



Effect of Online Gaming among Youth Bethkuchi (Guwahati)

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Abstract

Online gaming is a highly popular game in both rural and urban areas. This research is an effort by the researcher to understand the awareness level of online gaming among youth and to identify the source of information on the Effects of online gaming among youth. Guwahati is a place where presently the number of online gaming addictions is being increasing. Youth play online games for relaxing, to get free out from their academics, meet new friends. According to Who the rate of online gaming can be increased in the future days with this online gaming rate of depression, anxiety and fear can be increased because online gaming has both positive and negative effects on youth and on the other hand online gaming has an effect on their academics and on their career. Through this particular study, an effort has been made by the researcher to understand the awareness level of online gaming in youth and to identify the source of information on the Effects of online gaming among youth. Through increased online gaming the online gaming market is been in demand throughout the country. There are a large number of addictions found among youth. According to Kuss, (2013) playing online in an uncontrolled manner can have Internet addiction disorder and psychosocial disorder under psychosocial disorder we can find anxiety, depression, fear and which affect youth's mental health and by which they get affected in their academics by which they unable to perform well and by which it affects on their career goals. According to Susana (2015) playing online games through smart phones, computers, and laptops can affect the mental health of youth but on the other side the youth are increasing the demand for online gaming in the global online market and in the future it can rise to billions.

Keywords: Depression, Anxiety, Fear, Smartphone, Online gaming addiction, Internet addiction disorder, Psychiatric disorder, Youth.

CHAPTER: 1- INTRODUCTION

Introduction

The Youth takes the goal forward, and they also represent the society, states, and country. Indian Educational policy (2020) defines the people who meet the age group of 15 to 29 are known as Youth. Age group of 18 to 21 years of Youth is dependent mainly on the Internet, and they are addicted to online gaming; online gaming has some negative impacts like depression and anxiety. Online gaming affects the student academically; mostly, students use devices like computers to play online gaming; online gaming also creates a foul language for the Youth, which can be seen in their social behavior. Boys rather than girls mainly use the Internet; online gaming has negatively impacted their sleep and psychological and physical problems leading to academic decline. The Internet has negatively impacted Youth with carpal tunnel syndrome, headache, and sleep disturbance; internet addiction has created a link in the mindset of the Youth by which Youth faces academic, personal, and occupational problems. IAD, i.e., is an internet addiction disorder that has negatively impacted Youth; it ruins lives by causing neurological complications and psychological disturbances and also affects the social problem.

Online gaming has an effect on Youth by which it changes the social behavior among Youth and causes depression while playing online games, mainly the addiction to playing online games seen among undergraduate students. Internet addiction among Youth is seen in the age group of 15 to 25 years; the students have an impact on social, psychological, and physical. Most of the time, students play online games to relax their minds and meet new friends. D.NG, M.S. (2005) defines that Internet addiction has not been finalized by DSM IV diagnosis, DSM means the diagnostic and statistical manual of mental disorder. It says that the availability of 3D graphics in games has started to affect. Youth plays online games, and also they use the Internet to do face-to-face online interaction with their new and close friends. Online games create a negative impact on a student. Also, it affects online gaming, which creates a link between mental health, Social life, and academic performance.

It says that the students should try to make a balance for playing online gaming so that they can be aware of the negative impact of playing online games. Online gaming is affecting Youth, and because of online gaming, many youths have made a change in social behavior; and also have a negative impact on psychological, social, and mental health. There should be an awareness of online gaming so that Youth can be aware of the negative impact. Online gaming is extremely engaging and time-consuming, and some gamers invest so much time and effort that they forget to eat, sleep, and hygiene. The earlier study on internet addiction was mainly used in high school and university. Gambling activity is extremely popular in Nigeria, whether it is considered legal or illegal. The Youth divert their minds to online gaming for an extended period which affect their life. In this extended period, the Youth are motivated and have practiced online gaming with new friends. Online gaming addiction has been rising among Youth. Online gaming has an effect on the brain, which Youth find difficult to understand and

remember things. Online gaming has a negative impact on sleep, work, education, relationship, and stress. Autism spectrum disorder type of communication and social interaction. ASD is unusual or repetitive behavior. Video game addiction attracts particular interest in Youth.

Online gambling creates a digital visual by which Youth get trapped. It defines that IGD creates a pattern of gaming behavior by which Youth become dependent on online gaming. Internet gaming is a relaxation game for the Youth; the study of the Internet was done around the world. IGD is a kind of proposed mental health. Online gambling is associated with many negative impacts on health. It has a negative impact on Youth like - depression, anxiety, and suicide. Gambling has created a negative impact on Youth by which they have fewer marks in academics. MMORPGs as famous games among Youth when it comes to online gaming. MMORPGs create a virtual image for the youths by which Youth change their minds towards online gaming. It creates a social network among youths and covid-19 outbreak as diverting the mind of Youth toward the virtual world.

During the time of covid-19, the Youth started to focus on online gaming. The govt requests the Youth to spend time on physical activity rather than going into the virtual world. Online gaming is becoming a part of a hobby among Youth. Video games have created a virtual image among Youth. It states that online gaming diverted the mind of Youth. Media as giving a focus or aim to pressure the Youth to play online gaming. Violent media try to aim at the Youth so that the Youth depends on online gaming. It states that online gaming creates violence among Youth. Online gaming has created an impact on Youth. Have both positive and negative impacts of online gambling among Youth. Smartphone's can have advantages and disadvantages, and the Smartphone is being increased by the Youth.

Smartphone's can be considered a part of youth life, and also video games have created a virtual image in the Youth's brain. Pathological video games are increasing among Youth; negative mental health creates a bad experience among Youth. Online gaming increased during the time of covid-19, and the Youth were unable to co-up the level of playing online gaming among Youth. IGD is categorized as a psychiatric diagnosis problem among Youth. The online gaming market is being increased by the Youth; the Youth mostly use smart phones and P.C. for online gaming. Online gaming has created a virtual image in youth minds.

Chinese online games have increased among Youth; online gaming is popular among the Youth because of globalization. Online gaming among Youth is increasing, and they are becoming addicted. Online gaming has increased among Youth. The Youth mainly focuses on those devices which have the capacity to load those games that the Youth wants to play. Online gaming is creating a mental health problem among Youth which affect their academic. Youth depends on technology to play online games.

Online games have created an addiction for Youth by which Youth are unable to come out from online gaming. Technology has created a virtual image in online gaming and also in youth minds by which Youth are being addicted to online gaming. Youth mostly use the computer to play online games, and also, Youth use mobile phones to play online games. Online gaming has diverted the mind of Youth toward the virtual world. Because of the virtual world of online gaming, the Youth has an effect on their academics. Internet addiction among Youth is increasing. With this, the Youth are unable to focus on their daily life's also their academics. Youth are addicted

to online gaming, and by which they have changed their social behavior, which impacts Youth. Online gaming is creating a virtual image among Youth by which they are being diverted. Because of diverting, they are unable to attract their academic and social life, which impacts them. Online gaming is creating a virtual image of Youth, to which the Youth are becoming an addiction to online gaming. Because of online gaming, the Youth has diverted their minds toward online gaming.

The online gaming market has been leading as a global image for Youth. Youths start playing online games, which Youth become an addiction to online gaming, and online gaming creates a negative impact on social, physical, and mental health. Online gaming is an addictive game for the Youth as it has a link to an effect on health, and Youth has an effect on their academics and social life. With online gaming, the Youth are addicted to online gaming, and they have a problem sleeping. The growth of online gaming is creating popularity among Youth, by which Youth are dependent on online gaming. Playing online gaming in a controlled manner has no problem but if the Youth play online gaming in an uncontrolled manner has a negative impact on health, physical, social, and also in academic levels. There is a lack of research on the role of traits.

There should be a development in online gaming by which Youth can reduce playing online gaming because the high level of the virtual world creates an image on Youth by which the Youth become addicted to online gaming by which they have an impact on mental, physical, social and also in their academic level. L. During the time of covid-19, the Youth has diverted their mind through online mode by which they are being affected by which they have an addiction to playing online games; playing online games in an uncontrolled manner has lots of problems in physical, mental, social and also impact on their academics.

Most youths are the main user who consumes online gaming because they have a motive to play online game. The Youth get a new virtual world by which they meet new friends and also by which they become the addiction to playing online gaming. Because of online gaming they have an impact on their health, physical, social, and physical, and also affect their academics. Online gaming is creating a tournament among Youth by which Youth are being forced to play online gaming; they are addicted to playing online games, which have an impact on their physical, mental, social, and also have an impact on their academics. Online gaming is creating a virtual image of online gaming among Youth by which Youth are addicted to playing online gaming. The Youth mostly use a mobile phone because it is flexible and easy to carry. There can be a possibility of increasing of using smart phones in future days.

Online game is video game that is primarily played through the Internet or any computer network. Online gaming increased the scope and size of video game culture. Online games attract Youth of various ages. The culture of online gaming faces criticism for an environment that can promote cyber bullying, violence, and xenophobia. The decoding bill of 2022 under section 2 (e) defines online gaming is any game played on electronic device such as computers, mobile, tablets, and other such devices.

The growth of online games is increasing because technology and gaming have made them accessible to everyone. Online gaming comes with some risks. As well to developing gaming disorder, the ability to play and chat online with others around the world can leave Youth to scamming and online bullying.

The design of an online game can be a simple text-based environment. The online game content can be studied in the scientific field, especially for gamers. The online game can give benefits to the Youth by which Youth can develop their hands and eye coordination.

Games have become more visually enticing, and the recession leaves people at home in front of computer screens. Computer game addiction is a worrying aspect of the modern-day technologically able Youth.

It is also critical because it will spread awareness among the government, parents, and Youth. The Youth takes the goal forward, and they also represent the society, states, and country. Indian Educational policy (2020) defines the people who meet the age group of 15 to 29 are known as Youth.

Chapterization:

Chapter-I: This chapter contains the introduction of the research. The chapter also has a statement of the problem significance of the study as its content. The researcher upholds a pen picture of the whole research in this introductory chapter.

Chapter-II: The second chapter is a Review of Literature.

The researcher had gone through different articles from the journal, newspapers, etc., and reviewed them to have a brief understanding of the research topic.

Chapter-III:

The third chapter is Research Methodology.

