

ASSESS THE LEVEL OF ADDICTION ON MOBILE PHONE GAMES AMONG ADOLESCENTS IN A SELECTED SCHOOL THRISSUR

Aksa Sara George¹, Aathira ES¹, Finshy Antony¹, Jincy Poulose K¹, Jisna Jose T¹, Namitha Suresh¹, Megha Girijan¹, Surya S², Tibin Joseph³

¹Final year BSc Nursing, Aswini College of Nursing, Nadathara, Thrissur, Kerala, India.

²Senior Lecturer, Department of Community Health Nursing, Aswini College of Nursing, Nadathara, Thrissur, Kerala, India.

³Assistant Professor, Department of Child Health Nursing, Dilla University, Ethiopia.

ABSTRACT

Mobile phones, one of the greatest inventions in the late 20th century. Now have become the newest addiction in the world, even though it has given us convenient and comfort, it does not mean it has no adverse effect. It is something that is going to affect every one day to day basis. Objectives: Assess the level of mobile phone games among adolescents, Associate the level of mobile phone games with their selected demographic variables, prepare a leaf let regarding the ill effects of mobile phone games. Design: The study was simple descriptive survey. Participants: A total of 60 adolescents were selected using simple random sampling from an aided school, Thrissur by lottery method. The data was collected using structured rating scale. The tool was administered in 60 samples and assessed the level of mobile phone video game addiction in selected school children. Results: The finding revealed that 46 (76.7%) having low addiction, 13(21.67%) having moderate addiction, 1 (1.67%) having high addiction and there is no severe addiction. While considering the association, there is no association between the levels of mobile phone game addiction with the selected demographic variables. This study was effective to assess the level of addiction and help to protect future consequences to the children.

Key words: Ill effects, Addiction, Adolescents, Phone game.

Corresponding Author

Aksa Sara George

Email:- aksasaraoravath08@gmail.com

Article Info

Received 02/08/2017; Revised 10/08/2017

Accepted 18/08/2017

INTRODUCTION

Mobile phones, one of the greatest inventions in the late 20th century A research study states that mobile or cellular phones are now an integral part of modern telecommunications [1]. In many countries over half of the population use mobile phones and the market is growing rapidly. In 2014, there is an estimated 6.9 billion subscriptions globally. In some part of the world mobile phones are the most reliable or only phones available. American statistics found that the average length of time spent playing video games was 20 hours per week an estimated 72 percent of American households play video games and estimated 9 percent of the 3.034 participants in the study showed signs of video game addiction, 4 percent of percent of study participants were categorized as extreme users who played video

games 50 hours per week on average According to the Pew research center female gamers spent an average 44 minutes playing on the week days and 1 hour & 4 minutes playing on the weekends, male gamers spend 58 minutes playing on week days and 1 hour & 37 minutes playing On weekends. As hardware power increases and prices decrease, the smart phone has quietly made quite a foothold as a platform in the video game industry. Many companies are using smart phones to target previously unreachable market segments in video gaming, such as casual gamers and women. As this platform because more popular researchers are beginning to notice potential problems and dangerous behaviors associated with this type of video gaming that has never been observed with any other type of gaming. An increasing number of young children are now



addicted to mobile games, both online and offline games. The technical term for children who soften from game addiction and through a tantrum every time is called I PADDY [2-8]. A study appeared in The medical journal of pediatrics conducted by a research scientist Douglas A Gentle examined game usage rates of 3044 children and teenagers revealed that The average length of time spend playing video games was 20 hours per week. 9 percentages of the samples should game addiction. 4 percentage were extreme users and they played 80 hours per week According a report by the council on science and public health to the AM CITEOL, A 2005 entertainment software association, the computer / video game player were more likely to play for more than 2 hours per day [6]. According to pediatrics problematic gaming behaviors to be for less common about 4 % and concluded that such problems were result of underlying mental health problems [3]. In conclusion , according to the times of India game addiction is now becoming a mental disorder [7]. That's why in India the game addiction centers are mushrooming in metropolitan cities like Delhi and Bangalore. So, we feel that, it is our responsibility to identify the cases and teach them and their parents to get rid of game addiction [8].

