

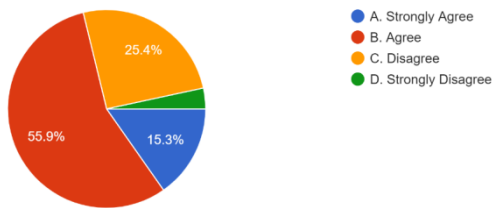
**8. What type of online games do you play?**



**Interpretation-**

The pie chart shows us the data as whole and in 100%. It shows that 37.9% respondents play action games, 13.8% respondents play puzzle games, 8.6% play adventure games and 39.7% plays other type of online games.

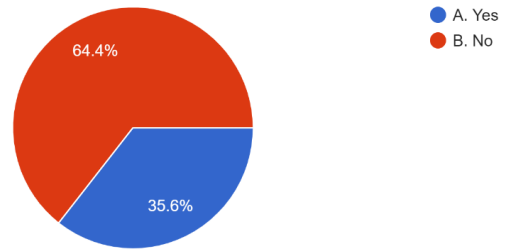
**9. Do you like to compete in online games?**



**Interpretation-**

The pie chart shows us the data as whole and in 100%. It is inferred that 15.3% of respondents strongly agree that they like to compete in online gaming, while 55.9% of respondents agree, 25.4% of respondents disagree that they like to compete in online games and remaining 3.4% of respondents strongly disagree.

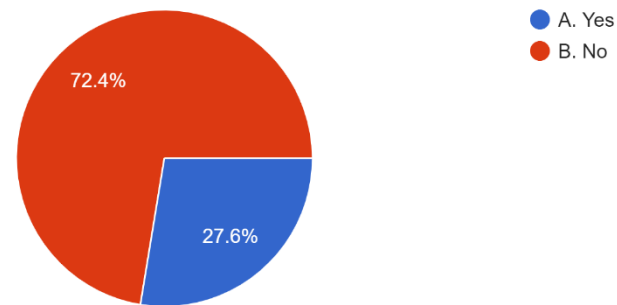
**10. Does playing online games affect your sleeping hours?**



**Interpretation-**

The pie chart shows us the data as whole and in 100%. It shows that 35.6% respondents sleeping hours are affected by playing online games while 64.4% do not feel that.

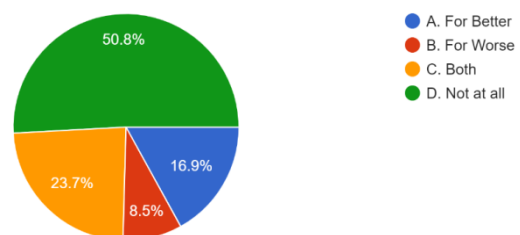
**11. Do you play online games while you are not at your home?**



**Interpretation-**

The pie chart shows us the data as whole and in 100%. It shows that 27.6% respondents also like to play online games when they are not at their home while 72.4% do not play.

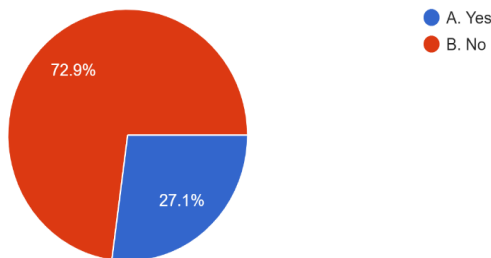
**12. How has playing games affected you so far.**



**Interpretation-**

The pie chart shows us the data as whole and in 100%. It shows that how playing online games has affected them. 50.8% respondents not affected by playing online games while 16.9% respondents say it affected them for better, 8.5% respondents say for worse and 23.7% respondents say they had affected for both.

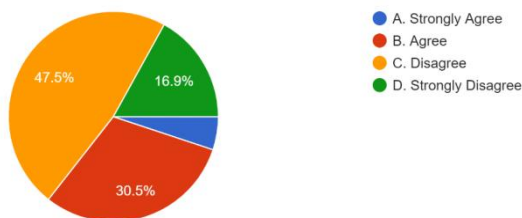
**13. Does playing games affects your interpersonal relationships**



**Interpretation-**

The pie chart shows us the data as whole and in 100%. It shows that 27.1% respondents say playing online games affected their interpersonal relationships while 72.9% does not think that way.