In this following chapter, the researcher highlights the research design, field of study, tools of data collection, sampling techniques, and time & duration of actual data collection.

Chapter-IV: The fourth chapter is about the Analysis and Interpretation of data.

Here, the researcher analyzed the collected data with the help of a Questionnaire and presented them in a pie chart.

Chapter-V: The fifth chapter is about findings and suggestions.

Here, the researcher added the findings from the field of study and provided suggestions.

Chapter-VI: The last chapter of the respective study is Summary and Conclusion. Here the researcher added a short summary and conclusion regarding the whole study.

CHAPTER: 2- REVIEW OF LITERATURE

In the article "Internet and online gaming addiction," Peter (2005) states that DSM-IV diagnosis has not considered Internet addiction as a problem nor coined the term Internet Addiction. The term given by Peter's Internet addiction disorder may refer to as a starting point. Internet addiction considers a significant problem among youths. Online gaming has created both positive and negative effects on Youth. The positive effect on Youth in online gaming is that they can improve their eye and hand coordination.

On the other hand, online gaming has adverse effects like anxiety and depression. Playing online gaming in an uncontrolled manner affects their academics, which affects their academic results. According to Peter (2005), the prominent people affected by online gaming disorders. After the survey results, they found out that 88% were males had online gaming disorder, and 53% of undergraduates had online gaming disorder. Online gaming disorder has been considered a significant issue among Youth which. Youth affects mental, social, and physical also. Internet disorder has considered a valid reason for mental, physical, and social effects on Youth when they play online games in an uncontrolled manner. According to Achab (2005), Internet disorder is considered a severe issue, and there is no availability of possible solutions for Internet Addiction disorder.

According to Jory (2005), Internet addiction disorder can arrive among Youth when they play online gaming in an uncontrolled manner. Youth cannot divert their minds towards their academics because online games create radiation in youth minds. Youth become dependent on online gaming, and because of online gaming, They start to forget everything related to their physical health and become addicted to those games they have played. Also, it brings adverse effects of online gaming brain problems, unable to memorize related to their academics.

The article "Challenges and trends of identification and treatment of disorders associated with problematic use of Internet" talks about Excessive Internet use as a significant problem among Youth. With excessive Internet use, the Youth have a problem with mental, Physical, and social behavior. Excessive Internet use means playing online games in an uncontrolled manner. Playing in an uncontrolled manner has more no of problems like physical health and mental health. According to Joey (2015), there is no actual treatment available for online gaming addiction. There is a trial going on around the world. After the trial becomes successful, the treatment for online gaming can do. However, instead of treating online gaming, there are some precautions. There can be a reduction in playing online gaming in an uncontrolled manner. According to Meuli (2015), there should be a clinical study on the treatment for an online gaming disorder, but they are trying to bring the treatment of online gaming into the future. The treatment of online gaming is necessary because if no treatment is available in the country, there will be a rise in Internet addiction. Youth will become the victim of online gaming and affect the country's economy. According to Deleuze (2015), excessive internet use has a significant problem, and psychiatric disorders have mental and physical effects from online gaming, and by which Youth have a problem with mental and physical effects and changes in social behavior. Online gaming has created a wrong impression among Youth, who face problems and cannot cope with academics and careers. The online games created radiation among youth minds and by which youth face problems in their academics which they have a low performance among Youth and hurt them.

The article "Psychometric assessment of the Internet Gaming Disorder diagnostic criteria" states that a psychiatric disorder in Youth significantly impacts them. The psychiatric disorder contains Depression, ADHD, obsessive-compulsive symptoms, anxiety disorder, and substance use disorder linked with an Internet addiction disorder. This type of disorder is very harmful to the Youth, and this type of harmful Effect can be seen in Youth who play online games in an uncontrolled manner. Online gaming has considered a significant problem for psychiatric

disorders. According to Rothen (2015), excessive internet use results in depression and anxiety. The depression created a bad mood. Youth are unable to do any physical activity in their life, and by which they try to suicide. Youth does not have any motivation for their academics and careers. According to Schivinski (2018), Internet Gaming Disorder (IGD) accept by the American Psychiatric Association (APA) as a tentative disorder in the latest fifth revision of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5). Many studies consistently report adverse outcomes associated with IGD at the psychosocial and behavioral levels. According to Beate (2018), Electronic gaming is popular among Youth, and youth face problems in their physical, mental and social problems. With this, they get depression, anxiety, and fear in their academics. Youth forget about their physical health, and by which they have a problem in their body and. also, they have problems in sleeping and memorizing their academic-related things and start to forget about academic-related things which they memorize earlier.

The article "A Blur Line Between Hobby and Addiction" focuses on the hobby and addiction among Youth. According to Pampi (2021), online gaming has become popular among Youth and has become a significant trend for research. It also says that online gaming has captured images globally. Over the years, many more researchers have tried to discover the positive and negative effects of online gaming. According to Asghar (2021), online gaming has no problems like anxiety, depression, or fear. The study found that a game's graphics, game play, and storyline play an essential role in the popularity of a particular game. To reduce the Effect of online gaming, the Arunachal state government wants to ban those games, but due to some issues, they cannot ban them; as a result, video games have always been a controversial topic across the globe. According to Asghar (2021), 'Player Unknown's Battlegrounds (PUBG) was banned in countries and faced a potential ban in parts of India because it has been reported to the Indian government as this game diverts youth minds and forces them to play this games in an uncontrolled manner. According to Pampi (2021), online gaming significantly affects their physical, mental, and social and impacts their academics, by which they score fewer marks in their fields. Online games affect the career of Youth. It tries to harm the youth brain and capture the youth brain by which they can only think about online gaming rather than youth physical health. There is a significant problem among Youth when they are affected by the activities they engage in on the computer and Smartphone screen. The result found out that they felt they got so lost in the virtual world of gaming and worried if they were too addicted to video games. In the present study of the respondents Playing video games helps them to develop patience, realize the importance of teamwork in both the game and the real world, and relaxes their mind after a long exhausting day. The study also found that the respondents have experienced negative impacts of video gaming.

In the article "Internet gaming addiction," current perspectives"- Internet gaming addiction has a harmful problem and excessive internet use. According to Kuss (2013), internet gaming is booming in the global online gaming market. On the other hand, Massively Multiplayer Online Role-Playing Games (MMORPGs) appear of particular interest to players because they offer a variety of incentives for play relative to other game genres. The report of the first Internet gaming addiction came on 1983; it stated that internet gaming addiction is bad for Youth. These risk factors include certain personality traits, gaming motivations, and structural game characteristics. The

internet gaming disorder contains gaming motivations most commonly associated with gaming addiction: coping with daily stressors and escapism. According to Kuss (2013), many researchers have diverted their minds to gaming addiction. Internet gaming research allows for an analysis of addiction that correlates with brain functions and structure.

According to Kuss (2013), in behavior terms, excessive use of Internet gaming can result in problems with impulse control, behavioral inhibition, executive functioning, attention, and general cognitive functioning.

In the article "Symptoms of Internet Gaming Disorder in Youth,"- Electronic gaming has become an integral part of Youth life in recent years. Interventions to reduce IGD may be more effective if the goal is prevention rather than remediation. Dysfunctional coping styles concerning everyday life stressors may lead to youth down-regulate their negative emotions by gaming. Some researchers have diverted their minds to the importance of parental monitoring, attitudes, and rules about gaming.

In the article "Prevalence of internet gaming disorder in India,"- Internet gaming disorder (IGD) refers to the problematic use of online or offline video games. It is defined as persistent and recurrent internet use to engage in games, often with other players. The most active adopters of the Internet were Youth. There is a lack of knowledge regarding the prevalence of IGD in India, and internet usage is exponentially increasing daily.

In the article "Internet Gaming Disorder: An Emergent Health Issue for Men,"- Internet gaming is a legitimate leisure activity. In the 1980s, MMORPG, single-player games developed to enhance gamers' experience, allowing them to create their virtual worlds of fantasy and enjoyment. The motivations for playing MMORPG provide insights into the addictive gaming behaviors among males. Regarding sociability, the virtual world of MMORPG creates a space for gamers to interact with others, make new friends, form new relationships, and work in teams. Regarding the factor of immersion, MMORPG allows gamers to escape real life and hide in the gaming world. Gamers can avoid negative moods or thoughts, including fear of failure, for as long as they remain in the game.

In the article "Symptoms of Internet Gaming Disorder in Youth: Predictors and Comorbidity. Abnormal Child Psychology,". Electronic gaming has merged completely with Youth lives during the past few decades. The DSM-V considers a homogenous disorder with no subtype. IGD is associated with the most common psychiatric disorders or symptoms of such disorders in adolescents, including ADHD, conduct disorders, depression, and anxiety.

The dominant IGD models center on the individual; cognitions, motives, urges, personality, and perceptions. However, gaming and its risk and protective factors occur in a social context, perhaps particularly evident in Youth and adolescents. Demographics and social relationships can predispose to, limit, or reinforce IGD.

In the article "An update on the effects of playing violent video games," violent video games are considered smaller than violent television and movies. According to Craig (2003), Video game industry representatives and their experts and has criticized the existing violent video game research literature, such as the tobacco industry found "experts" to criticize all research on potential causal links between smoking and lung cancer. It is

uncommon in new research areas because researchers must learn about potential pitfalls in any new research domain. It has no evidence of differences between the average effects from experimental versus correlation types of studies. Nonetheless, this distinction is essential because of differing strengths and weaknesses. Violent video game exposure increases aggressive thoughts, feelings, and behaviors, as well as arousal, and decreases helping behavior. There is no foundation of evidence of moderator effects. These effects appeared to be about the same for males and females, for youths less than 18 years and older participants, and in experimental studies.

In the article "The impact of pop-up warning messages of losses on expenditure in a simulated game of online roulette: a pilot study,"- Online gambling is the fastest growing form of gambling worldwide. Hussain (2019) claims that online gambling can be accessed through various technologies, including mobile devices. Its growing popularity has contributed to a shift in perspective toward the need for responsible gambling (R.G.) policies that allow gamblers to make informed decisions. Data-tracking methods used by online gambling operators are referred to as monetary expenditure. Referring to monetary expenditure in warning messages is thus both technologically feasible.

Pop-up warning messages to individual gambling expenditure and examine their impact on subsequent gambling expenditure following Exposure to messages. Expenditure-specific pop-up warning messages that contain real-time timing of specific loss amounts have a greater impact on subsequent expenditure than generic messages standard warning messages referring to the financial risks of gambling). Furthermore, control messages contain no warning content.