Statement of problem

A study to assess the level of addiction on mobile phone games among adolescents in a selected school, Thrissur with a, view to prepare a leaflet regarding the ill effects of mobile phone games.

OBJECTIVES

- Assess the level of addiction on mobile phone games among adolescents.
- Associate the level of addiction on mobile phone games with their selected demographic variable.
- Prepare a leaflet regarding ill effects of mobile phone game.

RESEARCH METHODOLOGY

The research methodology adopted to assess the level of addiction on mobile phone game among adolescents The research approach in this study is simple descriptive in nature .since the study was aimed to assess the level of addiction on mobile phone games in adolescents at higher secondary school Research design of the present study is Simple descriptive.non experimental design. The setting of the study was at Achuthan Kutty Memorial Higher Secondary School Poochatty The population comprises of adolescents (plus two) in the higher secondary

school The sample comprised of 60 adolescents boys and girl from Achuthan Kutty memorial Higher Secondary School Poochatty The sampling technique adapted for this research is simple random sampling. The instrument used is a rating scale.

Description of tool

The tool was taken by reviewing the game addiction scale for adolescents. It consist of two parts.

Section A

Demographic data includes age gender, mobile phone gaming in time in a day and weekend, type game played, operating system of mobile phone, occupational status of father or mother and the online mobile phone gamers.

Section B

It consists of 20 questions of rating scale method.

Data analysis and interpretation

Description of sample and interpretation of data collected from 60 samples. Data analysis was based on objectives of the study; it was done by descriptive and inferential statistics. It was divided in to.3

Section 1: Socio demographic data

Section 2: Level of mobile phone game addiction on adolscents

Section 3: Association between the levels of addiction with selected demographic variables

Section 1: Socio demographic data

This section deals with the descriptive analysis [frequency and percentage] of the socio demographic data collected from 60 adolescents Out of 60 adolscents,29(48.33%) adolescents were the age category of,16 years,28(46.66%)were the age of 17 years and only 3(5%) samples were in the age group of 18 years. Regarding the gender most of the sample 32(53.33%) were the category of girls and 28(46.66% with boys. Regarding own mobile phone out of 60 samples 30(50%) having mobile phone and 30(50%) having no mobile phone

Interestingly, out of 60 adolescents, 40(66.66%) playing video games in week ≤ 1 hour, 8(13.3%) were 2 hour and only 12(20%) were ≥ 3 hour . Regarding the average weekend playing of video games 29(48.33%) belongs to ≤ 114 (23.3%) playing 2-3 hour ,6(10%) belongs to ≥ 3 hour and only 11(18.33%) playing greater than 6 hours. Regarding the type of game, out of 60 samples 37(61.6%) playing sports only 23(38.3%) playing puzzle



Surprisingly, out of 60 samples, based on the operating system of the phone 39 % (68%) having Android, 6(10%) belongs to windows, 7(11.6%) having Apple and only 8(13.3%) belongs to other operating system. Regarding the occupational status of father 6(10%) belongs to Government job, 26(43.3%) having private job, 24(46%) belongs to coolie and only 4(6.6%) belongs to other job. Regarding the occupational status of mother 2(3.3%) having Government job, 4(6.6%) belongs to private, 2(3.3%) belongs to coolie and 52 (86.6%) having other job. Regarding online phone games, out of 60 samples 23(38.3%) have done online games and 37(61.6%) does not done online games

Section 2: Level of mobile phone game addiction on adolescents

This section deals with descriptive analysis [frequency and percentage] of the addiction scoring data collected from 60 adolescents. Out of 60 samples, 46(76.67%) having low addiction, 13(21.67%) of samples having moderate addiction, 1(1.67%) having high addiction and there is no severe addiction on mobile phone games.

Section 3:- Association between the level of mobile phone game addiction with their selected demographic variables.

The findings of the study showed that there is no association between the level of Mobile phone game addiction with their selected demographic variables.

