



“A STUDY TO ASSESS INTERNET GAMING ADDICTION AMONG B.SC. NURSING STUDENTS AT SELECTED NURSING COLLEGE WITH VIEW TO DEVELOP INFORMATIONAL BOOKLET.”

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Abstract

TITLE:

“A Study to Assess Internet Gaming Addiction Among B.Sc. Nursing Students at Selected Nursing College with View to Develop Informational Booklet.”

OBJECTIVES OF THE STUDY:

1. To assess internet gaming addiction among B.Sc. nursing students at selected nursing college Chh. Sambhajinagar.
2. To find out the association between socio demographic variables and internet gaming.

RESEARCH METHODOLOGY:

RESEARCH APPROACH: A quantitative research approach.

RESEARCH DESIGN: Descriptive research design.

POPULATION: all the students who are pursuing nursing degree.

SAMPLE: The students who are playing games or using devices at the selected nursing colleges.

SAMPLE SIZE: 160 Students.

SAMPLING CRITERIA:

Inclusion Criteria:

- Nursing Students who are pursuing BSC Nursing
- Nursing students who use android phone.

Exclusion Criteria:

- Nursing students who are not willing to participate in the study.
- Nursing students who are not present during the time of data collection.
- Nursing student who pursuing GNM & M.Sc. nursing.

FINDINGS:

The majority of students that is 58(36.25%) are Moderately addicted, followed by 32 (20%) are not addicted, 20(12.5%) are mild addicted and 27(16.87%) are addicted and remaining 23(14.37%) are severely addicted to internet gaming.

CONCLUSION:

The following conclusions were based on findings of the study.

1. In the addiction of gaming students that is 58(36.25%) are Moderately addicted, followed by 32 (20%) are not addicted, 20(12.5%) are mild addicted and 27(16.87%) are addicted and remaining 23(14.37%) are severely addicted to internet gaming.
2. The information booklet helps to deaddiction of the students from internet gaming.
3. The study proved the path to find variety of other information regarding internet gaming.

KEY WORDS: Assess, Internet, Gaming, Addiction.

INTRODUCTION

Spoke. Internet gaming disorder (IGD), defined as “Persistent and recurrent use of the Internet to engage in games, often with other players, leading to clinically significant impairment or distress,” is a condition for further study in the most recent version of the Diagnostic and Statistical Manual of Mental Disorders, the DSM-5, and research publications in gaming and internet addiction have increased rapidly in the last decade.

In recent years, with the increasing use of mobile phones which facilitate communication; functions of telephones had widened and transformed into smartphones. Smartphones have taken places of computers with functions they provide other than telephone communication such as social media access and various applications. In addition, mobile character of smartphones enables individuals' easy access and they become objects that people cannot easily take their eyes from. According to 2015 data of Turkey Statistics Institution, 96.8% of households have smartphones.

In the 21st century, undoubtedly, the internet has brought a great revolution worldwide. Today we feel that it is very difficult to imagine life without internet. Nowadays the number of internet users is increasing continuously. With widespread access to the Internet, we are witnessing a new kind of Internet addiction. Internet Addiction can be defined as an inability to control one's use of the internet despite negative consequences, and which persists over a significant period of time that led to impairment and stress in one's personal, school, and/or work life.

Games are essential part of our life. It is important for everyone to use their leisure time in some playful activity which fills us with freshness and energy. The games make us active and healthy, and health is true wealth. But everything in excess causes damage. Similarly spent a lot or maximum time in playing internet /mobile games cause gaming disorder. As a game player there is no harm in spending your time to play your any

favorite game such as candy crush, Fortnite, Warcraft etc. but in gaming disorder the difference is the fun is transforming to hobby and slowly in need to survive that impact negatively in your life.