In the article "Gender Swapping and Socializing in Cyberspace: An Exploratory Study," - Multiplayer MASSIVELY MULTIPLAYER is an Online role-playing game (MMORPGs) of the most in-treating innovations in the area of online video gaming. These games have evolved out of the text-based multiuser domains (MUDs), and they have utilized the Internet as a new gaming forum that allows people to link up and play together with more negative effects. Virtual environments appear to have the potential to provide short-term comfort, excitement, and distraction. According to research, online communication, like non-computer-mediated social support, allows for the development of computer-mediated social support (e.g., support via email and chatrooms), which may buffer the harmful effects of stressful life circumstances. The increase in female players could be because online games tend to cater to a broad audience by allowing players to develop their character. Alternatively, online games may be shifting away from traditional video game content that focuses on stereotypical female and masculine themes. Males had a greater tendency to play MMORPGs for the sake of achievement and manipulation.

In contrast, females were discovered to be more likely to play MMORPGs for the sake of developing supportive social networks. Conducting studies on male and female gamers' experiences and attitudes is essential. Gender swapping (playing a character of a different gender than oneself) is a common online practice.

In the article "Internet Gaming Disorder,"- Internet gaming is a leisure activity is a relaxing activity. There is

emerging concern that internet gaming has the potential to evolve into a form of addiction and issue. American Psychiatric Association (APA) included Internet Gaming Disorder (IGD) in the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5). Many terms have been used to describe IGD in the literature, including internet gaming addiction, online gaming addiction, computer game addiction, and pathological gaming. It investigates the scope and nature of research activity in a specific field, summaries and communicates existing literature in emerging fields, and draws conclusions by identifying knowledge gaps and recommending future research and policy directions. IGD is a severe problem, underreported and underestimated in clinical practice. The APA diagnostic criteria consider both genders equally vulnerable to IGD.

In the article “Pathological Video-Gaming among Singaporean Youth”- Video-gaming and internet use are a part of the lives of Youth. Games include gambling and video games. Consequently, they are initially played for entertainment simply because they are stimulating and can elicit both positive and negative emotions. According to the DSM-IV, substance dependence or abuse, or pathological gambling, is often associated with an antisocial personality disorder or aggressive behaviors and becomes diagnosable as pathological problems lead to impairment in regular social and occupational/academic functioning. Pathological video game players show antisocial or aggressive behaviors, hostility, and severe damage to school functioning and significant social relationships if the construct of pathological video gaming is valid. Some studies have found increasing aggression, decreasing prosocial tendency, and impairment in everyday social and occupational/educational functioning concerning video gaming or heavy play of videogame.

To the article "Relationship of Internet Gaming Disorder with Psychopathology and Social Adaptation"- The most popular video games include massive multiplayer online role-playing games (MMORPGs), flash games, and online gambling games.

An MMORPG is a type of online role-playing game that focuses on fantasy or conflict scenarios. It means developing a digital avatar with an identity, visual appeal, and virtual world(s) in which players interact with their avatars. Flash games are being played directly in the browser, using a tech developed by Adobe, without the requirement to download extra services. Online gambling games are digital transpositions of traditional gambling; they differ from other games in that the economic dimension is explicit and intertwined with the risk of not winning. Socially conditioned Youth are those who play online to meet new people and socialize. They tend to be sad and peaceful and have few social relationships daily—the role of neurobiological changes with the involvement of the brain system in the neurobiology of IGD.

In the article “Investigating the Motivational and Psychosocial Dynamics of Dysregulated Gaming, the article”- Video games are the dominant form of recreation. Frustrated needs in daily life and gaming, such that positive game experiences exacerbate the harmful effects of frustrated needs in daily life by increasing dysregulated gaming. Dysregulated gaming focuses primarily on psychometric properties. Psychological-need has experiences related to dysregulated play. APA and WHO have considered classifying deregulated gaming as a new clinical diagnosis. Gaming is a commonplace activity used to pass the time, or it can be social when others participate. Technology demonstrates as traces or devices linked to activities and practices, as well as social arrangements and organizational structure. Attempting to play has become increasingly social, and playing together would enhance the sense of social connectedness. According to Kahila (2020), although the lockdown prevented young people from physically seeing each other for approximately two months, it did not prevent them from interacting.

In the article “Enmeshed in Games with the Government,”- Online games have been the subject of several academic research. However, it has mainly focused on organizations or even the governance policies used by game designers throughout the creation and administration of their games. Government influence also occurs through unofficial connections and initiatives to reshape norms and values, in addition to the power to impose rules on how online game makers create and manage their games. Techno-nationalistic policies initially look to create more successful domestic businesses in particular industries inside the sizable domestic Chinese market and create a favorable climate for later global market rivalry. The CCP's influence, dependent on centralized control of information and vertical communication, was seriously hindered by the Internet's capacity to provide decentralized information and horizontal communication. These policies are complementary, but they also frequently contradict one another, which causes friction and dispute and gives the impression that the policies are confusing. Government departments are responsible for the laws and policies affecting China's online gaming market. Prior to the popularity of MMOGs in 2001, P.C. games were played at home. Internet cafés, arcades, and illicit video games were China's primary forms of electronic gaming.

In the article “Playing Apart Together: Young People’s Online Gaming during the COVID-19 Lockdown,”- The COVID-19 pandemic brought countries worldwide to a dead stop in their social lives. Youth are at the center of an unprecedented and unpredictable social experiment. Playing has evolved into a social activity, and playing with others can boost feelings of social connectedness. Despite being an increasingly important part of many young people's lives, online gaming is almost absent from the field of youth studies. Instead, other fields frequently link online gaming to various risks, such as social isolation, aggression, and Internet gaming disorder (IGD). According to who (2018), IGD is classified as a psychiatric diagnosis. IGD is similar to the existing gambling disorder (WHO, 2018) and has been criticized for potentially instilling moral panic in young gamers.

In the article "Video gaming as craft consumption," video games have emerged as an important research area for better understanding contemporary consumption patterns, particularly in the craft. Craft consumption is defined as activities in which consumers personalize their products by designing and creating what they consume.

Craft consumption is differentiated from closely related practices such as 'personalization' and 'customization,' which he claims lack the autonomy, creativity, and self-expression typically associated with acts of making. Playing video games provides the satisfaction of seeing the fruits of one's labor, regardless of whether it is deemed "useful" or "productive" in a capitalist marketplace. Understanding gaming as a craft would allow us to focus more fully on the intrinsic, such as game work, productive play, and usage.

A range of level design speeds, from fast and intense to slow and gentle, is accessible to newer players still developing the habitual knowledge and practices required to play the game. Good designers frequently use their levels to give players hints at what they should do if they get stuck. When materials trigger 'on/off switching processes and in-game objects are added or removed, the designer mimics the fundamental processes of digital computation. Experienced designers are constantly being decided to seek old tools.

In the article "Fun, Friend, or Foe: Youth Perceptions and Definitions of Online Gambling,"- Confusion surrounds the youth cohort's understanding of gambling. Issues such as the role of skill and chance in gambling, gambling as a sin, the positive and negative effects of gambling and addiction, and recent literature suggest that the earlier the onset of gambling behavior, the more likely problem gambling will result. Problem gambling is a term used to explain a level of gambling that occurs earlier in life or causes fewer problems than later in life. Mobile phone gambling will grow in popularity among mobile phone users worldwide. Gambling is a pleasurable form of entertainment, available in both formal and informal settings, attracting people of all ages. Gamblers can be classified into six categories: life liners, thrill seekers, escape artists, social adventurers, and gambling activities: online sports betting, lotteries, and card games. According to Hume (2011), gambling is a pleasurable form of entertainment, and it is available in both formal and informal settings, attracting people of all ages. Gamblers can be classified into six categories: life liners, thrill seekers, escape artists, social adventurers, and gambling activities. Online sports betting, lotteries, and card games Parents did not fully comprehend the meaning of gambling or what they were doing when they gambled. Gambling and its potential benefits and drawbacks Many members said they played for rewards, such as enhanced graphics or faster speed. Money, free subscriptions, more accessories, and the ability to advance to a higher skill level with the vast majority simply having fun.

In this article, "A qualitative exploration of teacher's perspective on smart phones usage in Higher education in developing countries,"- smart phones are an efficient tool for recording videos and photos for assignments and presentations. Teachers and students can communicate after school hours about course-related topics and questions. Faculty members indicated that they could recommend additional reading materials, videos, and blogs to assist their students in understanding complex topics. Faculty members viewed smart phones as an effective tool for communicating with students and sharing information off-campus.

Text audio-video lecture material, as well as group communication/learning. In order to engage Youth in learning with smart phones, educational institutions must pay close attention to faculty preparation.

Institutions are encouraged to use them to engage their students. A Smartphone might be helpful in effectively engaging students. Faculty members who use smart phones effectively in their courses should be encouraged to share their experiences and knowledge with their colleagues. They should be rewarded with a token of appreciation for going above and beyond. Furthermore, educational institutions and web content developers should ensure that educational content developed for the web is suitable for small screens such as those found on smart phones.

In the article "Impulsivity, Self-Regulation, and Pathological Video Gaming among Youth," there is no medical definition of the phenomenon despite research interest in pathological video gaming. Pathological gambling is classified as an impulse-control disorder in the DSM-IV-TR (ICD). Similarly, researchers have argued that pathological video game use or pathological Internet use, in general, should be classified as an ICD. Social-cognitive theories portray individuals as proactive, self-organizing, and self-reflective agents.

The concept of agency is based on the idea that people can determine when and whether they are in control. Individuals with high levels of self-regulation reported significantly lower levels of problematic video game use than their counterparts. Furthermore, self-regulation was the largest and most robust predictor of problematic video game play. Researchers have recently begun investigating the relationship between Impulsivity, pathological video gaming, and Internet use. Impulsivity, for example, has been identified as a predictor of pathological video gaming, as well as frequent chat room use and problematic Internet use. Researchers have recently begun investigating the relationship between Impulsivity, pathological video gaming, and Internet use. Impulsivity, for example, has been identified as a predictor of pathological video gaming, as well as frequent chat room use and problematic Internet use.

