

# IMPACT OF WEB GAMES ON ADOLESCENTS STUDYING IN CHANDIGARH

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**ABSTRACT:** *Web games are becoming more prominent source of entertainment in today's society. The players can connect to other gamers across the globe. Internet games have become part and parcel of adolescents' life. Not a single day goes without its use by the teenagers of today. Games addiction has influenced the life of the adolescents. The aim of the present study is to understand the impact of web games on adolescents. The sample includes 50 school going adolescents selected through purposive sampling technique from Chandigarh. Self constructed questionnaire prepared by the researcher has been administered to the selected sample. Data has been analyzed and interpreted with the help of question-wise tabular representation. The study concludes that exposure to web games have influence on adolescents' behavior and social bonding.*

**KEYWORDS:** Web Games, adolescents, playing, behavior, social bonding

## INTRODUCTION

Web games are a unique form of entertainment because they encourage players to become a part of the game's script. Although video games have been available for more than 30 years, today's sophisticated web games require players to pay constant attention to the game. Players engage on deeper level—physically and emotionally—than people do when watching a movie or TV. Today majority of teens play web games, so sales of games are growing. The domestic video game industry helps in earning billions of money annually in a country. This popular form of media has both positive and negative effects on children. The most widely acknowledged positive impact is that web games may help children improve their manual dexterity and computer literacy. Ever-improving technology also provides players with better graphics that give a more realistic virtual playing experience. This quality makes the web game industry a powerful force in many adolescent lives.

When a video game is 'pro-social' and rewards players for building a town or helping others, children tend to show more empathy and helpfulness in their daily lives, according to a 2014 study by Douglas Gentile, associate professor of psychology at Iowa State University. However, studies also show that video games with violent content are linked to more aggressive behaviour in teens. This is a concern because most of the popular video games contain violence. Part of the increase in aggressive behaviour is linked to the amount

of time children are allowed to play video games—and daily media use by children is increasing significantly. In interactive video games, players are encouraged to identify with and role play their favourite characters. Players move up in game levels as their character masters skill and win. In a video game about stock cars, winning may mean winning the race. But in many of the popular games, players move up levels by winning fights or battles. Players directly benefit from engaging in acts of violence. Gentile & Anderson (2003) stated that playing video games may increase aggressive behaviour because violent acts are continually repeated throughout the video game. This method of repetition has long been considered an effective teaching method in reinforcing learning patterns.

Addiction to the internet also shares some of the negative aspects of substance addiction and has been shown to lead to consequences such as failing school, family and relationship problem (Brian & Peter, 2005). It can make the addicted adolescents feel that the games can provide opportunities for achievement, freedom and even a connection to the players. Those benefits trumped a shallow sense of fun, which doesn't keep gamers as interested (online gamers anonymous, 2008). The role of media in advertising the games also make more cause why the games addicted will be more interested with those games. In 2005, advertiser spent \$80 million to reach game players. (Park Associate 2006).

### **Negative consequences of playing online games:**

Spending too much time playing online makes a negative impact on students and usually it can result in:

1. **Lack of time for more important activities like studying or outdoor games** - When students dedicate much time to games they so ply do not have time for other activities. Even school assignments lose priority if an important battle is planned in the evening. That results in poor grades and academic problems. Moreover, such students do not go for a walk and exhaust their energy sitting in front of the screen.
2. **Addiction** - One of the most serious problems connected with online games is an addiction. People become obsessed with the virtual world, lose a sense of reality and spend all their time on playing. Most often it concerns gambling, online casinos but simulations and other games may be dangerous too. If a person can be easily influenced, the probability of him to get addicted is much higher. Addiction is a serious psychological problem that requires treatment, so it must be timely detected.
3. **Aggressive behavior** - Many students are so influenced by games they play online that they transfer their virtual characters into reality. They get used to solving problems as their nasty heroes and this aggressive behavior becomes a customary thing for them. Such bursts of aggressiveness should be eliminated immediately or they might grow into a habit.
4. **Isolation from society** - The online world is an opportunity to get away from real problems and students facing many troubles in studying find this sense of freedom in games. They become so involved in

playing that lose a sense of reality and become isolated from society. It results in the absence of friends, inability to solve real problems, communicate and be a member of the society.