The popularity of high-tech devices (such as computers, tablet and smartphones) and internet use in recent years, playing online and offline games has become a popular activity especially among the younger people. Persistent and recurrent use of the internet to engage in games, often with other players leading to clinically significant impairment or distress. Such adolescents are expected to exhibit prominent relationships among the family environment, parent child relationship, academic performance and sleep disturbances. In view to this a study was undertaken to assess the prevalence and excessive use of internet games among nursing students, in selected nursing college, Thrissur”.

Quantitative research was conducted at School using non-experimental descriptive research design. A simple random probability technique is used to select 60 samples. A Semi structured questionnaire was developed to assess the impact of online gaming and playing hours among the young adult which include questions in the general knowledge aspects. Use descriptive and inferential statistics to analyse the data. The characteristics of the sample are described by frequency and percentage. Chi-square test is used to assess the impact of online gaming and playing hours with selected demographic variables. The level of impact of online gaming and playing hours among young adults shows that 30(50%) had mild and moderate impact of online gaming and playing hours respectively and the level of impact of online gaming and playing hours among young adults shows that none of the demographic variables had shown statistically significant association with level of impact of online gaming and playing hours among young adults. In this the findings of the present study revealed that, the impact of online gaming and playing hours among young adults was mild and moderate respectively. The level of impact online gaming and playing hours among Young Adults shows that none of the demographic variables had shown statistically significant association with level of impact of online gaming and playing hours among young adults.

In the lives of young people and the nation as a whole, scholastic or academic performance is an essential factor as it determines how both will fare. Now that the globe has become increasingly digital, such success has been put to the test, with games being created and made available on the internet. The activity of play has been ever present in human history and therefore the Internet has emerged as a playground increasingly populated by gamers. In online game addition, it lets the player make choices in tight situations, especially those adventure games that keep players alert, active and strategic. In 2018, the World Health Organization designated gaming disorder as an official illness, legally recognising gaming addiction as a modern disease. New generation may face lots of health issues mainly due to lack of physical activities. Health problems such as musculoskeletal and psychosomatic symptoms that appear during adolescence often persist

into adulthood and may be explained in part by lifestyle and psychosocial factors. Whether you believe internet and gaming addiction are real threats or recycled hype, it has become impossible to ignore the activity surrounding the issue. "If we paint all digital play with this broad brush of addiction, tons of youngsters are getting to miss out on a number of those benefits and they are getting to worry about why something that they really enjoy and is positive in their lives is being called addictive and bad," Dr Carter

NEED OF THE STUDY. In 11TH revision of international classification of disease (ICD-11) by World Health

Organization (WHO) recognized internet gaming disorder as a mental health condition. "Gaming disorder is characterized by impaired control on gaming over any other activities, increase priority for gaming." On the basis of available evidence by various experts, technical consultations undertaken by WHO make the decision for inclusion of Gaming disorder in ICD 11 researchers are going on for standardized the gaming disorders criteria.¹²

American Psychiatric Association DSM-5 TR (Diagnostic And Statistical Manual Disorders) referred gaming disorder as Internet Gaming Disorder (IGD), with symptoms such as lack of control on time spending in playing internet game, giving priority to game over all other task and responsibility, avoid all other activity for family, work, social life, using game to avoid or escape from any negative situation or emotions etc. lasting longer than 12 month.¹³

Internet gaming addiction is a behavioural problem that has been classified and explained in numerous ways. According to Griffiths, biopsychosocial processes lead to the development of addictions, such as Internet gaming addiction, which include the following components. First, the behaviour is salient (the individual is preoccupied with gaming). Second, the individual uses the behaviour in order to modify their mood (i.e., gaming is used to escape reality or create the feeling of euphoria). Third, tolerance develops (the individual needs increasingly more time to feel the same effect). Fourth, withdrawal symptoms occur upon discontinuation of the behaviour (the individual feels anxious, depressed, and irritable if they are prevented from playing). Fifth, interpersonal and intra-personal conflict develops as a consequence of the behaviour (the individual has problems with their relationship, job, and hobbies, and lack of success in abstinence). Finally, upon discontinuation of the behaviour, the individual experiences 1⁴

