

A MINI PROJECT REPORT
ON
“STUDY OF ONLINE GAME ADDICTION ON PHYSICAL AND
MENTAL HEALTH OF STUDENTS”

**Business Immersion Report submitted in partial fulfillment of the requirements for the
award of the Degree of**

MASTER OF BUSINESS ADMINISTRATION
of
BENGALURU CENTRAL UNIVERSITY



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DECLARATION BY THE STUDENT

I hereby declare that the “**SUTY OF ONLINE GAME EDDICTION ON PHYSICAL AND MENTAL HEALTH OF STUDENTS**” is the result of the work carried out by me under the guidance of Rizwana Khanum in partial fulfillment for the award of a Master’s Degree in Business Administration by Bengaluru Central University.

I also declare that this report is the outcome of my own efforts and that it has not been submitted to any other University or Institute for the award of any other Degree/Diploma/Certificate. I also declare that the business immersion report is not presented in any forum earlier than this.

Place: Bangalore.

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GUIDE CERTIFICATE

This is to certify that the Business Plan Report “**SUTY OF ONLINE GAME EDDICTION ON PHYSICAL AND MENTAL HEALTH OF STUDENTS**” Submitted by Simran Begum JR Reg No. **P18AT21M0037** to Bengaluru City University, Bengaluru for the award of Degree of Master of Business Administration is a record of work carried out by him/her under my guidance.

Place: Bangalore

Date: 10th April, 2023

Signature

CERTIFICATE OF ORIGINALITY

(To be given by the Institution on its letterhead)

This is to certify that the Business Plan report entitled **“SUTY OF ONLINE GAME EDDICTION ON PHYSICAL AND MENTAL HEALTH OF STUDENTS”** is an original work of Mr./Ms. Simran Begum JR bearing University Register Number **P18AT21M0037** and is being submitted in partial fulfillment for the award of the Master’s Degree in Business Administration of Bengaluru City University. The report has not been submitted earlier to any University /institution to fulfill the requirement of any course of study. Mr./Ms. Simran Begum JR is guided by Mr./Ms. /Dr. Rizwana Khanum who is the Faculty Guide as per the regulations of Bengaluru City University.

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TABLE OF CONTENTS.

CHAPTERS	PARTICULARS	PAGE NO
Chapter 1	INGTRODUCTION	06- 21
Chapter 2	PROJECT RESEARCH/ METHODOLOGY	22- 26
Chapter 3	BRIEF PROFILE	27- 29
Chapter 4	DATA ANALYSIS	30- 37
Chapter 5	DISCUSSION AND CONCLUSION	37- 38

CHAPTER – 01



Online game Means:

It is online gaming which is usually played on mobiles and ON any electronic gadgets, it is connected with internet sources. Whereas it can be played individually or played in groups. It is generally played for fun, but few of these creates addiction in people.

Background of online games.

The existence of a tiny fraction of video gamers who appear to be "addicted" to gaming has often been shown by studies. Although the problem of video game addiction is not new, the development of an online game.

The internet component in today's games has most likely widened the problem's scope and size.

The introduction of (private and public) treatment programmes for gaming addiction was sparked by the internet aspect of gaming. As a result, online games are receiving more attention in research on video game addiction.

Massive Multiplayer Online Role-Playing Games (MMORPGs) are the primary causes of cases of online video game addiction, according to both Korean and western studies. In an MMORPG, the player creates one or more characters over time (avatar Online games are popular mode of entertainment of this modern age and targeted a various people of different aged. The game makes teenagers to do things to reach the highest level of games, they show so much interest in the that they forget about their present surrounding activities. Online games are very challenging when played, whereas reaching the higher level of games makes people exited and loosing makes them anxious.

Online games were created in 1951, NIMROD was the 1st game which was released in hardware and software systems. As the years passed online games developed in different stages and level of interest in people to play them. Intension of making online games was to redirect the people's minds from watching TV, which would provide opportunities for visual learning. Nevertheless, the connection between

Due to the social and psychological advantages of playing online games, the relationship between psychosocial health and

Additionally, playing online games has been documented. Additionally, effects may vary depending on the psychological makeup of the gamer; for example, there may be a group of addicted heavy gamers who suffer from an unbalanced lifestyle and a different group of addicted heavy gamers who gain from having multiple social environments. We hypothesise that a second group of heavy gamers is probably present in light of the first, as well as the fact that the great majority of gamers do not indicate addictive tendencies. The negative psychosocial effects and addictive symptoms will likely not be present in these non-addicted heavy gamers, or they may be present to a lower degree.

In those days buying TV was costing very high when compared to these games, hence people preferred playing these games.



In earlier days online games were allowed to be played by one or two players in one single computer, later they began to support time sharing which allowed multiple users play in one game at a time. Multiple playing of games was allowed to a particular distance only, whereas these days it can be played from any corner of world. This is how the technology is being improved and new online games are created in daily life.

Online Game Addiction.

Online game addiction is where people play games and make a habit of it, they would continue playing when found free time for hours together. This leads to less interest in other works, gaming would make a habit, create an impact on daily functioning activities, impact on personal – social relationship, less interest in education and ignorance in occupational responsibilities. Online game addiction can also cause internet gaming disorder, whereas this can be classified as mental illness which has been found from researches.