In the article "Playing Apart Together: Young People's Online Gaming during the COVID-19 Lockdown," Schools, sports centers, libraries, recreation facilities, and nightlife closed, reshaping the social processes and relationships that had been integrated into Youth's daily lives. Youth schools, sports centers, libraries, recreation facilities, and nightlife all closed, reshaping the social processes and relationships embedded in people's daily lives. Virtual platforms for teaching and meetings were introduced in schools and workplaces. Thus, the societal lockdown created a once-in-a-lifetime opportunity to study youth online practices without presuming that online social life is opposed to physical and social life. Online gaming is almost absent from the field of youth studies.

On the other hand, another field frequently associates online gaming with various risks. Gaming is a regular as well as a repeatedly daily activity. As a result, gaming is dependent on and must be coordinated with a wide range of other daily activities, including school, homework, sports, cooking, and romantic relationships. Gaming can be a mundane activity used to pass the time, or it can be social when others participate. As a result, gaming is not a fixed and uniform practice. Gaming, on the other hand, is dynamic and social. Technology demonstrates as traces or devices linked to activities and practices, as well as social arrangements and organizational structure. Attempting to play has become increasingly social, and playing together would enhance the sense of social connectedness. According to Kahila (2020), although the lockdown prevented Youth from physically seeing

each other for approximately two months, it did not prevent them from interacting.

The article "Raising the Golden Goose: A Retrospective Analysis of the State's Role in China's Online Game Industry" examines the political, economic, and cultural factors that have shaped China's online game industry through a retrospective account with a focus on formal policy-making. Based on the theory of fragmented authoritarianism, this study discovers that the political environment of the autocratic Chinese system, which features inter-ministerial competition, intertwined state control, and commercial interests, profoundly impacts Chinese online games. The Chinese online market combines a robust private sector presence with a significant government role. The Chinese government appears to have achieved its policy goal of assisting Chinese firms in dominating the domestic market. However, extensive and ambiguous government policy and regulations have somewhat hampered innovation. To that end, it is yet to be seen whether China can implement its three-pronged importation-substitution-creation strategy in this highly creative industry, and it merits further investigation.

In the article "Wow is the new MUD: Social gaming from text to video," - With the enormous popularity of massively multiplayer games like World of War craft (Wow), other media and game researchers have discovered gaming as a topic of discussion and study. However, these debates overlook the history of games and game studies. This article discusses the links between the text-based Multiuser Dungeon (MUD) and the current, highly visible, and widely used graphic interface game World of War craft. These connections within both types of games range from player style to game play options to social interaction and player-controlled social modifiers. The comparison is based on MUD and Wow player play, observation, and interviews.

In the article "Youth Online Activity and Exposure to Diverse Perspectives," -Some see the Internet as a means of exposing oneself to opposing viewpoints. In contrast, others believe it is more likely to foster echo chambers. We agree that it is critical to consider these possibilities, but we believe that the discussion is frequently framed incorrectly. We discovered that most Youth (aged 16-21) do not report Exposure to echo chambers or divergent perspectives, based on a unique panel survey of their online practices and civic and political engagement. Instead, the majority report being exposed to views that align with and differ from their own, or they report not interacting with others about their societal views. The article also discovered that certain types of online participation, digital media literacy activities, and increased reports of Exposure to diverse perspectives are associated with increased political interest. Gaming is a standard user practice linked to broad-based cultural and structural imbalances—allowing Youth to maintain a social life and offering a more expansive societal space for Youth to maintain friendships and cope with loneliness.

In the article "Youth digital participation: Measuring social impact," - Youth participation is widely regarded as a right protected by the Convention on the Rights of the Child, which was established in 1959 and served as the foundation for the United Nations Convention on the Rights of the Child (CRC) adopted in 1989. According to the European Commission, it is critical to involve Youth in decisions that influence them and, overall, the journey of their communities." Digital media has always been commonly cited as a tool for youth development. Social Impact Assessment began in the late 1950s and was primarily incorporated into the United States standard

guidelines for Environmental Impact Assessment. Practitioners have recognized a participatory approach in Social Impact Assessment and Youth Participation. Youth participation in evaluation community investigation is desirable, and more understanding of this integrated model to impact assessment is required. Participation of Youth in evaluation Community research is desirable, and more understanding of this inclusive approach to impact assessment is needed. Today's Youth may or may not gain significant benefits from online opportunities. It's possible to assume that "as technological advancements continue to develop, social practices among youth creative manner adjust around each other," making it more complicated for the researcher community to maintain the technologies that Youth use.

In the article "Online Video Game Therapy for Mental Health Concerns,"- The first video gaming started from the 1970s to the early 1980s, coinciding with the introduction of a wide range of affordable, low-cost home computer systems. Argued that video games meet the needs of Youth for the challenge, fantasy, and curiosity, making a model for intrinsically motivating instruction while growth and contribution associated with video game usage have been documented. However, the dominant professional opinion at the period was that even the most advanced and powerful computer systems would never be able to replace therapists. Up to a point, educational video games can improve sixth-graders problem-solving skills; even so, currently reside, teacher intervention is required to move them past this plain. Rather than investigating potential synergy effects between facilitator and computer, the researchers note that with a better understanding of human compensation for computer shortfalls, intelligent programmers might someday take on the role of the human teacher. In the 1980s, computer game therapy required the client to deliver both the client and new and unknown materials to the workplace. The incredible effort was supported by the guarantee that computers would someday relieve much of the therapist's volume of work. Programs instantly help provide feedback about the cognitive abilities of elderly game players to a central location, allowing either computer- controlled adaptive scripts or human intervention if difficulties arise. The authors devise a series of techniques that conclude users' wide range of cognitive by monitoring progress on a game such as FreeCell, as well as psychomotor measurements linked with keyboard entry and mouse movement. The suggested operating system can also offer feedback from users by making adjustments to a game's difficulties to maintain an optimum solution level of challenge for experienced players.

In the article "Sleep and emotion process in pediatric post-traumatic stress disorder,"-The authors develop several methods that assess a user's broad range of cognitive abilities by tracking their performance in a game like FreeCell and taking psychomotor measurements associated with keyboard and mouse movement. The presented operating system can also provide feedback from users by adjusting a game's difficulties to maintain an optimal level of challenge for elite players. Reduced emotional processing reaction was found to be most significant in individuals with low prefrontal cortical gamma (30-40 Hz) during REM sleep, indicating a specific role for REM sleep in emotional habituation. It is unclear whether REM sleep promotes affective habituation, the process by which emotional stimuli lose some of their power over time. In fact, some research suggests that rather than promoting habituation, REM sleep may strengthen the response to emotionally salient stimuli. To investigate these phenomena in Youth and determine which sleep features, if any, have been most firmly linked to emotional

processing in this population, research teams sought to investigate these occurrences in Youth for the first time. They used a high-density electroencephalogram (EEG) to compare a baseline night of sleep with a night of sleeping following the performance of an experiment intended to evaluate both memories for and reactivity to negative and neutral imagery in a small sample of PTSD youth and age-specific and sex-matched non-traumatized typically developing (T.D.) youth.

In the article "Online Video Game Therapy for Mental Health Concerns," - Video games played offline for therapeutic purposes have been studied. However, online video game therapy remains relatively unexplored. A gaming component has only recently been added to online therapeutic interventions. As a result, this review is a timely first step toward capitalizing on recent technological and cultural innovations, particularly for treating special-needs populations such as children, the elderly, and people suffering from ADHD, anxiety, and autism disorders. A review of research findings was conducted on two technological advancements: the 1980s home computer boom, which led to a flood of studies on therapeutic video games for the treatment of different mental health conditions, and the 1990s emergence of the Internet, which led to computers being seen as platforms for therapeutic interaction rather than as a substitute for the therapist. It discusses how video games and the Internet can now be combined in therapeutic interventions, as evidenced by a review of pioneering studies. Future studies on the use of video games as therapy for mental health issues could focus on two types of games: simple society games, which are accessible and enjoyable to players of all ages, and online worlds, which offer a unique opportunity for narrative content and immersive remote interaction with therapists and fellow patients. Both genres can be used for assessment and training, providing an endless platform for social interaction. More collaborative efforts between therapists and engineers can benefit the mental health community, making such innovations a reality.

In the article "Sleep duration and eating behaviors in Youth," - Diet-related diseases are the leading cause of death worldwide. Diets with high saturated fat, sugar, and salt are connected to various chronic diseases, including type II diabetes, cancer, and cardiovascular disease. Because many lifestyle habits with immediate and long-term health consequences, eating habits, physical activity, and sedentary behaviour emerge among Youth. A study of the lifestyle traits that can encourage healthy eating behaviours is also necessary due to the disturbingly high prevalence of obesity and disordered eating among adolescents. Food preferences and eating habits in Youth.

Moreover, changes in the circadian which occur during this developmental period, result in a natural shift towards a later sleep onset among Youth. This change could well contribute to insufficient sleep, which is exacerbated by changes such as earlier school start times and increased homework. Academic pressures, extracurricular activities, and part-time work. Variable risk factor Sleep duration can be targeted with interventions not only to improve quality of life but also to assist proper nutrients for healthy development and to prevent chronic diseases in Youth for the several chronic health conditions obesity and mental health problem, disordered eating. Youth's developmental changes may result in eating behaviours unique to this stage of their development.

In the article "Online Video Game Therapy for Mental Health Concerns," - There has been some research into the

use of offline video games for therapeutic purposes. However, online video game therapy is still relatively unexplored. A gaming component has only recently been added to online therapeutic interventions. As a result, this review is a timely first step toward capitalizing on recent technological and cultural innovations, particularly for treating special-needs populations such as children, the elderly, and people suffering from ADHD, anxiety, and autism disorders. A review was conducted that integrated research findings from two technological advances: the 1980s home computer boom, which resulted in a flood of studies on therapeutic video games for the treatment of various mental health issues; and the rise of the Internet in the 1990s, which caused computers to be viewed as more than simply computers, but as conduits for therapeutic contact rather than therapist replacements. We explain how, as shown by a review of ground-breaking studies, the Internet and video games can now be used in therapeutic interventions. Future studies on the use of video games as therapy for mental health issues could concentrate on two types of games: simple society games, which are accessible and enjoyable to players of all ages, and online worlds, which provide a unique opportunity for narrative content and immersive remote interaction with therapists and fellow patients. Both genres can be used for assessment and training, providing an endless platform for social interaction. More collaborative efforts between therapists and engineers can benefit the mental health community by making such innovations a reality.