**14. Playing online games affects your own health**

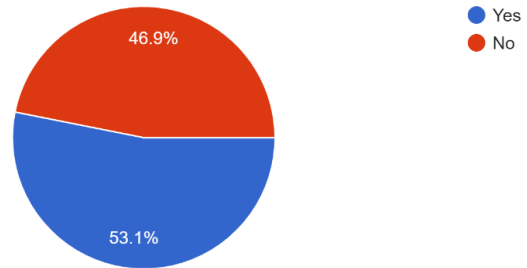


**Interpretation-**

The pie chart shows us the data as whole and in 100%. It is inferred that 5.1% of respondents strongly agree that their health

is affected by playing online gaming, while 30.5% of respondents agree, 47.5% of respondents disagree that their health is get affected by playing online games and remaining 16.9% of respondents strongly disagree.

**15. Do your family allow you to play online games?**



**Interpretation-**

The pie chart shows us the data as whole and in 100%. It shows that 53.1% respondents say their families allows them to play online games while 46.9% respondents families do not allow them.

**FINDINGS**

- Gaming hours of respondents (24.6%) were recorded in between 1 to 3 hours in a day and 15.4% respondents play every day.
- We noticed that, 36.7% were responded neutrally on the interruption of sleeping due to online games and 63.3% were not disrupted their sleeping hours.
- 74.1% of respondents may agree that they use online gaming as a way of releasing stress.
- 10.3% agree and 10.3% respondents strongly agree that their behaviour is becoming aggressive by playing online games.

- 55% agree and 15% respondents strongly agree that they like to compete with other players.
- 16.7% respondents say that gaming affects them in positive while 8.3% say it affect them negatively and 23.3% say it affected them in both positively and negatively.
- 26.7% respondents find that their social life is affected by playing online games while the rest do not think that way.

This shows that due to online gaming –

The students are becoming more aggressive in nature and it is also having impact on the social life of the youth that by playing more games they are staying away with family and friends. It is also having an impact on the mental health, as there are sleeping disorders by playing online games. Usually they are started playing online games to release stress but after a time they become addicted of this.

### **SUGGESTION**

1. For those gamers who have had a negative impact on their eyesight, they should reduce the number of hours they play online games.
2. Since their sleeping pattern is affected negatively, the parents must be strict with them on their gaming hours and should possibly try avoiding playing online games in the night.
3. Although there is no direct correlation between long gaming hours and aggressive behaviour, it is advisable that violent online games must only be played under parental guidance.
4. Since most of the male respondents feel socially isolated after playing online games for long hours, it can be suggested to them to reduce their virtual gaming

hours and spend more time with their friends playing online games.

5. Even though there are other factors involved in aggressive behaviour, it can be advised that violent online games can be played as less as possible because it can impact the mind of the gamer sometimes.

6. Try maintaining a balance between your studies or work and playing online games. This can help improve your grades or help you in doing in your work better.

7. Since games like Fruit Ninja and Temple run help in quick thinking and making fast analysis, the youth can be encouraged to play these types of games more often than the other games.

8. Pattern recognition and problem-solving skills should also be encouraged to be played more often.

9. Games which can help the youth in increasing their anticipation and situational awareness skills should also be encouraged to be played.

### **CONCLUSION**

Online games can be a boon or a curse to the gamer and the people around the gamer depending upon the game he plays and the number of hours the gamer spends on playing online games. Online gaming has emerged as a popular and successful source of entertainment and played by people of all ages, especially by youth. Its main aim is to entertaining people and also indirectly to make them addictive to improve gaming industry. From this study, we got the information that there is a neutral online gaming effect in Kota. Through this study we also analysed that continuous playing will causes its addiction and addiction to online games affects various dimensions of health,



increases sleeplessness, and reduces direct social interactions. online games can help the youth in their real-life skills if they can learn to play it wisely and if not, it can cause social and health problems for the gamer in the future. On the positive side online games helps in enhancing mental development, critical thinking and stress relief also. As an outcome of the study, it can be concluded that the online gaming has its positive and negative impacts in the real world.

In shorts, we can conclude that people are not affected that much we think and if we take preventive measures then we can also reduce the addiction among the youth for online gaming.

## QUESTIONNAIRE

**The questionnaire for the survey was as follows:**

Name  
Age  
Qualification

1. How often do you play online games?
2. For how long have you been playing games for...
3. How much time a day do you spend playing online games?
4. Do you spend money in online games?
5. Why do you play online games?
6. Do you feel that your behaviour becoming aggressive because of online games?
7. Do you interact with other players in the game?
8. What type of online games do you play?

9. Do you like to compete in online games?
10. Does playing online games affect your sleeping hours?
11. Do you play online games while you are not at your home?
12. How has playing games affected you so far.
13. Does playing games affects your interpersonal relationships ?
14. Playing online games affects your own health
15. Do your family allow you to play online games?

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