In the olden days computer networks didn't have a standard way to communicate with each other. Transfer control protocol was established at that time, and it was a new communication protocol. This new establishment allow different kinds of network to talk to each other. In January 1,1983 the defence data network and ARPANET was changed to TCP/IP standard and this day is also celebrated as the birthday of the internet. Due to internet technology all other networks could now be connected by universal language. **METHODS** In this study one group post –test design was used the research approach adopted for the present study was quantitative approach. In the present study, Non-experimental descriptive research design was selected for the study. This study was conducted at selected college of nursing at Udaipur. **RESULT** Age category: majority of the samples i.e,55% belong to the age group 20-22 yrs., 32% samples belong to 18-19yrs, and 13.3% samples belong to 23-25yrs. Gender category: majority of the samples 75% are males and 25% are females Habitat category: majority of samples 53.3% belong to urban area and 46.66% from rural area. Monthly income: majority of the samples i.e., 40% monthly income was 13000-24000/-,33.3% samples had monthly income below 12000/- and 26.66% samples had monthly income above 24000/-. Type of phone: majority of the samples 96.66% are using smart phone and 3% are using feature phone Type of internet speed: majority of the samples 96.66% are using 4G internet speed and 3% are using 2g internet speed. Source of information: majority of the samples 65% students gained information from mass media,11.66% gained information from teacher, 10% gained from peer group 10% gained no information and 3% from family member.¹⁵

3.1 Population and Sample The term of population refers to aggregate or totality of all the objects, subjects or members that confirms to set specification. The accessible population is the population of subjects available for particular study. The target population is the total group of subjects about whom the investigator is interested and to whom the result could be reasonable be generalized.³²

THE TARGET POPULATION: - It comprises of all the students who are pursuing nursing degree.

THE ACCESSIBLE POPULATION: - It comprises nursing students at selected college of Chh. Sambhajinagar.

Sample consists of the subset of population selected to participate in the research study. The students who are playing games or using devices the selected colleges of Chh. Sambhajinagar.

3.2 Data and Sources of Data The main study was conducted after approval of principal of the _____ and Formal permission was obtained from the principal _____ College of Nursing.The main study was conducted in _____ on the date of _____ and 160 nursing students were selected.The researcher first introduced the Nursing students and maintained good rapport with them. The purpose of study was explained to the students and oral consented was obtained. Assurance was given that the result will be kept confidently. 160 students were selected by using purposive sampling technique and questionnaire was given to the sample who fulfil the inclusive criteria for the data collection regarding the internet gaming, after some time questionnaires were collected and analysis was done.

This chapter deals with the method and techniques adopted for study. The methodology is general pattern of organizing the procedure gathering valid reliable data for the problem under investigation.

Research methodology includes research approach, research design, setting, population, sample, criteria for sample collection, sampling technique, method of developing tools, description of tool, validity of tool, pilot study, data collection method, plan for data analysis.

RESEARCH METHODOLOGY

RESEARCH APPROACH: -

A quantitative research approach was used to assess internet gaming addiction among nursing students. Evaluative research consists of four main phases. Viz.

- Determine the objective of the study.
- Develops a means of meaning of the attainment those objectives.
- Collecting data.
- Interpret data in term of objectives.

Based on the statement of the study and the objectives, an evaluative was considered an appropriate research approach for the present study.

RESEARCH DESIGN: -

The research design is a Descriptive research design to assess the addiction of internet gaming among nursing students.

SETTING OF THE STUDY: -

Settings are the more specific place where data collection occurs. The investigator conducted the study in selected colleges of Chh. Sambhajinagar

POPULATION: -

The term of population refers to aggregate or totality of all the objects, subjects or members that confirms to set specification. The accessible population is the population of subjects available for particular study. The target population is the total group of subjects about whom the investigator is interested and to whom the result could be reasonable be generalized.³²

THE TARGET POPULATION: -

It comprises of all the students who are pursuing nursing degree.

THE ACCESSIBLE POPULATION: -

It comprises nursing students at selected college of Chh. Sambhajinagar.

