A Descriptive Study to Assess the Internet Gaming Addiction among Early Adolescents at Selected High Schools in Krishna District, Andhra Pradesh

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Abstract: *India has the largest population of adolescents in the world. The future of India is shaped by this age group. Internet Gaming Addiction is one of the major problems of this generation. Early identification of this problem is very essential to diagnose, as it is characterized by uncontrollable and persistent playing of video and computer games, which is harmful to individual's well being. The objective of this study is to assess the internet gaming addiction among early adolescents at selected high schools in Krishna District, Andhra Pradesh. Systematic Random Sampling method was used to select the sample of 500 early adolescents. The data collection was done by using self administered standard tool i.e., Modified Internet Addiction Test (IAT) by Dr. Kimberly Young. Data obtained was tabulated and analyzed in terms of objectives of the study using descriptive and inferential statistics. The data showed that Early adolescents with no internet gaming addiction were 195(39%), mild internet gaming addiction was seen in 140(28%), moderate internet gaming addiction was in 136(27.2%) and severe internet gaming addiction was in 29(5.8) with 73.3448 mean value and 2.85702 standard deviation. There was statistically significant association with their demographic variables such as age, gender, class of study; presently residing with, father's education and have you attended any health awareness programme.*

Keywords: Internet Gaming Addiction, Early adolescents

1. Introduction

The initial idea of internet as a way of "data communication" was first proposed in the early 1960s by a group of American computer scientists who saw great potential value in allowing scientists to share information on research and development in scientific fields.

In the New York Times, in 1995, an article entitled "The lure and addiction of life online first raised the concern of a wide public about the potential harms of uncontrollable internet use. Internet gaming and video games have assumed a central role in our children's daily lives. Internet gaming is a booming market. In 2012, more than one billion individuals played computer games, which fulfilled the 8% growth of the computer games industry in the same year. Ninety two percent of children under the age of 18years play video games regularly and sixty five percent of college students reported playing video and online games regularly. Studies have shown that out of the percentages 6-15% can be characterized as internet gaming addiction.[1]

Over the last decade, the concept of internet gaming addiction has grown in terms of its acceptance as a legitimate clinical disorder often requiring treatment. Hospitals and clinics have emerged with outpatient treatment services for internet gaming addiction. Addiction rehabilitation centers have admitted new cases of internet gaming addicts and college campuses have started support groups to help students who are addicted.[2]

2. Significance of the Study

According to Internet World Stats, as of June 2019, the number of internet users worldwide is about 4.53 Billion. India has second largest internet users with 560 Million. People over the age of 40 years formed the lowest share, while youngsters in the age group of 12-15 years made up a good 14% share of the total internet user base. India had over 560 Million internet users this year ranking second in the world in terms of number of people with internet access.[3]

Vamsi Krishna Undavalli et al. (2019) A cross-sectional study was conducted at Chinna Avutapalli, Krishna District, AP, India on prevalence of Internet gaming disorder, a technological hazard. The aim of the study was to know the prevalence and the various factors associated with the development of Internet Gaming Addiction (IGD) among adolescents. A Sample was 400 students from high schools of english version of DSM-5 short (9 item) dichotomous scale with cut-off points of five or more criteria was used for diagnosing the IGD. Results showed that the overall prevalence of IGD was 3.50% among the school children and it was high among male students 8.8% and female students 0.8% and it was statistically significant. It was concluded that the prevalence difference between age groups, gender, class of the students and availability of smart phone with internet facility act as an important risk factor for the occurrence of IGD among adolescents[4].

Babita kayastha, et al. (2018) A descriptive study was conducted at Mangalore on High School students to assess the level of Internet Addiction (IA) among adolescents. A descriptive approach was used to assess the level of IA and its impact among high school students. A conceptual

framework was based on Roy's Adaptation model. The study revealed that majority 70.5% of the adolescents were normal users 23% had mild addiction, 6% had moderate addiction and 0.5% had severe addiction. The majority 73% of samples had a mild impact, 16.5% had a moderate impact and 10.5 % had no impact. Some of their demographic variables like age, class of study and occupation of fathers have significant associations with both IA and impact of IA.[5]

