Effects of Online Gaming Addiction on Adolescents
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Abstract
Background: Online game refers to the games that are played over some form of computer network, most often internet. Through the technological development many online games are developed that attract the attention of today’s generation spending most of their time playing games. As a result, it has left some effects on their life. The objective of the study is to find out the effects of online gaming addiction on academic performance, family communication and interaction and physical symptoms of the adolescents.

Materials and Methods: A descriptive cross-sectional study design was used with 90 adolescents playing online game in selected schools of Bharatpur, Nepal. The simple random sampling technique was used for data collection by using semi-structured questionnaire. Data was entered in EPI data and analyzed by using SPSS (version 20.0).

Result: Majority of the respondents (91.1%) playing online game were male and 38.9% were of the age of 15 years having education level of class 10 (47.8%). Almost all the respondents (97.8%) use online game as a source of entertainment whereas half of the participants (58.9%) started playing online game as influence from their friends. Among the participants, 55.6% play online game for less than 3 hours on daily basis. As the participants played online game 70% were found to have some degree of problematic game use. Majority of the participants (82.2%) answered that they cannot focus on their studies and 36.7% suffered from eye pain as a result of playing online game. 90% of the respondents answered that they are satisfied with how their parents communicate.

Conclusion: Nearly three fourth of the respondents have some degree of problematic game use and playing online game have negative effect on academic performance, physical health while there was relatively no any negative effect on communication with family. So, more emphasis should be given in order to avoid any negative consequence.

Keywords: Online gaming addiction, adolescents, Nepal. subhubrt@gmail.com

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