In the article "Youth digital participation: Measuring social impact,"-The social impact of digital youth participation and a scarcity of models for its assessment are examined in this article. Youth workers all over Europe have incorporated digital technologies into their work through gaming, social media, email, photography, and filmmaking. Digital media are no longer viewed as supplemental or entertaining elements but as essential communication and engagement tools young people use. Although many youth organizations have effectively incorporated digital technologies into their work, they contend that it is become harder to gauge the social impact of young digital efforts. The paper begins with a brief history of Youth and digital youth participation. The terminology used to define young people's relationship with the digital world is examined in the section. It overviews how evaluation participants' roles have changed from being subjects of the process to becoming active evaluation partners. As a result, appropriate participatory methodologies for evaluating the effects of youth-centered initiatives are identified. Due to the ongoing development of new digital media in the twenty-first century, it is argued that young people should be considered experts in their digital experiences and participate actively in evaluation. Based on the review and analysis of the literature, two key recommendations for assessing the social impact of youth digital participatory projects are presented. It is proposed that young people be recognized as experts in their participatory digital experiences, which could aid the current evaluation process. This is crucial in environments where young digital citizens' knowledge and distinctive viewpoints are frequently disregarded. Second, the paper emphasizes the importance of developing more holistic and participatory approaches to assessing the social impact of youth digital participation. Holistic and reflective assessment processes may improve the evaluation data for project organizers and the experience for young participants.

In the article "Cyberchondria Amidst COVID-19 Pandemic"-Challenges and Management Strategies," the recent pandemic has made a global impact on people's health and economic status. The pandemic and government-

imposed lockdowns to stop the spread of the disease have resulted in various psychological issues, including clinical depression, anxiety, post-traumatic stress disorder, post-traumatic stress disorder, suicidal ideation, suicide, domestic violence, stigma, discrimination, and unemployment. The overall population and frontline healthcare professionals have reported psychological distress, anxiety, depression, delusion, suicidal thoughts, and destruction. According to reports, frontline professionals and workers are more exposed to the public and more vulnerable to this infection. They added that those from lower socioeconomic levels and migratory workers are more susceptible to infection and less likely to seek medical attention since they lack the resources and access. This results in a poor prognosis, which may lead to death. Patients with co-morbid diseases such as hypertension, diabetes, and heart disease are more susceptible to dying. Due to the pandemic's contagious nature, several crucial procedures and treatments for people who have been who have received a serious illness diagnosis, such as cancer been postponed. As a result, the tumors have progressed from being treatable to untreatable.

The article "Games With a Continuum: Globalization, Regionalization, and the Nation-State in the Development of China's"- Online Game Industry" is a case study that examines the growth of China's online game industry and how China responds to globalization forces. This study identifies China's evolving neo-techno-nationalism strategy based on in-depth interviews, ethnographic research, and the analysis of archive documents from the last few years. This national strategy in China uses technology to create a version of a popular nationalism acceptable to and quickly censored by the authorities. As a result, cultural industries that use this strategy have a good chance of succeeding in the Chinese market. This success explains why Chinese online games' regional competitors, Korean games, are more successful in China than most of their Western counterparts. This article discusses the influence of regional and global forces in a concrete context and argues that the development of China's online game industry is more dependent on political factors than economic factors by providing a snapshot of the current ecology of China's online game industry. China, as a country with many Internet users and an authoritarian government, is not only a vast territory for the local development of the online gaming industry but also a target for regional and global players. Given its research context, examining various levels of force in a concrete Chinese context demonstrates how these complex mechanisms, interactions, and contradictions work. Based on an examination of popular online games in the Chinese market, this article examines the role of the Chinese state in the development of the Chinese online game industry while also demonstrating that regional force can supplant global force in China's specific politico-economic context.

In the article "Behavioral Addiction versus Substance Addiction: Correspondence of Psychiatric and Psychological Views,"-Non-substance related behavioral addiction was not included in either of the two internationally used diagnostic manuals of mental disorders, namely the DSM- IV-TR (Diagnostic and Statistical Manual of Mental Disorders) or the ICD-10 (International Classification of Diseases) (International Classification of Disease). Contrary to popular belief, which holds that addiction is a specific dependence on drugs and chemical substances such as alcohol, nicotine, and heroin, behavior science experts believe that any source capable of stimulating an individual can become addictive. The development of addiction can be defined as transforming habits such as gambling, drug abuse, computer gaming or chatting, and internet browsing into

obligatory behaviors. Gambling, video game playing, eating disorders, sports and physical exercise, media use, sex addiction, pathological working, and compulsive criminal behavior have all been classified as "addiction." Even though certain behavioral addictions do not involve a chemical intoxicant or substance, a group of researchers has suggested that some core indicators of behavioral addiction are similar to those of chemical or substance addiction. Researchers have emphasized that functional impairments must be present at work, in social relationships, or other social situations to diagnose behavioral addiction.

In the article "Playing Apart Together: Young People's Online Gaming During the COVID-19 Lockdown," - interviews with young people (16-19 years old) were analyzed to see how gaming proved to be something interesting to do when there is nothing to do. According to Youth, gaming practices were beneficial: allowing them to maintain a social life and providing a legitimate social space for maintaining friendships and coping with boredom. The findings show that young people who play online games can adapt to fundamental societal changes to meet their social needs and aspirations, even during a pandemic. The analysis addresses the significance of online gaming as a social practice in the lives of young people during a societal lockdown. We define an online game as a "contemporary technological medium" that allows players to interact socially. According to Bogost (2016), gaming is the practice of playing games on phones, tablets, consoles, and personal computers (P.C.s), as both single- and multiplayer games. The article contributes new knowledge about Youth's accounts of online gaming and being young during a global pandemic by focusing on how young people experienced online gaming during a societal lockdown.

In the article "Sleep quality, internet addiction and depressive symptoms among Undergraduate students in Nepal,"- Undergraduate students all over the world frequently experience depressive symptoms, poor sleep quality, and internet addiction. Although internet addiction in Nepalese undergraduate students has not been studied, it is likely to be widespread given that most internet users are between the ages of 18 and 24, which is the typical age range for undergraduate students. Sleep-deprived students spend more time watching television and using social networking sites. These students are more likely to develop depressive symptoms because they spend more time on the Internet. On the other hand, students addicted to the Internet are more likely to have sleep problems. These sleep-deprived students are more likely to develop depressive symptoms. Many such pieces of evidence suggest the interaction between sleep quality. Investigating these pathways and determining which one is preferable

Convincing evidence will contribute to our understanding of the development diagnosis of depressive symptoms in students; more importantly, it will aid in understanding predictors of depressive symptoms. Symptoms and aid in the development of effective interventions to prevent student depression

In the article “Impulsivity, Self-Regulation, and Pathological Video Gaming among Youth”: Testing a Mediation Model,”- The study intended to research the effects of impulsive and regulatory processes on pathological video gaming. Compared with prior studies one and two, the study backed up the contention that self-regulation mediates the relationship between Impulsivity and pathological video gaming. Higher levels of Impulsivity were linked to lower levels of self-regulation, which was linked to higher levels of pathological video gaming. Impulsivity and self-regulation in predicting pathological video gaming lend support to the dual- system model of self-control prediction, which incorporates both impulsive and reflective systems. The study emphasizes the creation of self-regulation resources as a potential avenue for improvement.

In the article “Impulsivity traits and addiction-related behaviors in youth,”- Impulsivity is generally defined as a proclivity for rash, ill-considered, and uninhibited decisions and actions. Regardless of the consequences, Impulsivity is on the rise. It is essential to think about relationships as multidimensional when they are still. Youth is when most substance abuse begins and is elevated impulsive behavior. The proclivity to act rashly in the face of intense negative emotional states; lack of premeditation, the proclivity to act without thought or planning, lack of perseverance, the proclivity to abandon tasks; and sensation seeking, which is the desire for sensory pleasure and excitement. In addition to SUD, it has been demonstrated that Impulsivity plays an essential role in non-substance-related addictive disorders. The Diagnostic Statistical Manual of Mental Disorders(DSM-5) American Psychiatric Association, 2013 marked a significant shift in the diagnosis of addictive behaviors' by including non-substance-related addictive disorders, commonly referred to as behavioral addictions. Based on decades of research, gambling disorder was accepted as the first behavioral addiction, and there is an ongoing discussion about the potential classification of other behaviors. Internet gaming addiction A recent study of young people found a link between negative urgency and addictive use of online sexual activities.

In the article “The association between attention-deficit/hyperactivity disorder and internet addiction: a systematic review and meta-analysis,”-Internet addiction (I.A.) is regarded as a new psychiatric condition. Arguments, weariness, dishonesty, poor academic performance in school or at work, social isolation, and even functional issues like failure in school, losing their jobs, and failing their marriages can be suffered by people who use the Internet excessively and pathologically. The journey from adaptive Internet use to I.A. is quite convoluted and ambiguous, and various circumstances may influence it, both internal to the individual and external to the environment. According to reports, I.A. was familiar in both eastern and western nations. People with ADHD are more likely to become addicted to the Internet since it offers several windows with various activities going on at once and an immediate reward. Researchers have also discovered that individuals with ADHD have aberrant brain activity that results in decreased inhibition and a lack of self-control, making them more prone to I.A. and less able to exercise restraint online. As a result, ADHD may be a potential risk factor for I.A. The conclusions reached were based on O.R.s of unadjusted results, which may have weakened the reliability of pooled results. Because new evidence has emerged in recent years, an updated meta-analysis is required to reevaluate the relationship between I.A. and ADHD.

In the article "Internet Addiction: The Role of Parental Care and Mental Health in Adolescence,"- The Internet is essential because it enables young people to learn more about and explore important topics like sexuality, identity, and autonomy. Over the last ten years, there has been a massive increase in the availability of new information and communication technology types, such as social media, smartphones, personal computers, and other devices. The majority of these instruments are used by Youth for social interaction and interpersonal communication. Although teenagers use these new technologies to address developmental responsibilities, research indicates that they may hinder their growth. Adolescents may overuse or misuse the Internet to cope with psychological distress and negative emotions associated with complex parental and peer relationships. A, also known as problematic or pathological Internet use, is characterized by withdrawal symptoms and negative consequences. Several studies have found that I.A. can hurt adolescents' well-being, social relationships, and academic performance. When the Internet is cut off, this type of addiction results in high levels of agitation and aggression as well as a gradual, rapid decline in one's private, sociocultural, and familiar circumstances.