SAMPLE: -

Sample consists of the subset of population selected to participate in the research study. The students who are playing games or using devices the selected colleges of Chh. Sambhajinagar.

SAMPLING TECHNIQUE: -

Sample is a process of a selecting a position of the population to represent the entire population. In the study nonprobability purposive sampling technique has been adopted to select the sample.

SAMPLE SIZE: -Sample size includes 160 nursing students who filled the study criteria.

CRITERIA FOR SAMPLE SELECTION: -

Inclusion criteria:

- Nursing Students who are pursuing BSC Nursing
- Nursing students who use android phone.

Exclusion criteria:

- Nursing students who are not willing to participate in the study.
- Nursing students who are not present during the time of data collection.
- Nursing student who pursuing GNM & M.Sc. nursing.

METHODS OF DEVELOPING TOOL: -

The tool is a vehicle that could obtained data to the study and at the same time adds to the body and general knowledge in discipline. The data collection tool was used by researcher to observe or measure the key.

Development of tool was done based on objectives of the study. After the review of related literature, the Internet Gaming disorder Scale (IGDS9-SF) was found to be appropriate. The develop tool was defined a validated by the subject expert and guide.

DESCRIPTION OF THE TOOL: - The tool use for the study was Internet Gaming disorder Scale (IGDS9-SF)

Section A: -Demographic characteristics

Section B: - Internet Gaming disorder Scale (IGDS9-SF)

Section A: - Demographic characteristics: The first part of tool consists of 8 items for obtaining information the selected demographic characteristics such as Age, Gender, Family income, Education, Internet access, Type of games, Time spent on internet gaming, Device used.

Section B: - Internet Gaming disorder Scale (IGDS9-SF)

By gaming activity, we understand any gaming related activity that has been played either from a computer/laptop or from a gaming console or any other kind of device (e.g., mobile phone, tablet, etc.) both online and/or offline.

Total scores can be obtained by summing up all responses given to all nine items of the IGDS9-SF and can range from a minimum of 9 to a maximum of 45 points, with higher scores being indicative of a higher degree of Internet Gaming Disorder.

In order to differentiate disordered gamers from non-disordered gamers, researchers should check if participants have endorsed at least five criteria out of the nine by taking into account answers as '5: Very Often', which translates as endorsement of the criterion.

EVALUATION:

9 = Not Addicted

10 - 18 = Mild Addicted

19 - 27 = Moderate Addicted

28 - 36 = Addicted

37 - 45 = Severely Addicted

VALIDITY OF THE TOOL: -

Validation of the tool was done by obtaining the suggestion from dissertation committee of the nursing faculty. The expert was requested to give their opinions and suggestion regarding the relevance and appropriateness of the tool based on their suggestion, the tool was modified to make the question more appropriate for the intended purpose.

REALIABILITY OF THE TOOL: -

The reliability of the tool was done by using splint half technique, which measure the co-efficient and internal consistency. The value of $r=0.7$. It is positively correlated. Hence the tool was considered reliable for preceding the study.

PILOT STUDY: -

The pilot study is trial run study is conducted before the actual study in a different population with similar characteristic. The purpose of pilot study was to find out the feasibility of the study, clarity of language in the tool and finalize the plan for analysis. Formal permission was obtained from concerned authority and pilot study was conducted 10% of sample were selected for the pilot study. it was done on 16 nursing students. The purpose of pilot study was explained and informed consent obtained. First, we assessed gaming addiction and then given them an information booklet for the improving their knowledge. And then analysis did by using descriptive statistics. The study was found to be feasible in terms of availability of time, subject.

DATA GATHERING PROCESS: -

The main study was conducted after approval of principal of the _____ and Formal permission was obtained from the principal _____ College of Nursing.

The main study was conducted in _____ on the date of _____ and 160 nursing students were selected.