This addiction is a behaviour similar to gambling disorder, in which people would rush to play games and winning prizes will be the main reason playing frequently. Online games can be segregated in many, which among are: fun games for children, individual games, group games and betting games for prize winning. Betting games may require cognitive skills and sharp mind with full of interest concentration as it is just a matter of chance. This would create a negative impact on daily living and earning, as in betting games peoples would lose money due to which people start borrowing money from others for finance which would add lots of interest on money.

Online game addiction mostly effects children, teenagers and adults, among these adults are the 1st who likely are addicted to games. Males are mostly addicted when compared to females. So far online winning games may increase a release dopamine, it is a brain chemical (neurotransmitter) which effects in many bodily functions including pleasurable rewards and motivations.

For any such disorders peoples refer healthcare providers who are mental professional such as psychologist or psychiatrist. Online gaming also causes obesity in teens, which would cause vision problem in eye strain, which leads to headache and poor concentration in any work. World health organisation have defined, gaming disorder is due to access use of online games (this includes video games, online games and TV based games).

Addiction would be like, if one decides to play a game for one hour, but since the player would be lost in playing games and continue playing for another more hours of 4-5 continuously. Player would feel that the game played was for only few minutes of time and would miss some important moments of time. This can be addictive that, they start playing game anywhere and anytime irrespective of present situations.

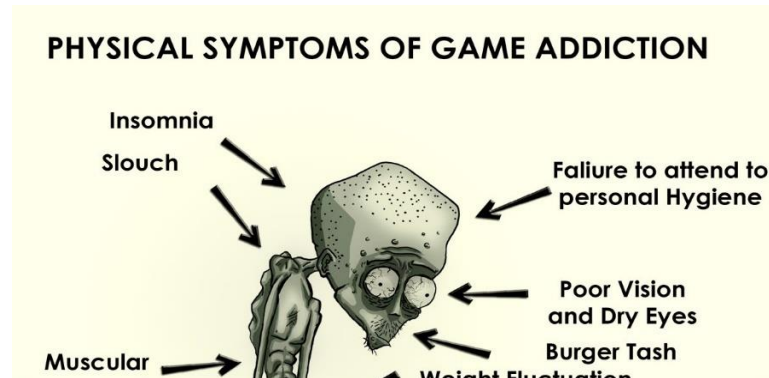


Facts about online game addiction:

- Online game addiction is an extreme use of computers and online games interfering with your daily lifestyle.
- Addicted people isolate themselves from their family and friends.
- Online game addiction is not included as a diagnosis treatment.
- They have lack of imagination and are usually moody.
- 8% of teenagers and children are affected by online games addiction.
- Gamers plays 24 hours a week or more.
- Most people with ADHD (Adult Attention- deficit/hyperactivity disorder) have online game addiction.

Here are signs of online game addiction in students:

1. Gaming disrupts your sleep habits.
2. Avoiding school or work to play.
3. Needing to play longer time to get enjoyment.
4. Feeling irritated if someone disturbs you and you are not able to play.
5. Feeling anxious when not played.
6. Being consumed with thoughts about gaming.
7. Playing more than 6 hours a week.
8. Lack of attention with poor academic performance.
9. Create impulsivity and anger.
10. Losing money believing the scammers.



How to identify addiction in adults:

- Starts spending more time on or with mobile.
- Very quick changes in daily routine activities.
- Social life takes a hit. The person restricts himself to online and other friends.
- Very low interest in recreational activities.
- Poor sleep pattern. Such people even dream about the game.
- Reacting strongly when asked to restrict time spent online.

Despite restricted physical activity they suffer pain in back, neck and hands due to opting the same posture for a longer period of time.

Leap up of online game addiction.

This was during the period of COVID-19, when compared online game addiction caused more than COVID-19 impact. Due to lockdown schools did not function for a period of time, but only online classes were conducted. Teen age students who were attending classes online also started playing games without the knowledge of teachers and parents. While COVID was dominating outside the house, these online games were dominating inside the house. However, lockdown decreased COVID cases, but increased online game addiction. Even though schools are reopened now, but few of them are continuing to play the games at night mostly and are not able to concentrate on their studies in school.

During this period, students had less work to do and lots of time to spend, whereas they didn't have a mode of self-interactions with others than their family members. Due to which students started opting another mode to keep them busy and entertaining them. They started opting online games, as these games provide interested, thrill and eagerness to win the game. These were played individually, but as the technology grew, networking also grew to an extent where players can play in groups. Irrespective of location and distance, the game can be played and operated from every corner of the world.

These games also created competition within the groups, which includes: levels cleared in games, game achievements, addition goodies and creation of groups. As these were achieved by one and the other among them, will also try to achieve it to build his popularity. In terms to build, one started spending most of time to achieve it, playing the same game again and again. Losing the game would create the dissatisfaction in them which to attract to continue playing game again from start.



Online games which are addicted to students.

1. Pubg.



A battle royale game called Pubg was developed by PUBG Studios and released by Krafton. This game, which can be played from either the first-person or third-person perspective, was inspired by the Japanese film Battle Royale. Up to 100 players can land on an island in the game, where they search for tools and weapons to kill other players while avoiding being killed themselves. The size of the game's safe region gradually shrinks as players are pulled through into a smaller and smaller area to force confrontations. The round is won by the final player (or team) standing.