In the article "Effects of Video Games on Aggressive Behavior, Aggressive Cognition, Aggressive Affect, Physiological Arousal, and Prosocially Behavior: A Meta-Analytic Review of the Scientific Literature," - According to studies on the violence in television and movies, playing violent video games makes people more aggressive. According to a meta-analysis of the video game research literature, violent video games increase aggressive behavior in children and young adults. This conclusion is supported by experimental and no experimental studies with males and females in laboratory and field settings. Analyses also show that playing violent video games raises physiological arousal and aggression-related thoughts and feelings. Playing violent video games reduces prosocial behavior as well. The article's results support that Exposure to violent video games poses a public-health risk to children and youths, including college-age individuals. Exposure is linked to increased aggression in young adults and children, in experimental and no experimental designs, and males and females.



In the article "Age of New Media Empires: A Critical Interpretation of the Korean Online Game Industry,"- Korea has played a central role in the PC-based online game market and digital economy since introducing the world's first graphic massively multiplayer online game Kingdom of the Winds in 1996. The enormous popularity of online games in Korea has coincided with the widespread proliferation of information and communication technologies (ICTs), which have facilitated unprecedented levels of communication and interaction. One of the significant outcomes of these governmental and industrial initiatives, for example, has been the widespread deployment and adoption of sophisticated broadband infrastructure to the home in almost all parts of the country, which has greatly aided the growth of the online game industry. With the increasing presence of online games in Korean mainstream culture, the corresponding consequences of games eclipsing other activities have garnered much attention in recent years, making it a very relevant issue. Gamers in Korea have repeatedly made international headlines with reports on their alleged pathological use of video games. The controversies have primarily revolved around the compromise of "real-life" social activities due to their addictions to all things gaming, at home, and especially at a P.C. bang. This acceptance into mainstream popular culture is visible in a variety of ways. Online gaming on the Internet Because of the rapid pace of development, academic research on Korean online games has been scarce and limited in scope, with domestic literature tending toward either the celebratory emphasis of positive business development or regulation and media-oriented concerns. Although such research contributes significantly to the emerging scholarship of Korean online games, unbalanced accounts quickly emphasize empirical observations and aggregate data while excluding other macro factors such as political and economic structures.

A "Two-Wave Longitudinal Cohort Study" - According to this article, global studies have shown an increase in screen time among young people, and video game playing has reached an all-time high. By the World Health Organization, the global gaming industry launched a campaign in March 2020 to support public efforts to encourage people to practice physical distance. The observed increase in screen time has been accompanied by a decrease in physical activity in most countries. Regarding physical inactivity, girls were more likely than boys to report being inactive at both time points. In the joint categorization of gaming change over two-time points, boys were more likely than girls to report a change in gaming across time points, including "more and increasing" and "more and decreasing." Increased gaming in specific youth segments during the COVID-19 pandemic raises public health concerns, as gaming has been linked to physical inactivity, poor mental health, and sleep issues. Physical activity and sedentary behavior are relatively stable and can be traced from adolescence to later life. As a result, concerns have been raised that the disease-suppressive measures implemented in response to the COVID-19 pandemic will exacerbate the existing trend of physical inactivity among Youth, with serious health consequences. A further increase in gaming after schools reopened in the fall semester of 2020 was almost as standard in the study as a decrease. This indication of an increase in gaming among a large group of Youth is concerning because it may reflect impaired control, as seen with a gaming disorder. The findings highlight the potential dangers of increased gaming over adolescents' health-related behavior, specifically physical activity. Most of those who increased their gaming during the lockdown reported

a decrease when the schools reopened in the fall semester of 2020. The study findings add to the expanding body of research that indicates that Youth increased their screen time behaviors and decreased their physical activity during the early stages of the COVID-19 outbreak and that there was a positive correlation between increased gaming and prolonged physical inactivity during the pandemic.

In the article "Enmeshed in Games with the Government Policies and the Development of the Chinese Online Game Industry," although casual online games first appeared in China in the late 1990s, massively multiplayer online games (MMOGs) took off in 2001. The Chinese online game industry has multiplied since then. Culture and Games. The development of underlying technological infrastructures, such as broadband connectivity, Internet cafés, and P.C.s, has been required to expand online games in China. Research findings on the Chinese government's influence on the Internet and media industries tend to fall between two extremes: a top-down process in which the CCP has extensive power to design and implement policies based on its objectives and a negotiated process in which power is highly fragmented and influenced by several actors at various levels with competing interests. As a result, the Chinese government uses its power to influence and shape the online gaming industry in various ways. China imposed the most extensive censorship by comparing several game screening systems in various countries. It identified three dimensions through which governmental power achieves its goal (each dimension adding new categories): (In the Chinese online games industry, all of these dimensions must be considered—policy areas concerning Online Games Tech Non-nationalism. Techno-nationalistic policies aim to increase the competitiveness of domestic companies in specific fields in the large domestic Chinese market, creating a growth environment for future competition in the global market.

In the article "The impact of pop-up warning messages of losses on expenditure in a simulated game of online roulette: a pilot study," - When compared to the other two message types, expenditure-specific warning messages reduced spending and encouraged more responsible gambling. The study did not examine the impact of players moving to or from winning or losing positions when the messages were displayed, which could have influenced gambling behavior. Furthermore, the current data only represent a snapshot of single betting decisions made immediately after being exposed to warnings. This design approach was chosen to mitigate the potential effects of the low house edge and the wide range of gambling options available in the roulette game. The disadvantage of this approach is that the study could only capture behaviors immediately the following Exposure to warning messages prior to restricted game play. As a result, the authors are unable to determine the impact of the warning messages in a less controlled game play environment or on overall gambling behavior (i.e., whether or not gamblers would have quit the gambling session when reaching zero credits or if the warning messages had any long-term effects on future gambling). Future research should attempt to capture behavior throughout a gambling session and assess the impact of an expenditure-specific message on the termination of gambling sessions.

In the article "Fighting games and Go: Exploring the aesthetics of play in professional gaming," - The paper investigates the various cultural meanings of computer game play in competitive and professional computer gaming, as well as live-streaming. To that end, it borrows from the changing meanings of the ancient board

game. The rise of professionalized computer gameplay has bucked this trend, causing a re-aestheticization of professional game competition due to the numerous informal factors that influence professional players' success and public perceptions, along with the rise of newspaper reporting and a new breed of "westernized" player. This opens up the possibility of considering the aesthetics of broadcasted game play. They consider the players and the game, placing the whole transition culturally and historically within the past twenty years of videogames as a creative field, entertainment business, mainstream press form, and embodied practice. Broadcasting and professional computer gaming are on the rise. It has disrupted previous forms of professional game play, as well as the change in audiences and the complexity of computer games compared to board games, which prevents their easy reduction to a sequence of simple steps. It then delves into the 'etiquette and equity' issues raised by Rather than comparing aestheticism in the East and West and its impact on the game of Go in Alternative Modernity, tracing a comparison of gaming aesthetics in the arcade at home and broadcast online. It concludes by reflecting on the full range of newfound meanings of game play created by these twin processes and argues that such elements outside of formal games that now contribute to professional players' career success suggest a return to the concern with the aesthetics of skill beyond pure rationality, as exemplified by the classical Go style of play.

In the article "Sleep deprivation increases the formation of false memory," - Sleep is essential for memory, but voluntary sleep deprivation is rising. The misinformation paradigm was used to investigate false memory formation in healthy young adults after one night of total sleep deprivation and seven nights of partial sleep deprivation (5 h sleep opportunity) in these young and healthy adolescents. Sleep-deprived individuals were likelier than well-rested individuals in both age groups to incorporate misleading post-event information into their responses during memory retrieval ($P < 0.050$). These findings emphasize the importance of adequate sleep in optimal cognitive functioning, highlight the vulnerability of adolescents' memory during sleep deprivation, and point to the importance of assessing eyewitnesses' sleep history after encountering misleading information. In this article, it was found that discovered that partially sleep-deprived adolescents were more likely to incorporate misleading post-event information into their responses while retrieving memories of the actual event. This PSD effect in adolescents was comparable to that seen in young adults. The TSD effect was more pronounced in young adults than the PSD effect. In contrast to these robust effects on false memory, PSD and TSD did not appear to affect veridical memory.

Furthermore, it was demonstrated that false memory increased in adolescents after multiple nights of experimentally reduced sleep opportunity, which is consistent with a recent observation of a higher tendency for false memory formation in young adults after one night of self-reported short sleep duration. Multiple nights of sleep deprivation increase false memory formation in adolescents, a group previously thought to be resistant to cognitive impairment caused by sleep loss. After a night of TSD, false memory formation is increased in young adults. Furthermore, sleep history should be considered when determining the credibility of eyewitness

testimony.

This article revisits the developmental state literature, emphasizing the state's unitary role in guiding economic development in East Asia. In the setting of the Korean online gaming industry over the past two decades, this article highlights various state actors as agents. It looks into how the role of state actors has changed with industrial development, focusing on Korean state actors' diversity and agency after the globalization and democratization trend. Examining government policy measures on the industry, I discovered that state actors have actively engaged with the industry; however, this agency has not been uniform due to the different purposes of the actors and has sometimes hurt the needs or expectations of the industry. Thus, the findings add to the literature by indicating the possibility of agent-driven institutional change and the heterogeneity that results from state actors' policy engagement. This article's contribution is more open-ended; it does not assume a decisive rejection of the developmental state model but instead remains agnostic on the subject. The first and most important contribution is to the current literature on the consequences of the developmental state. By analyzing the state actors and their agency in policy implementation in the case of the Korean online gaming industry, it will be possible to answer questions such as what roles the state actors play, what specific agency the actors have when it comes to policy implementation, and how the state actors influence institutional change while engaging with the industry. It emphasizes that the state's role is not static and unitary; instead, state actors may engage in various behaviors by enacting policy measures on the industry. In this sense, the state's role cannot account for the evolutionary dynamics of key actors emerging from these state-led projects and rapidly growing new firms and industries. According to this study, the changing political and institutional contexts, the transition from the traditional developmental state to the neo- or post-developmental state, and the impact on institutions all influence the expansion of state actors and their roles.