- 5. Detrimental influence on health** - Sitting in front of the computer, tablet or mobile screen is incredibly detrimental to students' health. First of all, there is a negative influence on eye-sight that is in a constant tension. Sometimes it is necessary to wear headphones all the time, so ears are under pressure as well. Secondly, it is the body position. A sitting or lying position influences negatively on back, neck and if it is not changed regularly, it may result in health troubles.

## CONCEPTUAL FRAMEWORK

**WEB GAMES:** A web game or browser game is a computer game that is played over the Internet using a web browser. Browser games can be run using standard web technologies or browser plug-ins. The creation of such games usually involves use of standard web technologies as a frontend and other technologies to provide a backend

**ADOLESCENCE:** Adolescence typically describes the years between ages 13 and 19 and can be considered the transitional stage from childhood to adulthood. However, the physical and psychological changes that occur in adolescence can start earlier, during the preteen or "teen" years (ages 9 through 12). Adolescence can be a time of both disorientation and discovery. This transitional period can bring up issues of independence and self-identity; many adolescents and their peers face tough choices regarding schoolwork, sexuality, drugs, alcohol, and social life. Peer groups, romantic interests, and appearance tend to naturally increase in importance for some time during a teen's journey toward adulthood.

## REVIEW OF LITERATURE

**Gentile & Anderson (2003)** stated that playing video games may increase aggressive behaviour because violent acts are continually repeated throughout the video game. Research focused on children who played more violent video games during the beginning of the school year showed more aggression than other children later in the school year.

**Raymond Boyle (2005)** in research showed that playing violent video games increases arousal and possibility of aggression in some players.

Research has also found that, controlling for prior aggression, children who played more violent video games during the beginning of the school year showed more aggression than other children later in the school year. (**Paediatrics, 2008**)

**Kaiser Family Foundation (2010)** found that youth aged 8 to 18 devote seven-and-a-half hours a day to entertainment media. Less than half of the kids surveyed said their parents have rules about the shows and games they can watch or play.

In a study on a large sample of adolescents (13-16 years olds) in the Netherlands, **Rooji et al (2010)** found that compared to non-addicts, video game addicts have significantly higher levels of depressive moods, loneliness and significantly lower levels of self-esteem.

According to **Kuss & Griffiths (2012)**, teens who play online games are just having fun. They do not just actually play because of some sort of seriousness, but also because they just want to feel relief. During school hours, students tend to feel stressed due to loads of school works and through playing it will relieve their stress.

## OBJECTIVES

- 1 To know about the pattern of adolescents playing online Video Games
- 2 To study the impact of video games on the adolescent's behavior
- 3 To study the impact on their social bonding

## HYPOTHESIS

- 1 There will be no patterns of adolescents playing online video games
- 2 There will be no impact of video games on the adolescent's behavior
- 3 There will be no impact on their social bonding

## TOOL USED

Self-constructed and multiple-choice questionnaire was made by the investigator as a tool for collecting the data.

## RESEARCH METHODOLOGY

The data was analyzed by using descriptive method. Self constructed questionnaire was used to collect the data.

## SAMPLE SIZE

The study covered sample of 50 adolescents of 10<sup>th</sup> class of Government Model Senior Secondary School studying at Sector 15 in Chandigarh.

## DATA INTERPRETATION AND ANALYSIS

Data was analyzed and interpreted with the help of question-wise tabular representation given below:

**Statement 1:** Do you play online video games?

**Table No. 1**

Responses	Percentage
Yes	42%
No	18%
Sometimes	40%

It was found that 42 % of adolescents said that ‘yes’ they do play online video games as compared to the 18 % students who said that ‘no’ they do not play and rest 40% said that they do play but ‘sometimes’.

**Statement 2:** Do you hide or lie about your online video gaming to your parents?

**Table No. 2**

Responses	Percentage
Yes	60
No	10
Sometimes	30

According to the study, 60% students replied ‘yes’ they hide or lie about their playing online video games to their parents while 10% replied they ‘no’ and 30% replied ‘sometimes’ they hide or lie to their parents.

**Statement 3:** Do you get very angry when someone or something interrupts you while you are playing online video games?

**Table No. 3**

Responses	Percentage
Yes	73
No	7
Sometimes	20

The study depicts 73% of school going adolescents get angry when interrupted while playing online video games. On the other hand, 7% of adolescents don’t get angry and rest 20% said that it all depends, sometimes they do get angry and sometimes they don’t get angry.

**Statement 4:** Do you set limits with friends while online video gaming and then break them, playing hours longer than intended?