Few people played this game when it was released by Microsoft Studios in December 2017, but as the months went by, it gained popularity all around the world and more people began to play. This game was let out by Microsoft studios in December 2017 and were played by few of the people, but as months passed it became popular over the world and many started playing. The game came by popularity for its effects, design, unique plan of game, can be played with friends and gaining the levels after winning. Specially during the lock down, people started playing the game day and night. This game created addiction to students which held to lack of concentration in studies and spent most of the time playing.

The game can be played in mobiles and laptops. But for easy playing, people preferred playing it on mobiles which made very handy to continue playing games anywhere and any

point of time. Due to the bad impact of the game, it wanned in many countries to avoid the addiction of games which was destruction to people.

For the reason PUBG game was banned in many countries, they introduced the same game by name Battleground which is still played by people even today. But when compared to PUBG player, Battel ground has less popularity and players. But the addiction remains the same.



National bans of PUBG.

1. In March 2019, PUBG was outlawed in Gujarat, an Indian state. The local authorities believed the game to be highly addicting and an unnecessary distraction during exam time. As a result, some pupils who were spotted playing the game were detained.
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3. After getting numerous complaints from various segments, PUBG was outlawed in Pakistan in July 2020 due to the game's habit-forming nature, time squandering, and severe detrimental effects on children's physical and psychological health.
4. On September 2, 2020, the Indian government banned PUBG and more than 100 other Chinese apps, the majority created by Tencent and NetEase, claiming they were "stealing and surreptitiously transmitting user data in an unauthorised manner to servers which have locations outside India."

The largest market for PUBG Mobile was India, which accounted for 175 million downloads and 24% of all users worldwide.

2. Among us:



A 2018 social inference game with online multiplayer functionality developed by American gaming studio Inner sloth is among us. The science fiction horror film "The Thing" and the party game "MAFIYA" served as the inspiration for the game.

The video game "Among Us" features colourful, armless cartoon spacemen as the players in space-themed environments. Each participant assumes one of two roles: the majority take up the position of Crewmate, while a small minority play pretender. While identifying and voting, Crewmates carry out their assigned tasks in the game while keeping an eye out for suspected Impostors (who have the ability to kill the Crewmates but look exactly like Crewmates).

The game's initial release in 2018 attracted little traditional attention, but in 2020 it had a major surge in popularity as a result of game.

1. By completing all obligations.
2. By locating every forger.

Crew members are assigned tasks to complete around the map at the beginning of the game in the form of minigames, Mini puzzles, and straightforward toggles. While imposters are unable to finish tasks, they may act as though they can in order to win the game.

3. Ludo king:



It is one of the games that Gametion Technologies Pvt Ltd has made available for free. Vikas Jaiswal, an Indian from Navi Mumbai, is the creator of this game. The game is a modernised variant of the Pachisi board game, which dates back to ancient India.

Since its introduction in February 2016, Ludo King has constantly held the top spot among the best games.

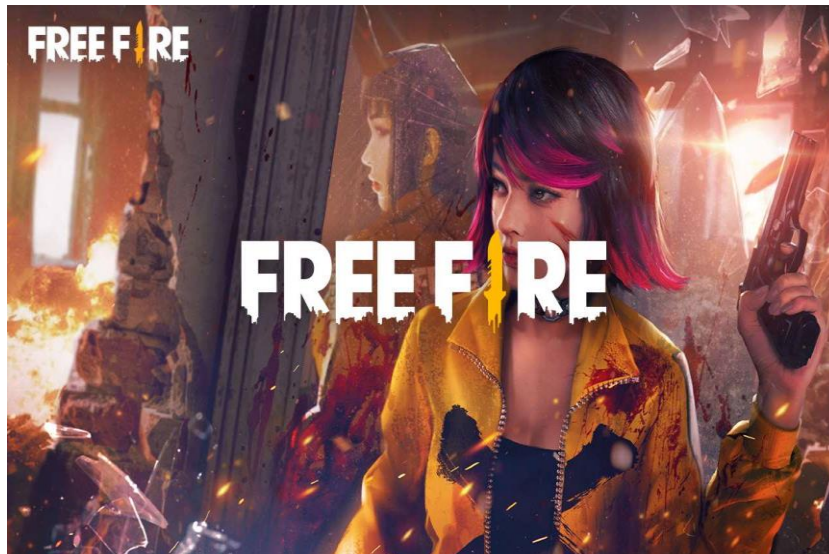
This is the first Indian game to surpass 500 million downloads and be played in 15 different languages across 30 different nations.

The goal of the game is to move all four docketts from the starting location to the centre, or "home," of the board. The player who completes this task first wins. This game can be played in 4 different modes.

Due to its "local multiplayer aspect," which enables up to six players to compete on a single device while each has access to their own dice, Ludo King has seen a significant increase in popularity. Notably, the game has succeeded in connecting with and resonating with lower socioeconomic groups, which up until now had little interest in online gaming.

Games that are casual or hyper-casual, like Ludo King, are easy on the player's system and have straightforward mechanics. Even novices can learn them with little to no instruction. Additionally, making quick progress gives the player a quick sense of accomplishment and motivates them to advance quickly.

4. Free fire



Battle royale video game Free Fire was developed and released by Garena. 2019 saw it become the year with the most mobile game downloads worldwide. On September 28, 2002, Free Fire was made available to everyone, and as of 2023, it had more over 187 million daily active users.