CHAPTER: 3- Research Methodology

Research Design

Descriptive research design is a type of research design that aims to obtain information to systematically describe a phenomenon, situation, or population. For the study, survey will be conducted which will include questionnaire. Observation will be used in order to have accurate results.

Area of the Study

The area of the study is Betkuchi (Guwahati)

Sampling Size

The researcher will use Probability sampling for the study; the researcher has chosen simple random sampling considering convenient access and source of data collection.

Sampling

The sample size for the study will be total 15 respondents from the age group of 15-25.

Source of Data collection

The researcher will use primary and secondary method for data collection. The primary source is the respondent and personal observation. The information provided by the respondents through the quantitative method represents the primary source of the data.

The secondary sources are the various papers on the related issues with researches conducted by government and non-governmental organizations including newspaper, articles, journals, books.

Tools of Data Collection

Researcher use Questionnaire and Observation as the tool for data collection.

Expected outcome of the study

It is expected to study the Effect of online gaming among youth ranging between the age of 15- 25, to understand the awareness levels and experience of the respondent in various fields.

Data analysis and Interpretation

The researcher will collect data from the participants by set of questionnaire considering the fact that data analysis is important component of research.

Ethical Concerns

Confidentiality

Respect for self determination Maintenance of non

judgmental attitude **Statement of the problem**

The researcher has found out that the author did not mention about Impulsive disorder. It is important to understand because impulsive disorder is serious issues among people who play online games can have a negative effect.

CHAPTER: 4- DATA ANALYSIS AND INTERPRETATION

Introduction

Data analysis and interpretation is the process of assigning meaning to the collected information and determining the conclusions, significance and implications of the findings. To fulfill the objective of the study, the researcher collected the required data from the youth through questionnaire. In this particular research, the researcher is analyzing and interpreting the data by telephonic interview. In this chapter, the researcher presents the collected data in the form of pie- chart which will establish a relation with the studying topic. The analyzing data along with interpretation is being given below:

Findings and Discussion

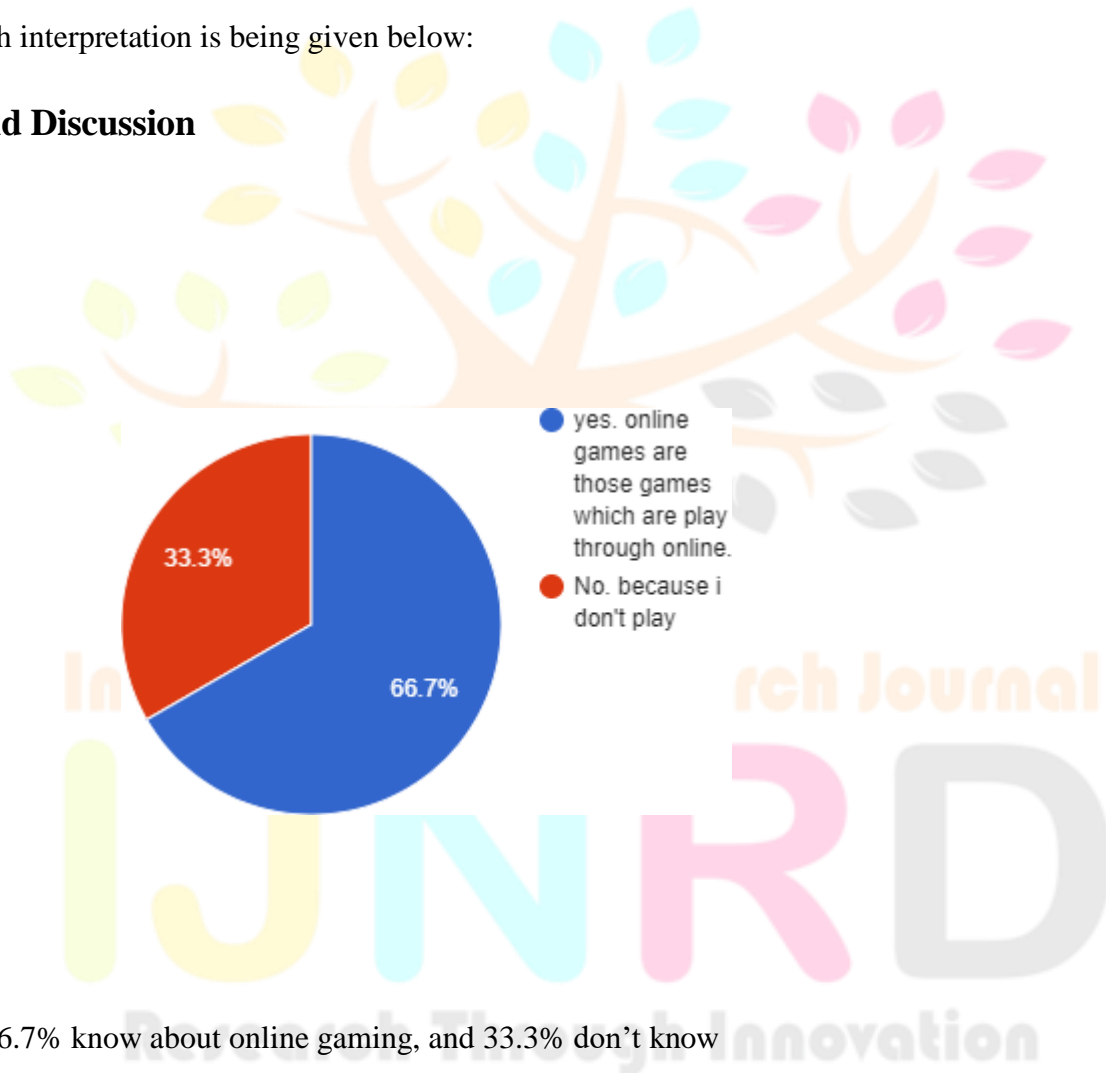


Fig 1: Fig 1: 66.7% know about online gaming, and 33.3% don't know

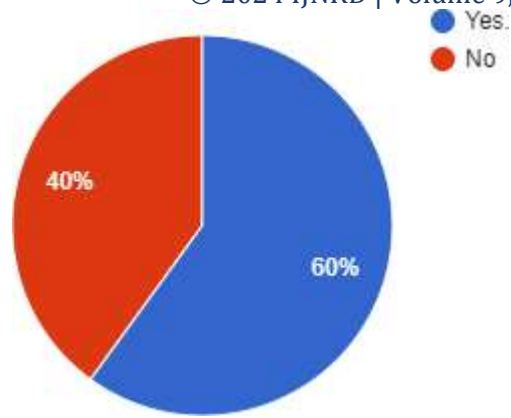


Fig2: 60% say that online gaming led to lowliness and sadness of depression, and 40% say no.

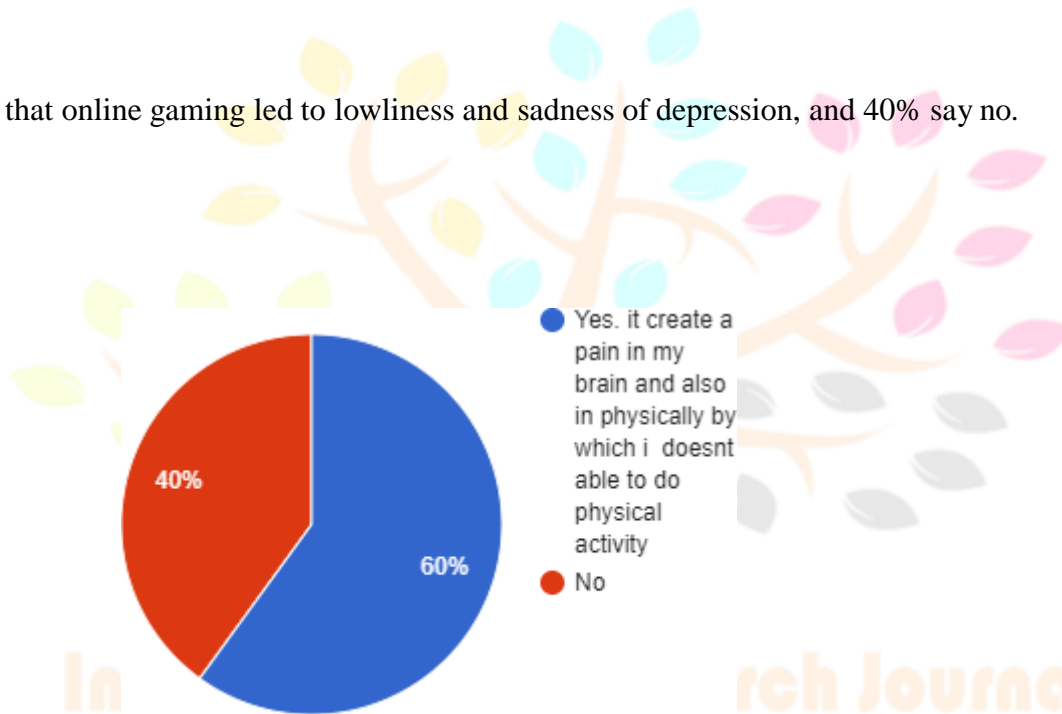


Fig3:60% say it creates pain in their brain and makes them unable to do physical activity, and 40% say no

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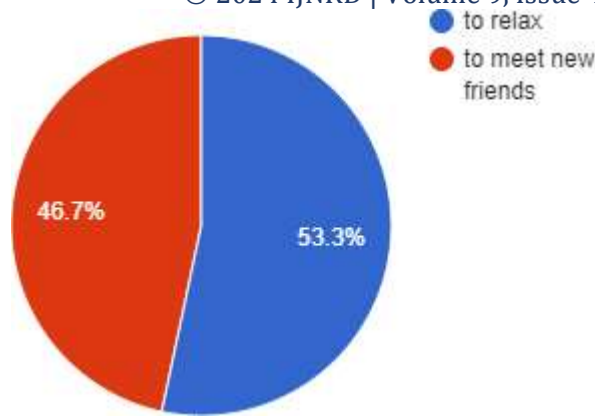


Fig4: 53.3% play games to relax, and 46.7% say to meet new friends.