**Table No. 4**

Responses	Percentage
Yes	55
No	20
Sometimes	25

The given table shows that, the percentage of children who set limits and intended to play longer and skip sleep while online video gaming is 55% and those who don't are only 20% and rest 25% said that sometimes they do and sometimes they don't.

**Statement 5:** Do you find yourself online video gaming in early mornings?

**Table No. 5**

Responses	Percentage
Yes	28
No	52
Sometimes	20

According to the findings, 28% of kids stated that they do wake up early in the morning to play online video games. The remaining 52% stated that they don't wake up early in mornings to play the game. The rest 20% of them said that it all depends on the game level and competition.

**Statement 6:** Do you feel sick, get late to school or skip classes due to games?

**Table No. 6**

Responses	Percentage
Yes	50
No	50
Sometimes	0

It was found that 50% of students were called in sick, late to school or skipped classes to online video gaming whereas other 50% did not do so.

**Statement 7:** Do you feel guilty and shameful around your friends, when you lose from them?

**Table No. 7**

Responses	Percentage
Yes	15
No	55
Sometimes	30

The table indicates 15% of the students feel shameful after losing from friends, whereas talking about 55% of them, they said that they don't feel guilty after losing from friends and the rest i.e. 30% said that they do feel shameful sometimes.

**Statement 8:** Do you think online video gaming has taken the place of any hobbies or sports you used to play?

**Table No. 8**

Responses	Percentage
Yes	60
No	30
Sometimes	10

According to the analysis, 60% of the adolescents feel that online video gaming has taken the place of their hobbies or sports as compared to 30% who replied online video gaming has not taken the place of their hobbies or sports. While 10% sometimes feel that that online video gaming has replaced their hobbies or sports.

**Statement 9:** Do you forget appointments, responsibility or deadlines in school while online video gaming?

**Table No. 9**

Responses	Percentage
Yes	55
No	15
Sometimes	30

55% of the students said that they do forget their appointments, responsibility or deadlines while online video gaming whereas 15% do not forget. The rest 30% sometimes forget and sometimes do not forget their deadlines and all.

**Statement 10:** Do you think your hours spent on video games have increased over past time?

**Table No. 10**

Responses	Percentage
Yes	55
No	35
Sometimes	10

Here, 55% of students said that their timing of online video games has increased over the past time and 35% of them said that their timing has not changed. While 10% of them sometimes feel that their hours spent on video games have increased over past time.

**Statement 11:** Do you blow off social events to play online video games?

**Table No. 11**

Responses	Percentage
Yes	35
No	25
Sometimes	40

35% of the students said that they don't blow off social events while online video gaming whereas 25% do blow off social events. The rest 40% sometimes blow off and sometimes do not blow off social media.

**Statement 12:** Do you think you have lost contact with friends and family since online video gaming?

**Table No. 12**

Responses	Percentage
Yes	30
No	70
Sometimes	0

According to above table, 30% of adolescents said that they lost contact due to online video gaming and rest 70% of them said that they have not lost contact with family and friends as they play video games with them only.

**Statement 13:** Do you have intense feelings such as high, low, anger and fear while online video gaming?



**Table No. 13**

<b>Responses</b>	<b>Percentage</b>
<b>Yes</b>	<b>60</b>
<b>No</b>	<b>10</b>
<b>Sometimes</b>	<b>30</b>

60% of the adolescents stated that they do come in contact with various feelings while playing online video gaming whereas only 10% stay calm. Talking about the rest of adolescents i.e. 30%, they have mixed feelings, sometimes they do feel and sometime they don't.

**Statement 14:** Do you make unknown new friends who are online video gamers?

**Table No. 14**

<b>Responses</b>	<b>Percentage</b>
<b>Yes</b>	<b>40</b>
<b>No</b>	<b>24</b>
<b>Sometimes</b>	<b>36</b>

40% of the students said that they make unknown new friends who are online video gamers whereas 24% of students said that they do not make friends with unknown video gamers. The rest 36% said that sometimes they make unknown new friends with online video gamers.

**Statement 15:** Are online video gaming stories one of the most exciting topics of conversations among you and your friends?