Players control a character from a third person perspective in the video game Free Fire. The fire button is used to shoot and toss on the rival players for defence and to kill them. One of the joysticks is utilised for all of the movement of the player in the game. Leaping, crawling, and lying down are performed using a select few of the performance tools. Players also receive a GLOO WALL throughout gameplay, which they can utilise as a shield to defend themselves.

Double is where you pair up with your partner with whom you can plan your game plane, for cover and defence.

Team play is where you get into the game with a team and the opponents are allotted randomly by the computer or any other squad which joins at game start.

5. Pokemon go:



Pokemon Go was introduced in 2016, this is implemented from one of Pokemon cartoon which was a known TV show which was watched by children. The primary goal in creating this game was to make it appear as though the player were actually in the place shown in the episode. People liked the various animal species represented by appealing names and competing with other Pokemon by using their unique special abilities. Pokemon species rose from the game's initial launch of about 150 to approximately 700 by 2021.

Player has to create his account in app and create his avatar, which would reflect as he is the one who is playing lively. Once created, a custom image is shown on a map based on the player's location. 'Poke Stops' and 'Pokemon Gyms' are features on the map. The 'Lure Modules' that can be found at these Poke Stops can draw in more wild and occasionally uncommon Pokemon.

Pokemon battles are held in the Pokemon gyms, one has to select the opponent in the gym with the opposite Pokemon. These are differentiated as levels and would move to other gyms when the level is won and their levels will reflect on the map in the app.

This game also offers you to purchase poke balls as per their wish, which would reflect on the game app. These are also played as events in the app for money. As by depositing the money in app account, if the win the level, then you win some addition amount and if you lose the game then you lose the money as well.

Children much like to play the game in this way. The game offers stunning graphics, a detailed map, several species that can be used, and music effects. When a player defeats a

Pokemon, they can choose to view it in the app's AR mode or with a generic, live-rendered background.

With or without the app's AR feature turned on, users can take pictures of the Pokemon they encounter.

Negative side effects of online games:

- **It is highly violent.**

The reputation of PUBG as a violent game has suffered. High levels of violence can escalate violent thoughts, feelings, and conduct, which mostly impacts the player's mental health.

- **It results to gaming addiction.**

Playing access PUBG can make you less active and productive. Online game addiction is not some new things but they should know that this is not good for any once mental health.

- **You can become less socially active.**

Most game players spend their complete day playing PUBG which means they end up their day becoming less socially active in daily life.

- **It encourages bad physical heath.**

Just sitting in one place and playing the game for a longer period of time is not good for your physical and mental health. One turns to become lazy. Also, watching at your computer screen for longer time can affect your eyesight and leads to headaches.

- **It badly effects your mental health.**

Those who are found of playing PUBG too much, can get easily stressed out or face anxiety problem in public due to lack of social relations.

- **It interrupts your sleep habit.**

One should understand that sitting in front of the computer or watching mobile screen for too long time can make it hard for you to sleep at night even if you finally decide cover the sleep during day time.

- **There is no time left to do perform other activities.**

I am sure you an idea where, a single game of PUBG can make up to an hour to finish. Even if they play 5 matches in a day, it means that they will be wasting nearly 4-5 hours every day doing less productive activities.

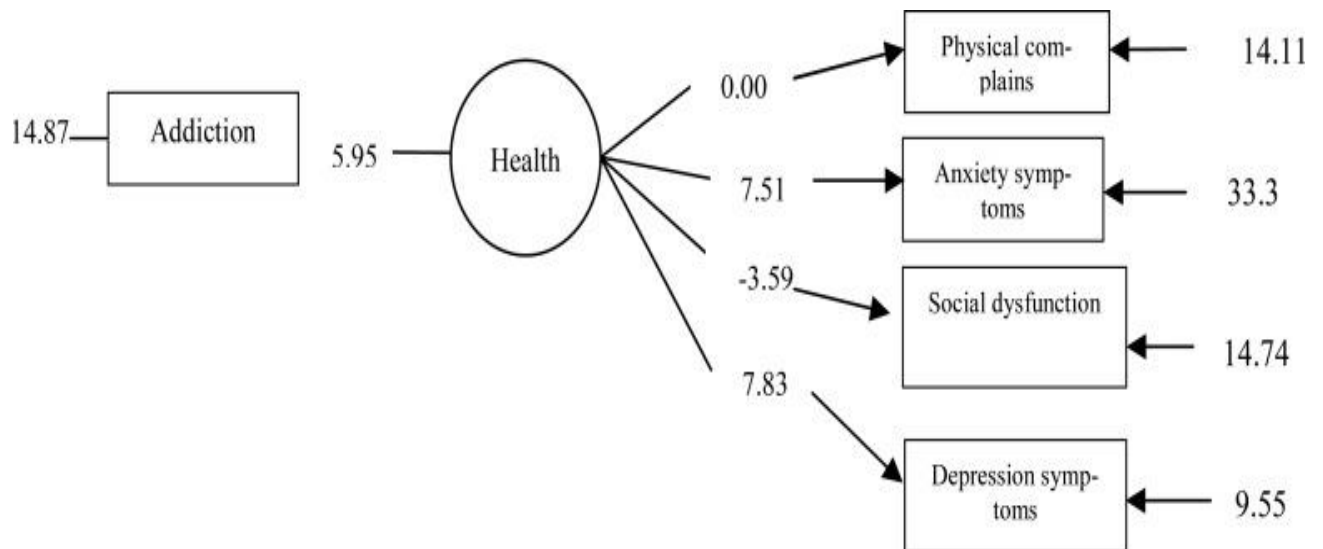
Need of the study:

This is the period of living where the development of technologies is rapidly growing day by day as the change of living. Due to which there is a high rate of adoption of technology by people, henceforth these technologies are also added in the field of online gaming. Online gaming would add fun while playing but also simultaneously effects the daily life, health and social relations. It can be clarified by knowing the total time spent with friends and families and the time spent using the gadgets for playing online games.