RESULTS

The finding of the present study revealed that there is low level of mobile phone game addiction in adolescents between 16-18 years (76.67%).13(21.67%) of samples having moderate addiction, 1(1.67%) having high addiction and there is no severe addiction on mobile phone game While considering the association between the level of mobile phone game addiction with the demographic variables. There is no association between the level of mobile phone game addiction with the demographic variables.

Table 1. Scoring pattern of game addiction

| | |
|-------|--|
| 0-15 | Likelihood of game addiction(LOW) |
| 16-30 | Likelihood of game addiction.(MODERATE) |
| 31-45 | Likelihood of game addiction.(HIGH) |
| 46-60 | Likelihood of game addiction.(SEVERE /VERY HIGH) |

Nursing implication

Nursing implication Of the study can be made following field in relation with nursing practice, nursing education, nursing research and nursing administration.

Nursing practice

The findings Of the study could aid the nurses to implement various health check up practices. The findings of the study suggests, the nursing experts provide education regarding the education regarding the addiction to all groups of children.

Nursing education

The study could help the nurses to have awareness regarding the video game ill effects. The study proves that the nursing personel need to update their knowledge regarding game addiction and measures to control the addiction.

Nursing practice

The nurses working in all departments have the basic knowledge regarding the game addiction and behavioural modifications. The findings of the could aid the nurse in prevention of addiction in community.

Nursing administration

The findings of the study help the administration to encourage the nurses to practices the significant strategies to improve and avoid the addiction of games in mobile phones.

Nursing research

The findings of the present study can be a baseline for future studies to built upon and to motivate other investigators to conduct further studies research in CBSE & college students

RECOMMENDATIONS

On the basis of the study recommendations have been made for future study. A study can be replicated on a large sample in order to validate findings and make generalization. A comparative study can be done in different settings to compare the findings of present study selection. A study can be done mobile phone addiction & internet addiction instead of mobile phone game addiction.



Table 2. Frequency and percentage distribution of level of addiction of adolescents regarding mobile phone games

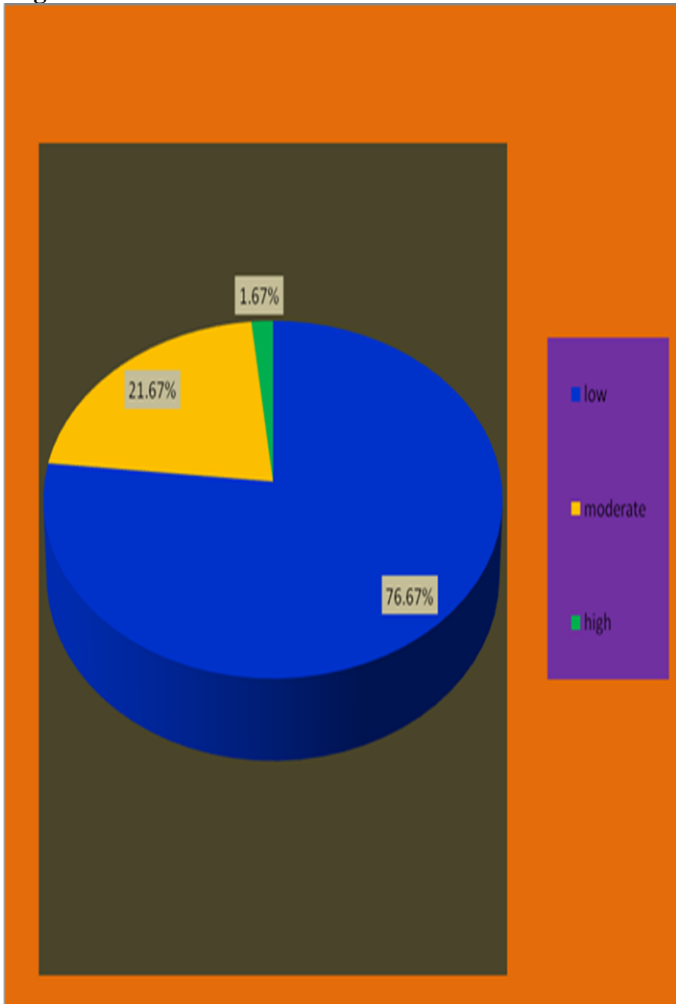
| SL.NO | Level of Addiction | Frequency (f) | Percentage (%) | Median | Mode | Standard deviation |
|-------|--------------------|---------------|----------------|--------|------|--------------------|
| 1 | Low addiction | 46 | 76.67% | | | |
| 2 | Moderate addiction | 13 | 21.67% | 11.5 | 12 | 7.76 |
| 3 | High addiction | 1 | 1.67% | | | |
| 4 | Severe addiction | 0 | 0 | | | |