Shivani Singh (2018) A comparative study was conducted in Lucknow city. Pre tested interview schedule was used to collect general information and some specific information like category of games enjoyed by adolescent's online gaming addiction among adolescents. The data were first coded, tabulated, decoded and analyzed by applying descriptive as well as relational statistical tools in order to get the inference. Descriptive statistics was calculated, frequency percentages and correlation coefficient. It was concluded that nearly half of the respondents, 49.02% and 42% girls were moderately addicted to online games. There was negative correlation between gender and online gaming addiction.[6]

Shilpa Singh Rohilla (2016) Conducted a study in Punjab University, Chandigarh, India to assess the prevalence and rate of gaming addiction among adolescents. A sample of 188 adolescents was selected from various schools of Chandigarh with a Mean age of 15.5 years. Gaming Addiction Scale for Adolescent (GASA) by Lemmens and peter was used. There were 103 male and 85 female participants belonging to arts, commerce and science streams. It was found that in total, 51.6%, 42.02% and 6.38% of the total population used personal Smartphone, personal laptop and common device respectively for gaming. Results also showed that 23.88% females and 76.12% males like online gaming and 71.9% females and 28.10% males like offline gaming. It was concluded that more females were indulged in normal gaming than males. Males were approximately twice that of females. It was also shown that more males were into pathological gaming than females.[7]

Statement of the Problem
A Descriptive Study To Assess The Internet Gaming Addiction Among Early Adolescents At Selected High Schools In Krishna District, Andhra Pradesh.

Objectives of the Study
1) To assess the internet gaming addiction among early adolescents.
2) To find out the association between internet gaming addiction with their selected demographic variables.

Hypothesis
At 0.05 level of significance
H_1: There will be significant association between demographic variables and the level of internet gaming addiction among early adolescents.

Assumptions:
The study assumes that

1. Early adolescent students use internet excessively for the gaming, social networking and entertainment purpose.

Delimitations:
The study was limited to early adolescents studying at selected High Schools in Krishna District, Andhra Pradesh.

3. Methodology

Research Approach and Design: The research approach was quantitative approach with descriptive design

Variables:
Independent Variable: Early Adolescents
Dependent Variable: Internet Gaming Addiction
Extraneous Variable: selected demographic variables
Research Setting: The study was conducted at selected High Schools, Krishna District, Andhra Pradesh.
Population: The population for this study was early adolescents, studying at High Schools, Krishna District, Andhra Pradesh.
Sample: The sample was 500 early adolescents.
Sampling Technique: Systematic Random Sampling Technique was used to select the sample.
Development and Description of the Tool: Tool consisted of two parts,
Part-(I) – Consisted of self administered structured questionnaire on socio demographic data. **Part-(II)** – Consisted of self administered standard tool- Modified Internet Addiction Test (IAT) by Dr. Kimberly Young.

Scoring key:
Scoring key was prepared for part I by coding of the socio demographic variables.

In part II - Internet gaming addiction was assessed by modified Internet Addiction Test. It consists of 20 items that measures mild, moderate, and severe level of internet gaming addiction. This scale has five point Likert scale from (1-rarely, 2- occasionally, 3-frequently, 4-often and 5-always) with a minimum score of 20 to maximum score of 100.

Score Interpretation:
To assess the level of internet gaming addiction IAT scale has a minimum score of 20 to maximum score of 100. On the basis of the total score the individual samples are placed into one of the four categories.
Scores: 0-19 - no internet gaming addiction
20-39 - mild internet gaming addiction (average online users)
40-69 - moderate internet gaming addiction (experiences frequent problems)
70-100 - severe internet gaming addiction (has significant problems)
The content validity and reliability of the tools was established by experts and test retest method.

4. Results

The collected data was analyzed by using descriptive and inferential statics and the results were interpreted under the following headings.

Section A: - Findings related to analysis of demographic variables of early adolescents.

Section B: - Level of internet gaming addiction among early adolescents.