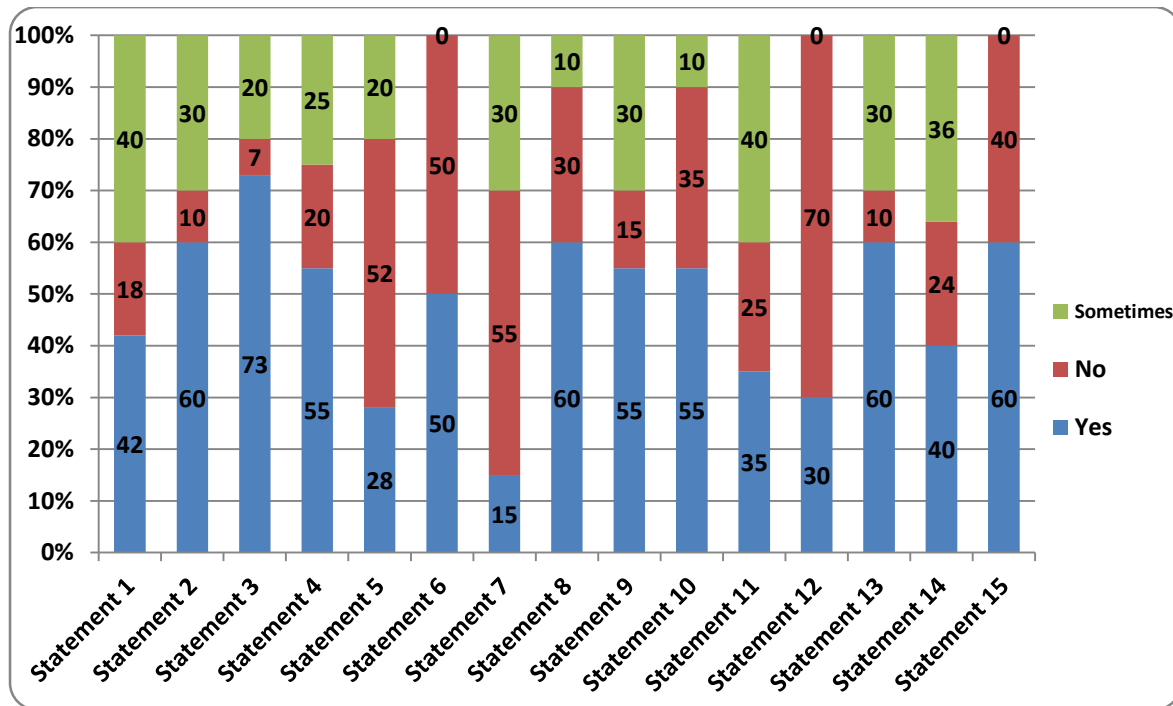
**Table No. 15**

<b>Responses</b>	<b>Percentage</b>
<b>Yes</b>	<b>60</b>
<b>No</b>	<b>40</b>
<b>Sometimes</b>	<b>0</b>

Here, 60% of adolescents stated that online video gaming is the most exciting topic of conversation among their friends and rest 40% of them said that online video gaming is not common talk of discussion while they are with their friends.

Figure No. 1 shows graphical representation of the percentage of respondents who play online games, based on the above 15 statements..

Figure No. 1: Showing response percentage of adolescents playing web games



### Suggestions for Parents to Manage Web Games

Following suggestions are extended for parents to mitigate the negative impact of web games on their adolescent children’s behavior and performance:

1. Research and know the content and rating of the video games your teen is playing.
2. Do not install any video game equipment in your child’s bedroom.
3. Set limits on how long and how often your teen can play the games.
4. Monitor your child’s media consumption from television, internet, and video games.
5. Discuss with your child about their feelings and observations about the games they play. What is it that drives so much interest in them?
6. Discuss with other parents to know more about certain video games and share ideas to help each other understand the facet of kids.
7. Be a good role model for your child and limit your own screen time.
8. Talk to the young adults about the various aspects of media, the positives and negatives of too much exposure to screens, and the balanced use of screen time.
9. Have family time and take up activities that do not involve screens. Or take the initiative to go out with your family every week or weekend to take a complete break from digital media. Even one screen-free day in a week can make children realize that the digital world is not everything.

## CONCLUSION

The study shows that mostly children play online video games and sometimes they get angry when interrupted. It implies that web games have a great impact on the behavior of adolescents. For playing online video games students wake up early in the morning and also get late or skipped classes while playing. It also effects on their school or academic performance mostly students forget their assignments or homework. Mostly students responded that they lost contact with family and friends due to online video gaming. Therefore, web games have also significant impact on their social bonding. Students and online video gaming is the most exciting topic of conversation among friends. Hence, parents must supervise the web activities of their children specifically during adolescence so as to avoid long term negative repercussions.

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