PSYCHOLOGICAL FACTORS INFLUENCING ONLINE DIGITAL GAME ADDICTION

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Abstract: In today's modern era, individuals are seemed to be lonely. Online game attracts the individual and affects the health mentally and physically. Despite many problems, individual still continue with playing games. An individual become highly enthusiastic about gaming. Being a kid or an adult, every one is addicted towards online games. This paper have explored individuals need for online interaction and factors influencing addiction of online game. Survey was conducted through a questionnaire filled up by 98 responses using Statistical tools.

Keywords: Online Game, psychological factors, Internet.

Introduction

Online game is the most popular time pass in modern society of different ages. People get highly involved in the online world of game that they get separated from their surroundings. Levelling at different stages makes people excited and they be more anxious to play.

Computer games started in 1972 and online game MUD1 in 1970s and gradually the world got involved in virtual games. Games are considered to be the second entertainment after TV. Wastage of lots of money, energy, physical and mental health issues are the major issues that come out through playing games. Online game play results in disorders of health, psychological effect and many other problems.

Review of Literature

Mark, Daria, Daniel (2012) studied " Video Game Addiction: Past, Present and Future". The research paper emphasizes on (i) prevalence of problematic video game use and video game addiction, (ii) negative consequences of excessive video game use, (iii) factors associated with problematic video game use and video game addiction, and (iv) the treatment of problematic video game use and video game addiction. The paper concludes that the field is still going to increase and the future of video game addiction is bright.

Toker, Baturay (2016) studied "Antecedent and consequences of game addiciton". The research paper emphasizes on antecedents and consequences of game addiction. 159 undergraduate students were studied. Antecedent variables are socio-economic status (SES), computer-ownership, gender, smoking, online and computer gaming, mothers' employment and education level. Consequence variables are grade point average, self-esteem, and self-confidence. The results indicates that socio-economic status, smoking, online gaming, computer gaming, and mother employment status increased game addiction; whereas, gender (female) and mother education level decreased game addiction. SES, gender, online and computer gaming affect game addiction significantly; smoking, mothers' employment status and education level do not have a significant impact. For the consequences, game addiction decreases significantly GPA and Self-Esteem; it does not influence significantly in self-confidence. Parents and educational institutions may be illuminated about prevention or monitoring of excessive online or computer game playing.

Research Problem

Digital game addiction have increased in modern times. Many researchers have focused on online game addiction. However there has been little research that investigates the psychological factors that influences online digital game addiction. The research question is "What are the psychological factors that influences online digital game addiction?"

Research Objectives

1. To find the psychological factors that influences online digital game addiction

Psychological factors such as Anxiety, depression, self-esteem, loneliness, aggresiveness and self-efficacy are taken for the study and their influences on online digital game addiction. Hypothesis of the study are as follows:

H_1: Anxiety positively influences online digital game addiction.

H_2: Depression positively influences online digital game addiction.

H_3: Feeling of Self-esteem positively influences online digital game addiction.

H_4: Loneliness positively influences online digital game addiction.

H_5: Aggressiveness positively influences online digital game addiction.

H_6: Feeling of self-efficacy positively influences online digital game addiction.

Study Design and Method

Data Collection

Users were send a link via email to fill up the questionnaire. Link was sent with a message to share the link further. This convenience sampling technique was used to get the data collected by the online gaming players.

Sample Profile

A total of 98 responses were collected from 100 samples due to no proper completion of questionnaire. Table 1 below shows the descriptive statistics for the sample.

Table1: Demographic profile of the respondents

Demographic Characteristics	Percentage
Age	
18 or under	28.9
18-25	30.8
25 and above	40.3
Frequency of playing game	
Less than once per day	11.4

Once per day	22.2
More than once daily	66.4

Hypothesis Testing

Table 2: Multiple Regression analysis results

Hypothesis	B	t	P
H_1: *Anxiety positively influences online digital game addiction.*	0.953	2.238	0.003
H_2: *Depression positively influences online digital game addiction.*	1.101	2.501	0.004
H_3: *Feeling of Self-esteem positively influences online digital game addiction.*	0.918	2.301	0.030
H_4: *Loneliness positively influences online digital game addiction.*	1.752	3.102	0.000
H_5: *Aggressiveness positively influences online digital game addiction.*	0.852	2.151	0.012
H_6: *Feeling of self-efficacy positively influences online digital game addiction.*	1.258	2.171	0.001

Findings

Table 2 shows that loneliness has the largest impact on online digital game addiction.with a β value of 1.752 (p = 0.000), followed by feeling of self efficacy and depression. All the hypothesis are supported.

Conclusion

It appears from this study that online digital game addiction is almost above the age of 25 and they play more than once daily. Lack of friends and showing the feeling of self efficacy provokes them to play online games. Through online games, they get in touch with many new people which helps them in time consuming. Players had the difficulty in quitting the game.

Limitations

This study was concerned with psychological factors like loneliness, depression, self efficacy, anxiety, feeling of self-esteem and aggressiveness. Majority of online digital game players are new.

References

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