The public's interest has given rise to numerous opportunities for study and communication, which is a major factor in the high number of users who have developed an addiction to it. However, online gaming addiction leads to other dangers that are just as serious for addicts and the people close to them. Too many people still disregard the problem's possible negative effects, though. Therefore, more research is needed to examine the problem from various perspectives and offer better solutions.

Topic details.

It is important to understand how students' poor physical and mental health is related to their long-term engagement of online games. This alternative form of entertainment was chosen in place of television. It is very important to study the cause and find solutions to the issues. Research is being made by experts to know the exact reason behind it and new techniques are adopted for the same.



The figure up top illustrates the analysis of the connection between health and online game addiction. The findings of this study show a direct relationship between addiction to online games and physical health, anxiety, and despair. However, there was a significant and inverse relationship between addiction to online games and social activities.

CHAPTER – 02



Objective of the study:

- The most dependable qualitative research strategy that aids in overcoming addiction disorders in daily life is to investigate the cause of the problem under examination.
- To understand and learn how can we overcome from online addiction to keep ourself and others healthy, physically and mentally.

Statement of the problem:

Even though local resources and entertainment options are constantly being improved and expanded, the number of people who are dependent on online gaming is increasing every year. Earlier, this was not thought to be a serious problem, but now that it has more users, it is thought to pose a serious threat.

Addiction to online games is linked to social and psychological problems caused by a lack of self-control. Gamers are now much older, and teenagers are no longer thought of as the primary demographic for the hobby. Online video game play was once regarded as a meaningless past time, but it has now come to play a significant role in many people's lives.

- The growing appeal of online gaming is attributed to the notion that these games allow for far more immersive engagement and are intensely creative and original. It is evidence that the issue impacts everyone with whom they come into contact in their personal, professional, social, and family lives in addition to those who are actively involved in it.
- According to studies, between 1.6 and 8.5% of young people in Western countries suffer from online gaming disorder. This condition is frequently accompanied by other psychological issues such depression, anxiety, attention deficit hyperactivity disorder, and social phobia.
- The evolution of the online gaming habit and people's attitudes towards it will be the study's key goals. The most prevalent signs of an addiction to online gaming are irritable sensations when there is no Internet access.

Learning objectives and goals.

- The possibility to receive accurate information.
- Suitable way to reveal and understand people's complex problems.
- How to improve people's wellbeing.
- Make people express their thoughts.
- To understand how people develop addiction in them and how they feel about it.
- Creating opportunities of values, different ways of learning about people's problems and experiences.
- Overcoming bad habit of online games.

The methodology employed.

'Monitor Study Internet and Youth' from the Netherlands gave data used in this investigation [10]. In this ongoing longitudinal study, schools are chosen for participation based on their location, degree of urbanisation, and educational level using stratified sampling.

level. The research encourages yearly involvement and includes participating classrooms across the entire institution. Participating teenagers complete a 1-hour questionnaire in a classroom under a teacher's supervision each year.

To preserve anonymity in front of other students and teachers, written instructions are given to the teacher, and questionnaires are returned in sealed envelopes. Every year, passive informed consent is gained from parents due to the study's non-invasive nature. More precisely, a letter with details about the upcoming questionnaire study on "Internet use and well-being" is sent to parents.

If a student behaves positively towards playing a game, there is a likelihood that he or she will continue playing it, which is how the intention of players to play online games is determined. Similar to this, many players invite their friends to join an online game plan in order to form a team or share resources; some games also offer score benefits or awards if other players can recruit more participants. Players need smart phones or laptops with

updated operating systems, as well as a basic understanding of the internet or mobile applications, in order to play online games.

Secondary Data

The present study is basically drawn upon secondary data which are published in Journals, Newspapers, Magazines, Internet websites, various Books related to the topics and other references were made.

Geographical coverage.

- Over the past three months, there have been almost 90 complaints of digital addiction cases. While children are becoming more accustomed to playing online games, parents and schools are struggling to deal with this shift in student behaviour. The National Institute of Mental Health and Neuro Sciences (NIMHANS), according to the minister of primary and secondary education, has been called.
- According to reports, the Services for Healthy Use of Technology (SHUT) clinic at NIMHANS has seen roughly 90 cases of youngsters who are habitual users of online gaming in the past three months.
- As you may remember, a 25-year-old man from Kakathi Village in the Belagavi district recently used a chopping knife to murder his father because the latter refused to pay for the internet pack's recharge so that the son could keep playing PUBG.
- On September 11, a 13-year-old child committed suicide after being yelled at by his parents for playing mobile games and using his phone for an excessive amount of time.

Steps taken by government to overcome the issue.

Recently, a report on child safety and security in schools and around their facilities was released by the NIMHANS, doctors from the health sector, and the education department.