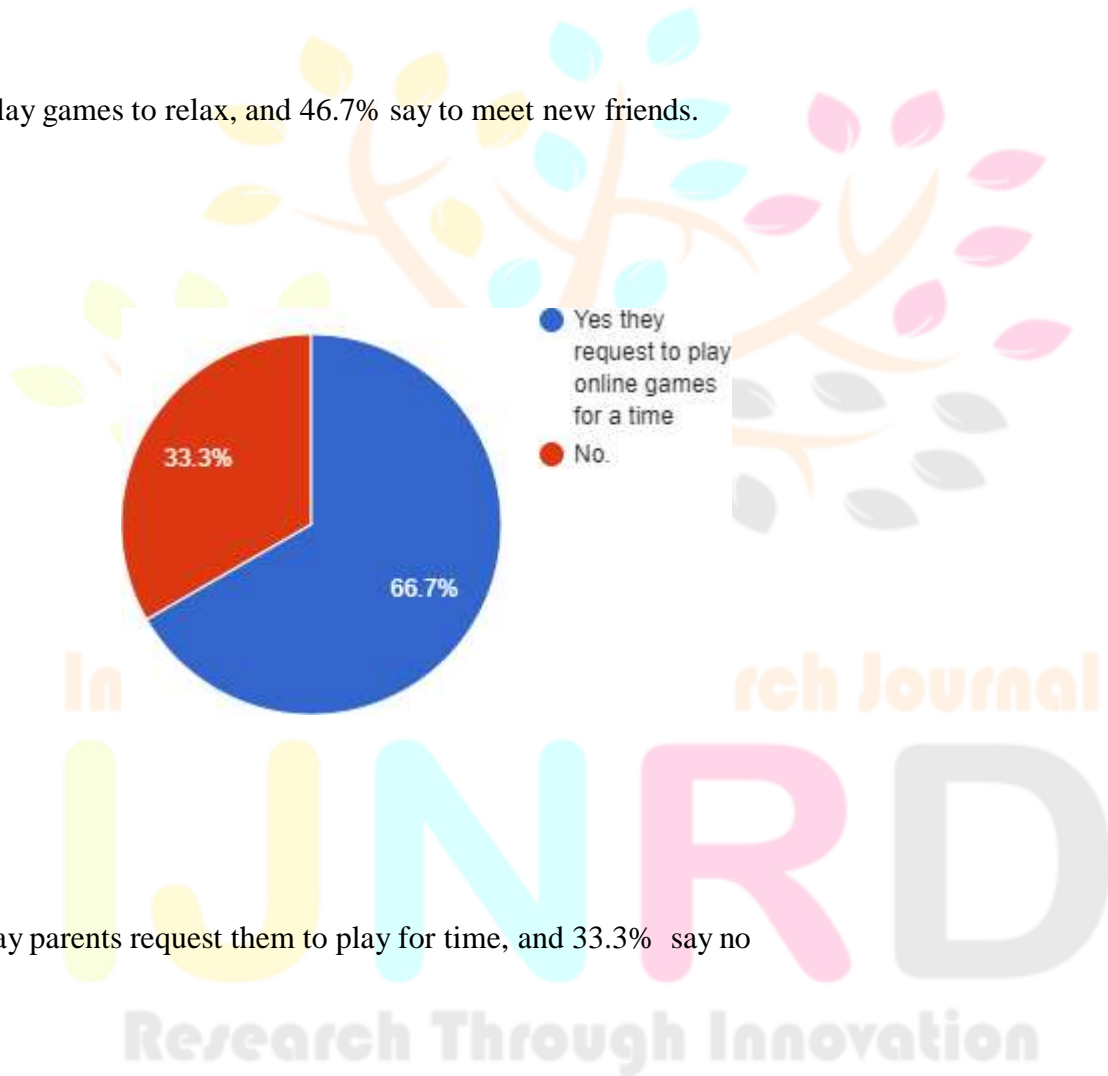


Fig5: 66.7% say parents request them to play for time, and 33.3% say no

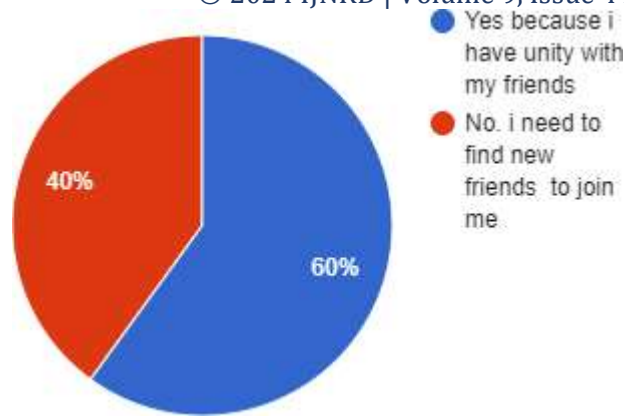


Fig6: 60% of have unity among them when they play online games and 40% do not have unity.

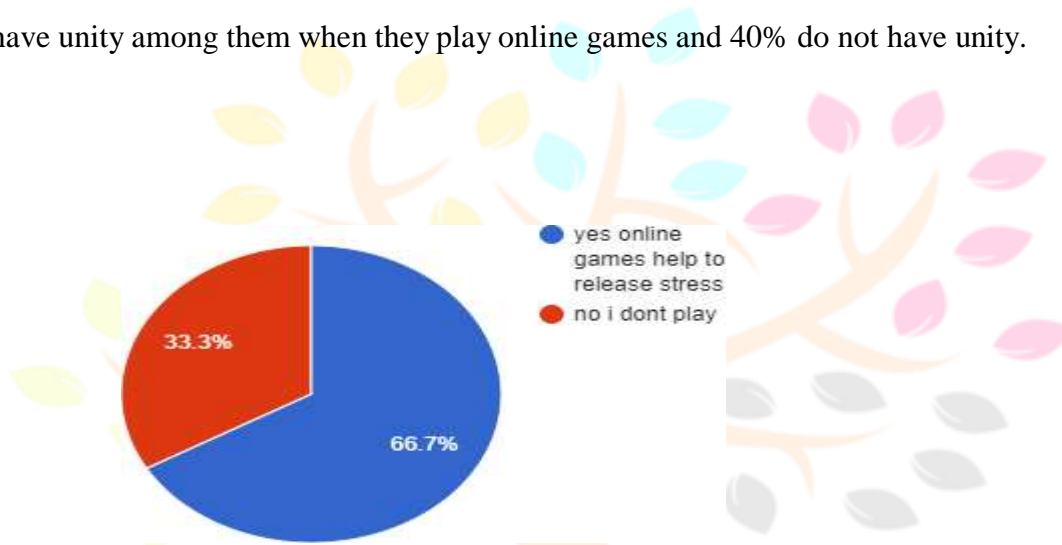


Fig7: 66.7% help to release stress when they play online games, and 33.3% don't play..



Fig8: 66.7% taught by their friends, and 33.3% led by themselves.

CHAPTER 5: FINDINGS AND SUGGESTIONS

Introduction

The finding is the principal outcome of a research project; what the project suggested, revealed, or indicated. Findings are the observation by the researcher from the respective field of study. The researcher has summarized the study's significant findings on the Effect of online gaming among youth.

Findings:

Fig 1: 66.7% know about online gaming, and 33.3% don't know

Fig2: 60% say that online gaming led to lowliness and sadness of depression, and 40% say no.

Fig3:60% say it creates pain in their brain and makes them unable to do physical activity, and 40% say no.

Fig4: 53.3% play games to relax, and 46.7% say to meet new friends. Fig5: 66.7% say

parents request them to play for time, and 33.3% say no.

Fig6: 60% have unity among them when they play online games, and 40% do not have an agreement.

Fig7: 66.7% help to release stress when they play online games, and 33.3% don't play. Fig8: 66.7%

taught by their friends, and 33.3% led by themselves

Suggestion

The researcher discussed the findings from the respective field of study. Based on the findings, the following suggestions and recommendations are mentioned, which can boost and elevate the Effect of online gaming among youth in society.

The Role of the Indian Government

The Indian government should bring or create new laws or policies for online gaming by which we can control our minds, hands, and brains to play online games. The Indian government plays an essential role in the nation. The Indian government should request the online game makers to make games so that youth do not become victims of online gaming.

Role of NGOs

The role of NGOs is to make awareness in and around the society and tells and understands the issue. Provide counseling to the online gaming addict. There should be a platform by which youth forget about online gaming and become dependent on the environment by which youth can live freely without any problems.

Role of a Society

The role of a society is to make aware of the negative consequence of online gaming among youth. Society should make an awareness program about the negative consequence of playing online gaming. Society should understand youth's benefits and consequences to the youth so that they can understand start to stop playing online games, which will not affect any physical, social, or mental problems.

Role of Parents

The role of parents is to understand the benefits and consequences of playing online games, and they can keep and supervise their children; if their children cross the limit, parents can take severe action.

Role of Media

The role of media is to understand the benefits and the consequence of playing online games by which they will interact with the Indian government to make new laws and change policies by which the impact of online gaming among youth can be stop.

Role of Social Workers in online gaming addiction

The role of Social workers is to spread awareness about the issues in and around society. The social worker's role is to do counseling so that they can understand the problem and give a solution to the client by which he/she gets motivation and stop playing online games in an uncontrolled manner. Social workers called to promote social change. Understanding the minds of youth in the developing stage is crucial because it includes physical and mental health.

CHAPTER 6: SUMMARY AND CONCLUSION

Introduction

The researcher is trying to summarize and conclude the research. In the previous chapters of the study, the researcher explains different topics along with a pie chart and interpretation of data based on the topic "Effect of online gaming among youth."

Summary

The research focused on the Effect of online gaming among youth. Through the topic, the researcher tried to find the cause of Psychological disorders among youth and studied Internet Addiction Disorder. The research topic is accept by dissertation supervisor Mr. T. Luithuiwung Awungshi, and then the research started. While doing the literature review, the researcher collects the required materials from journals, books, and the internet. While conducting the study, the researcher used a descriptive research design to describe the existing online gaming scenario. The researcher used simple random sampling under probability sampling for data collection—telephonic Interviews were used as primary tools for data collection and 15 respondents. The collected data were analyzed using a pie chart. In the summary of the study, we can see both the positive and negative effects of online gaming. The study revealed that most respondents do not want to be a part of the research because they have their exams going on, and because of this reason, they are unable to become a part of the research.

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