Table 3. Disturbution of socio demographic data

| Total sample : 60 | | | |
|-------------------|-------------------------------|--------------|----------------|
| SL.NO | Variables | Frequency(f) | Percentage (%) |
| 1 | Age | | |
| | • 16 years | 29 | 48.3% |
| | • 17 years | 28 | 46.6 % |
| | • 18 years | 3 | 5% |
| 2 | Gender | | |
| | • Boys | 28 | 46.6% |
| | • Girls | 32 | 53.3% |
| 3 | Own mobilephone | | |
| | • Yes | 30 | 50% |
| | • No | 30 | 50% |
| 4 | Average week day | | |
| | • ≤1 hour | 40 | 66.6% |
| | • 2 hour | 8 | 13.3% |
| | • ≥3 hour | 12 | 20% |
| 5 | Average weekend one play | | |
| | • ≤1 hour | 29 | 48.3% |
| | • 2-3hour | 14 | 23.3% |
| | • ≥3 hour | 6 | 10% |
| | • >6 hour | 11 | 18.3% |
| 6 | Type of game | | |
| | • Sports | 37 | 61.6% |
| | • Puzzles | 23 | 38.3% |
| 7 | Operating system | | |
| | • Android | 39 | 65% |
| | • Windows | 6 | 10% |
| | • Apple | 7 | 11.% |
| | • Others | 8 | 13.3% |
| 8 | Occupational status of father | | |
| | • Government | 6 | 10% |
| | • Private | 26 | 43.3% |
| | • Coolie | 24 | 10% |
| | • Others | 4 | 6.6% |
| 9 | Occupational status of mother | | |
| | • Government | 2 | 3.3% |
| | • Private | 4 | 6.6% |
| | • Coolie | 2 | 3.3% |
| | • Others | 52 | 86.6% |
| 10 | Online mobile phone games | | |
| | • Yes | | 38.3% |
| | • No | | 61.6% |



Fig 1. Distribution of adolescents based on the level of mobile phone games



TOOL FOR DATA COLLECTION (STRUCTURED RATING SCAL

SECTION -A

SOCIO DEMOGRAPHIC DATA CODE NO :---

INSTRUCTIONS :- READ THE OPTIONS & TICK THE APPROPRIATE ONE

1. AGE

a) 16

b) 17

c) 18

2. GENDER

a) BOY

b) GIRL

3. DO YOU OWN A MOBILE PHONE

a) YES

b) NO

4. ON ,AN AVERAGE WEEKDAY ,PLAY MOBILE GAME FOR

a) \leq 1 HOUR

b) 2 HOUR

c) \geq 3 HOUR

5. ON, AN AVERAGE WEEKEND ,I PLAY MOBILE GAME FOR

a) \leq 1 HOUR

b) 2-3 HOUR

c) 4-6 HOUR

d) > 6 HOUR



6 • WHICH TYPE OF THE GAME DO YOU USUALLY PLAY?