The minister announced that a new report on children's internet addiction will also be released. Additionally, Kumar stated that the government and the institute would collaborate to develop a variety of solutions to this problem.

Blossoms School principal and KAMS general secretary D Shashi Kumar recalls and describes a terrifying experience. "One of our brightest pupils in the 10th grade, who always acted maturely for his age, has lately turned out to be very violent. He received distinction as a student, and it appears that currently.



CHAPTER – 03



BRIEF profile

Brief profile on “study of online game addiction on physical and mental health of students”.

This topic is very important to understand the present condition of students who are addicted to online gaming, which are affecting their physical and mental health. Addiction has caused so much that the students have become violent when told not to play games.

This study would help us how we can improve students' conditions and what measures to be taken to overcome all of these problems. Government has taken a step by prohibiting such addiction creating apps, but the same are reintroduced by different names. These games are yet continued to be played.

History.

Previously very few were addicted to play online games and the matter wasn't made such serious, but when the time passed- during the lockdown for COVID-19 had a very big change in the gaming world. During the time none of them were allowed to go out, due to this there was less interaction between people and had huge free time. Other than TV's online games were only the mode of entertainment.

This was change when everybody opted to these online games, whereas students were affected and lost their concentration in studies, become violent, less communicative with family members and disturbed social life.

Why this topic is important?

What effect do online games have on kids is a subject that has to be well researched and understood. How can we prevent it or solve the issue and find different online game options?

Detail discretion and base case:

The amount of research on the subject of online gaming habit that has been made available so far is extensive. Professors have examined a certain inclination for online gaming participation and the desire for online multiplayer gaming. These and other study subjects enabled a very thorough knowledge of the research question, but they did not fully address all the issues related to online gaming addiction. Professors have found a link between addiction to online gaming and the propensity to buy in-game mobile apps from the app store. In the end, researchers discovered that players' desire to purchase online game applications is increased by their online gaming devotion. Researchers did not, however, go into detail about how these processes take place.

The first factor identified in the majority of investigations, as well as the current study, is the athletes' general health problem. The majority of studies demonstrate that excessive internet gaming harms individuals physically and heightens their levels of anxiety and despair. Numerous studies have shown that the majority of children who are computer game addicts have high blood pressure and heart rates as a result of their excessive excitement and stress. Most people who participate in these games are unaware of how much time has passed and often forget to eat. The problem seems to be simplified by establishing a causal link between computer games and physical health, or more generally, a causal link between computer game addiction and both mental and physical health.

On the other hand, our children face physical, mental, and psychological risks if we decide to leave them in this environment alone. Therefore, parents who are experts in cultural and educational fields should have flawless plans in place to ensure that kids participate in these games in an appropriate manner. In a related vein, we should create games that are based on our culture.

CHAPTER – 04



Description

Online game addiction is described as a compulsion control disorder, which is described as very same as pathological gambling. Calculations shows that men and boys are more likely to become habitat of these games. Recent study has found that nearly 1 in 10 youth gamers can be known as pathological gamer.

Some of the emotional signs or symptoms are

- Feeling restlessness.
- Irritability.
- Recollections of prior game play.
- Expectation of the upcoming game activity.
- Lying to loved ones about how much time is spent playing video games.

Games are undoubtedly compulsive since they may be played continuously. The research on treating excessive gaming is still in its early phases despite the fact that there is no end to the game even though it may feel like the techniques have been finished.

Overview

Addiction to online games causes personality difficulties (such as a desire for stimulation, emotionality, anxiety, and concealment) as well as mental health issues (such as somatization, interpersonal relationship reactivity, aggression, and paranoia).

Online addiction is a factor in the anti-online experiences that are described in the literature for these kids and teenagers.

One online addiction that is hazardous to college students' health and brain development is the addiction to online video games. It is crucial to discuss how to assist college students in efficiently overcoming online addiction and forming positive coping mechanisms. The current work examined the motivations from aims and subjective aspects in accordance with the declaration of online gaming addiction. The psychological effects of college students' online game addiction were then discussed. The strategies for dealing with online game addiction among college students were finally presented. These strategies included creating a

peaceful online gaming environment, changing the way that colleges teach, enriching students' lifestyles, enhancing students' self-control stability, and creating psychological professors.

Ongoing consideration- Learning outcome:

