

# A Study on the Effects of Gaming Addiction on the Academic Performance of Youth

Gaming addiction is the excessive and compulsive use of video or internet games that leads to **impairment in various life areas** over a long period. It can result in social isolation, mood swings, decreased creativity, and hyper-focus on in-game achievements, to the **exclusion of other life events**.



Video game addiction is the uncontrolled use of video games which can be easily accessed through various devices like computers, tablets, and smartphones. It is a problem for students of this generation, as it can be embedded into websites they visit, including social networking sites.

Playing video games can have positive effects on cognitive functions, problem-solving skills, hand-eye coordination, and moods. They require abstract and high-level thinking that may not be taught in school and can bring instant happiness or relaxation. However, it's important to note that **excessive gaming can have negative effects on physical and mental health**.



The effects of gaming addiction on students' **academic performance and daily lives are significant**; thus, it is important to study both the negative and positive impacts on behavior and the mind.

## Preliminary Literature Review

“

**Hayley Tsukayama (2018)**

Stated Simply playing a lot of video games does not automatically mean that someone has a problem. The hallmark of the disorder is that playing games overtakes other desires, and that it continues or escalates despite negative consequences. A diagnosis would have to include evidence of this type of behavior lasting for more than 12 months, the organization said.

”

“

**Mehroof, M et al. (2010)**

Stated that Regions of the brain associated with cravings in substance abuse also appear to be activated in gaming addicts when they view images of video games.

”

“

**Hussain et al. (2009)**

Stated that Excessive use of technology is relatively rare. Compared to females, males are more likely to develop a gaming addiction. Boys are more likely to play aggressive or violent games while girls are more likely to play platform and puzzle games.

”

“

**King et al. (2010)**

Stated that In a large German study (more than 15,000 participants) 3% of male students and 0.3% of female student were viewed as having a computer gaming addiction.

”

“

**Rehbein et al. (2009)**

Stated that It is possible that excessive video game play is caused by poor time management skills and an avoidance of other problems, rather than inherent addictive qualities of the games.

”

## Preliminary Literature Review



Van Tooiik et al. (2010)

Stated that Cognitive-behavioral therapy (CBT) is a recommended treatment method for gaming addiction. CBT for computer gaming addiction involves setting healthy goals, monitoring gaming patterns, changing behavioral habits, and challenging thoughts that maintain or intensify video game addiction.



## Conclusion

A study on the impact of gaming addiction on academic performance shows that **excessive gaming can have negative impacts on scholastic achievement**. The study emphasizes the significance of parental involvement and educational programs in promoting healthy gaming habits and responsible use of technology. Open communication between parents, educators, and students about the **risks associated with excessive gaming** can help mitigate its negative effects on academic performance.



## References

- Gentile, D. A., Choo, H., Liau, A., Sim, T., Li, D., Fung, D., & Khoo, A. (2011). Pathological video game use among youths: A two-year longitudinal study. *Pediatrics*, 127(2), e319-e329.
- Lam, L. T., & Peng, Z. W. (2010). Effect of pathological use of the internet on academic achievement and behavioral adjustment: A longitudinal study. *International Journal of Psychology*, 45(4), 259-266.

## References

- Anderson, C. A., & Dill, K. E. (2000). Video games and aggressive thoughts, feelings, and behavior in the laboratory and in life. *Journal of personality and social psychology*, 78(4), 772-790.
- Griffiths, M. D., Davies, M. N., & Chappell, D. (2003). Breaking the stereotype: The case of online gaming. *CyberPsychology & Behavior*, 6(1), 81-91.
- Fam, J. Y. (2018). Prevalence of internet gaming disorder in adolescents: A meta-analysis across three decades. *Scandinavian Journal of Psychology*, 59(5), 524-531.
- Ferguson, C. J., Coulson, M., & Barnett, J. (2011). A meta-analysis of pathological gaming prevalence and comorbidity with mental health, academic and social problems. *Journal of Psychiatric Research*, 45(12), 1573-1578.
- Desai, R. A., Krishnan-Sarin, S., Cavallo, D., & Potenza, M. N. (2010). Video-gaming among high school students: health correlates, gender differences, and problematic gaming. *Pediatrics*, 126(6), e1414-e1424.
- Stavropoulos, V., Kuss, D., Griffiths, M., Wilson, P., & Motti-Stefanidi, F. (2017). MMORPG gaming and hostility predict internet addiction symptoms in adolescents: An empirical multilevel longitudinal study. *Addictive Behaviors*, 64, 294-300.
- Stockdale, L. A., Coyne, S. M., Padilla-Walker, L. M., & Day, R. D. (2018). Game on... girls: Associations between co-playing video games and adolescent behavioral and family outcomes. *Journal of Adolescence*, 64, 159-169.
- Hussain, Z., Williams, G. A., & Griffiths, M. D. (2015). An exploratory study of the association between online gaming addiction and enjoyment motivations for playing massively multiplayer online role-playing games. *Computers in Human Behavior*, 50, 221-230.