The researcher first introduced the Nursing students and maintained good rapport with them. The purpose of study was explained to the students and oral consented was obtained. Assurance was given that the result will be kept confidentially. 160 students were selected by using purposive sampling technique and questionnaire was given to the sample who fulfil the inclusive criteria for the data collection regarding the internet gaming, after some time questionnaires were collected and analysis was done.

PLAN FOR DATA ANALYSIS: -

Data analysis is the systematic organization and the synthesis of researcher data testing of research Hypothesis using those data. The data obtained is analysed in term of objective of the study using descriptive study. The plan of data analysis is as follows: -

- Organization of data in master sheet/computer
- Computation of frequency and percentage of the analysis of demographic data
- Computation of standard deviation for assess knowledge.
- Chi-square test is used to find the significant association between the Addiction score and social demographic variables. The level of significance would be set at $p \leq 0.005$ levels to test the significance of difference. The level is often use as a standard for testing the difference.

SUMMARY: -

This chapter has deal with research approach, research design, variables. setting of the study population, sampling technique, sample size, criteria for sample selection and methods of developing tool, description of the tool, validity of the tool, reliability of the tool, data collection method and plan for data analysis.

Data is ready for tabulation and interpretation the next chapter high lights the analysis and interpretation of data.

The aim of the study is to assess internet gaming addiction among B.Sc. nursing students at selected nursing college with view to develop informational booklet."

RESULTS AND DISCUSSION

. OBJECTIVE OF THE STUDY: -

3. To assess internet gaming addiction among B.Sc. nursing students at selected nursing college CHH. Sambhajinagar.
4. To find out the association between socio demographic variables and internet gaming.

ASSUMPTION: -

3. The students may be addicted with the internet gaming.
4. The information booklet may reduce internet gaming of the nursing college students.

ORGANIZATIONAL FINDINGS:

The data collected from the nursing students has been organized and presented under the following headings.

Section 1: - Frequency and percentage of the demographic variables.

Among all respondent's majority of respondents that is (65) 40.63% were in the age group of 18-19 years and followed by the (51)31.88% were in the age group of 20-21 years and other were in between the age group 22-23 i.e. (25)15.63% and above 24years i.e. (19)11.88%.

Among all respondents the majority of respondents (96) 60% were the male students and followed by (64)40% students are female. Among all the respondent's majority of students that is (54) 33.75 belongs to I semester, followed by (41) 25.63 from II semester., and (35) 21.88% from 4th year and remaining that is (30) 18.75% from 3rd year.

Among all respondents the majority of respondents (50)31.25% having Less than 50,000Rs. /Month, followed by (45)28.13% having 50,001-75,000Rs. /Month, and (36)22.50%having 75,001-1lakh Rs. /Month, (29)18.13% having above 1 lakh/ month.

Among all of the respondents the majority of students i.e. (109) 68.13%are using mobile data, followed by (25) 15.63% are using data cable and (23) 14.38% students are using Wi-Fi, and remaining are using router.

Among all of the respondent's majority of the students that is (99) 61.88% are spent 3-4 hours, followed by (26)16.25% are spent 5-6 hours and (20) 12.50% are playing games for 1-2 hours and remaining that is (15) 9.38% are spent more than 6 hours.

Among all of the respondents the majority students that is (89) 55.63% are single player and remaining that is (71) 44.38% are multiplayer

Among all of the student's majority of students that is (125) 78.13% are using Mobile phones followed by (20)12.50% using laptop and (8) 5.00% are having tablets and remaining that is (7) 4.38% are using play stations.

Section-B-An analysis of the addiction level of internet gaming among nursing students.

The majority of students that is 58(36.25%) are Moderately addicted, followed by 32 (20%) are not addicted, 20(12.5%) are mild addicted and 27(16.87%) are addicted and remaining 23(14.37%) are severely addicted to internet gaming.

Section-3 Association between level of internet gaming addiction with demographic variables.

The calculated chi square values were less than table values for age gender and educational year and checked at the level of 0.05, Hence there was significant association between the level of addiction and selected socio demographic variables like age gender and educational year, therefore Assumption is accepted.