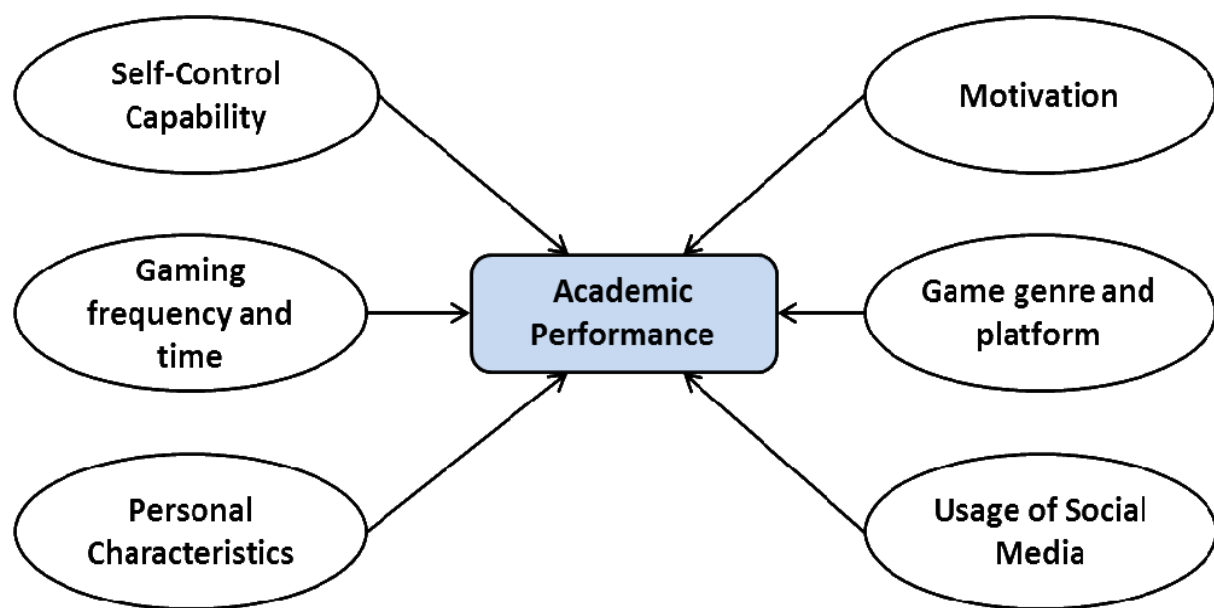


Figure 1. The conceptual study model

This topic gives information of many things, such as we would have never thought that the access use of online games which is a mode of entertainment will cause physical and mental health of students. This addiction could be such strong that one may become violent and take a big step to play the game. Many researchers have found; it is because of spending more time in gadgets to play online games and ignoring the outer surroundings around him.

Learning from the topic.

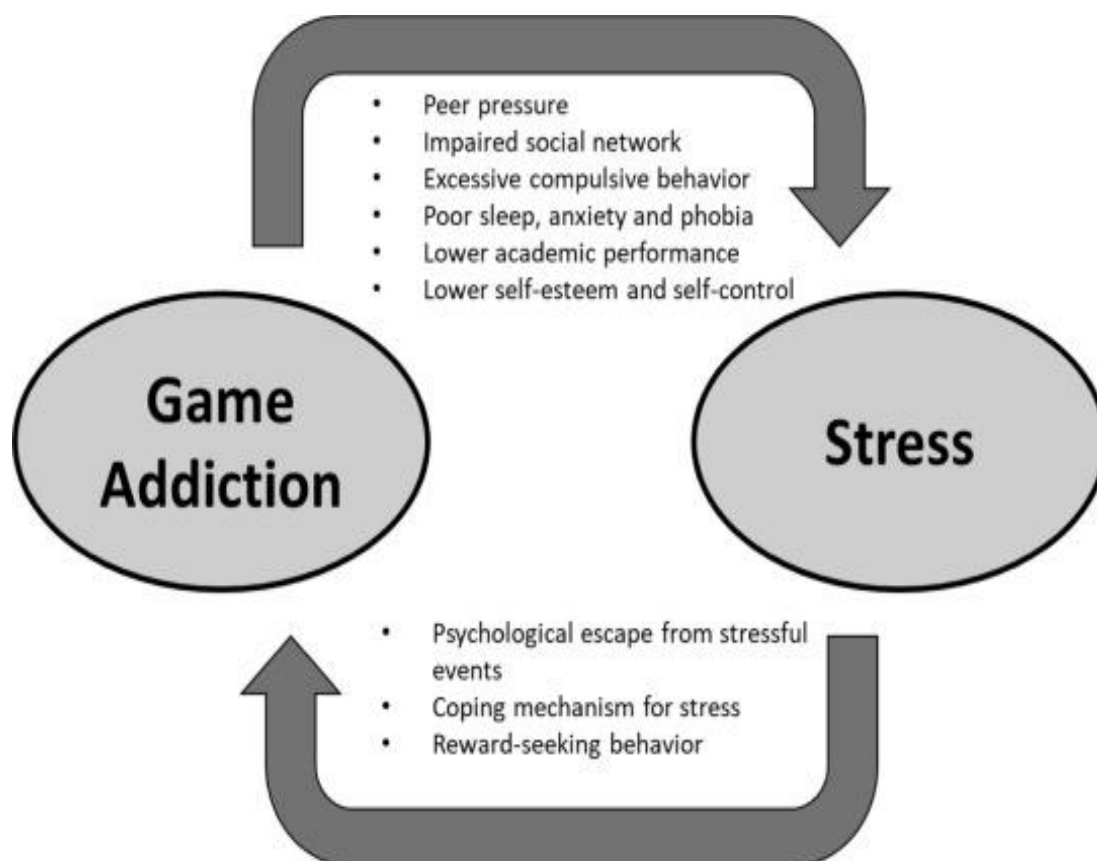
1. How effective online games are.
2. Symptoms of addiction.
3. Losses caused from online addiction.
4. Affects social and personal relations.
5. Reason for lack of concentration.
6. What are the health disorders caused from online gaming?

7. Mostly teenagers and youth are affected.
8. Rise of online gamers during lockdown.

How can one come out of addiction?