1. REAL TIME STRATEGY (ex.age of empires)
2. SHOOTING GAMES
3. ACTION
4. SPORTS
5. FIGHTING
6. RACING
7. PUZZLES
8. PLAT FORMER(ex.Temple run , Mario)

| |
|--|
| |
| |
| |
| |
| |
| |
| |
| |

7 • WHICH OPERATING SYSTEM YOU ARE USING IN YOUR MOBILE PHONE

1. ANDROID
2. WINDOWS
3. APPLE(ios)
4. OTHERS

| |
|--|
| |
| |
| |
| |

8 • OCCUPATIONAL STATUS OF YOUR FATHER : _____

9 • OCCUPATIONAL STATUS OF YOUR MOTHER: _____

10 • DO YOU PLAY ONLINE MOBILE PHONE GAMES

1. YES
2. NO

| |
|--|
| |
| |

SECTION - B
Instruction:- Read the questions carefully & put the tick mark in the respective column

Mobile phone game addiction Scale for Adolescents

Code to _____

| SL. NO | ITEMS | NEVER (0) | SOMETIMES (1) | OFTEN (2) | VERY OFTEN (3) |
|--------|---|-----------|---------------|-----------|----------------|
| 1 | Do you feel like playing a game all day long? | | | | |
| 2 | Have you had about time spent on mobile for playing games? | | | | |
| 3 | Did you spend much free time on games? | | | | |
| 4 | Have you felt addicted to a game? | | | | |
| 5 | Have you neglected other important activities (e.g., school, work, sports) to play games? | | | | |
| 6 | Do you play always games whenever you get free time? | | | | |
| 7 | Have you ever felt bad when you were unable to play? | | | | |
| 8 | Did you feel bad after playing for a long time? | | | | |
| 9 | Have others (parents, siblings or so on) unsuccessfully tried to reduce your game use? | | | | |
| 10 | Have you ever neglected others (e.g., family, friends) because you were playing games? | | | | |
| 11 | Do you take snacks or drinks while playing games? | | | | |
| 12 | Do you download games from play store or app store? | | | | |
| 13 | Are you going to bed late because of playing game? | | | | |
| 14 | Have you played games to release anger or stress? | | | | |
| 15 | Have you become stressed when unable to play? | | | | |
| 16 | Have you failed when trying to reduce game time? | | | | |
| 17 | Have you become angry to yourself or to others when unable to play? | | | | |
| 18 | Were you unable to reduce your game time? | | | | |
| 19 | Did you have fights with others (e.g., family, friends) over your time spent on games? | | | | |
| 20 | Do you spend money for buying games? | | | | |

- Scoring
- o 0-15 (Likelihood of game addiction: Low)
 - o 16-30 (Likelihood of game addiction: Moderate)
 - o 31-45 (Likelihood of game addiction: High)
 - o 46-60 (Likelihood of game addiction: Severe/Very high)

CONCLUSION

The world has changed from stone age to the electronic age. Modernization and globalization has brought new and dynamic changes in the world including the evolution of mobile phones, computers and other such devices. An increase in number of young children are now addicted to mobile phones. Both online and offline games and this children are more prone to get addiction symptoms such as irritability , becoming violent, anxiety etc. Now a days adolescents are more likely to play games. So to assess in the level of addiction will help to protect future consequences to the children. In this concept the present study was aimed to assess the level of mobile phone game addiction among adolescents at selected school, Thrissur.

ACKNOWLEDGMENT

Mrs. AV Beena, Prinicpal,Achuthankutty memorial Higher secondary school Pochetty, for giving permission to conduct research.

CONFLICT OF INTEREST

No interest

REFERENCES

1. Kumar SS. (2009). Science direct mobile phones and adolescent addiction a mind full check in.ABC online, 2009.
2. Lenhart A. (2015). Teens, social media and technology overview pew research centre, 2015.
3. Jama. (2000). A study examines video games play among adolescents. Science daily achieves journals, 16, 114.
4. www.education. com/reference/article/negative potential video game.



- 5 Ferguson CJ, Coulson M, Griffith B. (2011). Video game addiction. *Journal of psychiatric research*, 45(12), 1573-1576.
- 6 Sharma S. (2014). *Nursing research and statistics*. Second edition. Elsevier publication, 101-102.
- 7 Lemmens JS, Valkenburg PM, Peter J. (2011). Psychosocial causes and consequences of pathological gaming. *Computer human behavior*, 27, 144-152.
8. Festl R, Scharnow M, Quandt T. (2003). Problematic computer game use among adolescent, younger and older adults. *Addiction*, 108, 592-599.