SUMMARY: -

The findings of the present study were analysed and discussed with the findings of the similar studies. This helps to the investigator to prove that the findings were true, and the information booklet was effective in reduce addiction level.

The following conclusions were on the basis of findings of the study.

5. In the addiction of gaming students that is 58(36.25%) are Moderately addicted, followed by 32 (20%) are not addicted, 20(12.5%) are mild addicted and 27(16.87%) are addicted and remaining 23(14.37%) are severely addicted to internet gaming.
6. The information booklet helps to deaddiction of the students from internet gaming.
7. The study proved the path to find variety of other information regarding internet gaming.



Demographic variable	N	Not addicted	Mild addicted	Moderate addicted	addicted	Severely addicted	DF	Chi square	P	Result
Age In Years										
a. 18-19 years	65	5	10	29	14	7	12	22.8522	.29007	S
b. 20-21 years	51	10	6	20	8	7				
c. 22-23 years	25	9	3	6	3	4				
d. 24 years and above	19	8	1	3	2	5				
Gender										
a. Male	96	24	13	40	10	9	5	15.2569	.004197	S
b. female	64	8	7	18	17	14				
Educational year										
a. I semester	54	7	6	15	11	15	12	31.1851	.001846	S
b. II Semester	41	5	1	21	9	5				
c. 3rd year	30	8	7	10	3	2				
d. 4th year	35	12	6	12	4	1				
Family income										
a. less than 50,000Rs.	50	9	6	16	9	10	12	11.0325	.526133	NS
b. 50,000-75,000Rs.	45	12	6	18	4	5				
c. 76,000-1 lakh	36	9	3	14	6	4				
d. More than 1 lakh	29	2	5	10	8	4				
Internet Access										
a. Wi-Fi	23	6	2	10	3	2	12	7.975	.787082	NS
b. Mobile Data	106	17	13	39	18	19				
c. Data cable	25	7	4	8	5	1				
d. Router	6	2	1	1	1	1				
Average time spent on internet gaming use										

a. 1-2 Hours	20	2	2	10	4	2	12	9.9909	.616755	NS
b. 3-4 hours	99	19	14	30	18	18				
c. 5-6 hours	26	8	3	10	3	2				
d. More than 6 hours	15	3	1	8	2	1				
Type of game										
a. Multiplayer	71	14	8	25	13	11	5	0.4648	.976832	NS
b. single player	89	18	12	33	14	12				
device used										
a. mobile	125	24	14	44	23	20	12	4.8288	.963455	NS
b. tablet	8	1	1	4	1	1				
c. laptop	20	5	4	8	2	1				
d. play station	7	2	1	2	1	1				

Table 03: - Chi square values showing association between addiction level regarding internet gaming among the nursing college students with selected Demographic variables. N=160

Table 03 shows that the calculated chi square values were less than table values for age gender and educational year and checked at the level of 0.05, Hence there was significant association between the level of addiction and selected socio demographic variables like age gender and educational year, therefore Assumption is accepted.

Section A: - Frequency of and percentage of the demographic variables.

Among all respondent's majority of respondents that is (65) 40.63% were in the age group of 18-19 years and followed by the (51)31.88% were in the age group of 20-21 years and other were in between the age group 22-23 i.e. (25)15.63% and above 24years i.e. (19)11.88%.

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The calculated chi square values were less than table values for age gender and educational year and checked at the level of 0.05, Hence there was significant association between the level of addiction and selected socio demographic variables like age gender and educational year, therefore Assumption is accepted.

The overall finding of the study shows that the nursing students are addicted to internet gaming. For the proved education and deaddiction of internet gaming respondents given informational booklet on internet gaming. Conducting this study was an enriching experience for the researcher.

In short, the present study gave a researcher a new experience, a chance to widen the knowledge and venue to interact with diabetes patients. The direction from guide, various experts and by the co-operation from the respondent's patients plays a major role in successful completion of the study.

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