1. Less time spent on gadgets for playing games.
2. Parents should have a track on children in playing games and time spent on gadgets.
3. Diverting mind from online games to other external activities.
4. If any suffering from mental disorder, they should immediately refer a physiologist.
5. Prefer outdoor games for refreshments.
6. Improve their concentration in studies.
7. Interacting with other people for a healthy bonding.
8. Planning an outing a period would be good.

Online game addiction canvas model.



- Playing excessive online games.
- Abolition signs when access to online gaming is denied.
- Tolerance for the urge to spend more time playing online games.
- Failed attempts to limit users' access to online games.
- Loss of interest in former pastimes and forms of entertainment, excluding Internet gaming.
- High levels of Internet gaming usage despite knowing of psychological issues.
- The person has lied to relatives, a therapist, or others about the cost of online gaming.
- Playing online games to escape or get rid of a bad emotion (such as helplessness, guilt, or anxiety).
- Due to participation in online gaming, the person has experienced a danger to or loss of a significant relationship, job, or opportunity for educational or professional advancement.

In the past 20 years, scientific study on Internet addiction in general and IGD in particular has exploded, making it quite usual to discuss the neurological correlates of this clinical occurrence. The evidence for a hereditary component, neurochemical changes, and both structural and functional brain correlates of IGD make up the knowledge of neurobiological mechanisms of IGD.

There is a significant variation among studies, but research has shown that the variation in online addiction symptoms may be connected to hereditary factors by up to 48%. Results are seldom comparable to what is understood about genetics when applied to other psychiatric diseases, including gambling and substance use disorders.

The challenge for future neuroscientific research in the area of IGD is to determine whether these brain changes are associated with therapy success, both in terms of reversibility and whether these brain abnormalities may do so.

CHAPTER – 05



Discussion

The main source of enjoyment and a method to avoid boredom is playing online games. After a stressful day at work or in daily life, they also assist people in calming down and relaxing. According to research, gaming addiction affects people physically and behaviorally, especially children.

Online gaming competitions involving other players are also held at many levels, including local, national, and international, in an effort to find the best player overall.

Youth and adults are drawn to online gaming because it raises the bar for traditional video games. It has an ongoing impact on both work and health. It affects you, turns you into a couch potato, and before long you stop showering others, eating well, and basking in the sun. Even so, it is a sector that is expanding successfully.

Conclusion.

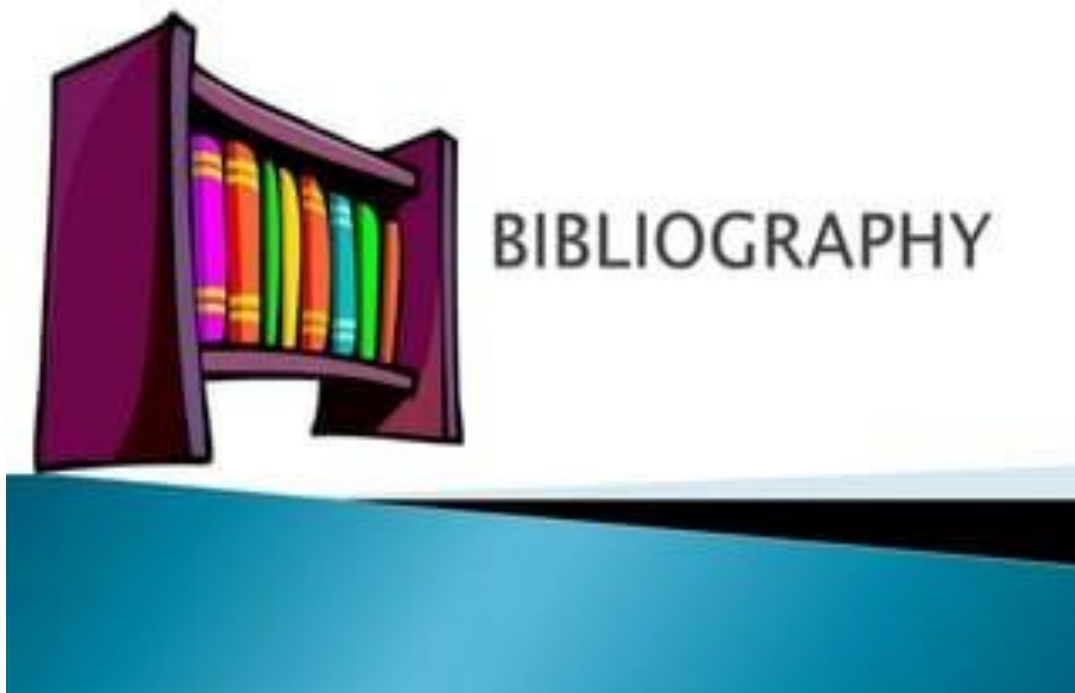
I feel that online gaming is not a beneficial activity to start when you're bored and without anything to do, based on what I've learned from the study. With a change in behavior, there are numerous drawbacks that could impact you and others around you, including your family. Your future and education may possibly be destroyed by online gaming. There are numerous additional pastimes that could improve your physical and mental wellness.

Keep in mind that you shouldn't begin online gaming if you know that you can't handle becoming impacted by it. For those who have already begun playing online games, be sure to regulate your time and be aware of the warning signs of addiction. Pick your decisions with courage.

Learning challenges.

- Time was a constraint.
- The situation was limited to Bangalore City only.
- Secondary data was assumed to be true and unbiased.

CHAPTER – 06



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