Section C: - Association of demographic variables of early adolescents and internet gaming addiction.
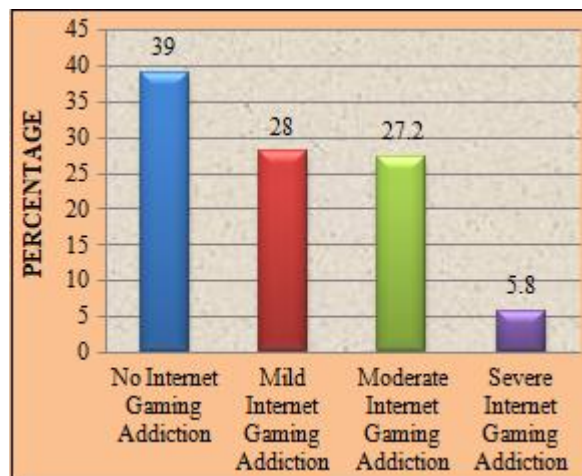
Section A: - Findings related to analysis of demographic variables of early adolescents.

Table 4.1: Frequency and percentage distribution of early adolescents according to demographic variables, N=500

S.No	Demographic Variables	Frequency (N)	Percentage (%)
1.	Age		
	a.14 Years	214	42.8
	b.15Years	159	31.8
	c.16 Years	127	25.4
2.	Gender		
	a. Male	262	52.4
	b. Female	238	47.6
3.	Class of study		
	a. VIII Std	93	18.6
	b. IX Std	275	55.0
	c. X Std	132	26.4
4.	Type of Family		
	a. Nuclear family	287	57.4
	b. Joint family	175	35.0
	c. Blended family	17	3.4
	d. Single parent Family	21	4.2
5	No. of siblings		
	a. Only child	57	11.4
	b. One sibling	282	56.4
	c. Two siblings	122	24.4
	d. Three or more siblings	39	7.8
6.	Presently residing with		
	a. Family	317	63.4
	b. Far away from family	183	36.6
7.	Area of residence		
	a. Urban	159	31.8
	b. Rural	341	68.2
8.	Family income in rupees per month		
	a. Less than 5000	191	38.2
	b. 5001-10000	159	31.8
	c. 10001-15000	62	12.4
	d. 15001 and above	88	17.6
9.	Mother's Education		
	a. Non Literate	129	25.8
	b. Primary education	137	27.4
	c. Secondary education	140	28.0
	d. Graduate & Above	94	18.8
10.	Mother's Occupation		
	a. House wife	365	73.0
	b. Employed	91	18.2
	c. Unemployed	44	8.8
11.	Father's Education		
	a. Non Literate	118	23.6
	b. Primary education	136	27.2
	c. Secondary education	116	23.2
	d. Graduate & Above	130	26.0
12.	Father's Occupation		
	a. Daily wage worker	120	24.0
	b. Employed	159	31.8
	c. Unemployed	221	44.2
13.	Mode of internet Access		
	a. Mobile/Tablet/i-pad	471	94.2

	b. Personal computer	25	5.0
	c. Cyber net	4	0.8
14.	Do you have any health problems		
	a. Yes	203	40.6
	b. No	297	59.4
15.	Have you attended any health awareness programme		
	a. Yes	101	20.2
	b. No	399	79.8

Section B: - Level of internet gaming addiction among early adolescents.

Figure 1: Percentage distribution of early adolescents according to internet gaming addiction

Early adolescents with No internet gaming addiction were 195(39%) with mean value 10.3077 and standard deviation 4.02796. Mild internet gaming addiction were 140(28%) with mean value 27.6521 and 5.78732 standard deviation. Moderate internet gaming addiction were 136(27.2%) with mean value 49.3456 and 7.67814 standard deviation. Severe internet gaming addiction were 29(5.8%) with mean value 73.3448 and 2.85702 standard deviation.

Section C: - Association of demographic variables of early adolescents and internet gaming addiction

There was significant association between internet gaming addiction with selected demographic variables among early adolescents were found with age, gender, class of study, presently living with, father's education and have you attended any health awareness program at p<0.05 level.

5. Conclusion

The findings of the study revealed that early adolescents with no internet gaming addiction were 195(39%), mild internet gaming addiction was seen in 140(28%), moderate internet gaming addiction was seen in 136(27.2) and severe internet gaming addiction was seen in 29(5.8%) with 73.3448 mean value and 2.85702 standard deviation.

6. Recommendations

The following recommendations were made based on the results of the study.
1) A similar study can be conducted in different age groups.
2) A similar study can be conducted in different states.

3) A comparative study can be conducted in between male and female adolescents in different settings.

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