The Role of Video Games and Suicidal tendency among Youths: A critical evaluation

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ABSTRACT

There is growing concern about the potential for video games to have negative mental health consequences. Gaming addiction, poor coping strategies, unhealthy lifestyles, loneliness and isolation, depression, and even suicide ideation are just some of the challenges. Further After playing and learning about famous games,we was able to create parameters that were used to analyse various gaming experiences and concerns. As for our research approach,we chose content analysis as the most appropriate method. For the study, we compiled a list of the top 10 most popular video games based on popularity and platforms, which I studied in the course of my research using the parameters and came up with my findings. We were able to assess the Vivid Games on a ten-point scale based on their awful influence on mental health and Suicidal

tendencies among youth based on my observations and results. Level of difficulty, Negative influence on mental health, and the desire for the internet emerged as persuasive factors that are most prone for the causes of agony and agitation, which in turn leads to suicidal behaviour.As this Research was done through Content analysis on field experience , interacting with Various type of Gamers were some of the limitation faced during this Research . It was found that , In this day and age of digital media, where adolescent rivalry is severe, hostility should be channelled for much more purposeful things, and adequate direction should be instilled in them to avoid them from performing such risky actions as there is no direct relation between games and suicidal tendency but continous gaming can develop various health issues and suicidal tendency.

Keywords: Gaming, Suicide, Mental health, Technology, Video games, consoles.

1.1 Introduction

The mode of Video games have evolved over the years from Playing it on Large room size computer to playing it on computer and later after the advancement of internet and digital Distribution this gave room to Independent video game developers (also known as indie games) who got a chance to flourish in 2010s. Since then, the video game industry's commercial significance has grown.

Children and teenagers like playing video games as a kind of entertainment. With the rise in technology and easy availability of different genres of games available on single tip on mobile phones, Video games and its consequences have become nearly ubiquitous in nations all over the world. It was found that children spend an average of twenty five hour in a week watching television and nine hour a week playing video games (Gentile et al., 2004).

Psychologists, policymakers, and the general public are concerned about the potential impact of video games on youth violence and its effect. The American Academy of Pediatrics recognizes that exposure to mass media (e.g., television, movies, video and computer games, the internet, music lyrics and videos, newspapers, magazines, books, advertising) presents health risks for children and adolescents but can provide benefits as well if Proper education and understanding is Provided for the Same.

1.(a) Video Games & Platforms

Since the invention of video games, the industry has been rapidly expanding - both within terms of look, technology used to generate them, and how they are played. In recent years, the number of gaming platforms has increased substantially, providing gamers with increasingly realistic experiences.

Today's video games have lifelike visuals and simulate reality to an incredible degree in many areas. Depending on their level of skill, gamers may use both mobile gaming platforms, such as Google Stadia, and static platforms, such as PC or Xbox.

Source: Games Developer Content, Statista. Image 1.21 the most important platforms based on survey.

1.(b)Video games and type of Genres

A video game genre is a subset of games that share similar gameplay elements. Video game genres are primarily described not by the game's background or plot, neither by its method of play, but with how the player interacts with the game.

1) Shooter (FPS and TPS) : This are shooting games , it has branched out into two key sub-genres: first-person shooter (FPS) and third-person shooter (TPS) . as either first or third-person shooters,   including Fortnight and *Player Unknown's Battlegrounds.*

2) Action Adventure: Through character participation and tight gameplay mechanics, action-adventure games place a strong emphasis on storyline and battle.

3) Multiplayer Online Battle Arena (MOBA): Many features of multiplayer online battle arena games are shared with real-time strategy games. There's a top-down perspective that emphasizes map and resource management, as well as real-time player competition.

4) Racing: There are various types of racing games in which the player competes against time or against opponents while using some mode of transportation.

5) Simulation : Simulation video games are a varied subcategory of video games that are often aimed to closely simulate parts of actual or fictitious reality.

6) Battle Royale : A battle royale game combines survival, exploring, and scavenging components from a survival game with last man standing action.

7) Strategy : Typically applicable primarily to computer strategy games (however, this genre is probably the most well known of strategy games and is what most websites mean when they say "strategy games") implies that the action in the game is continuous, and that players must make decisions and do actions against the backdrop of a continually changing game state.

8)   Sports : Sports games have become more diverse, with full-fledged agreements with major athletic organizations available, from racing tracks to the field or court.

1(.c)Video games and Impact on Youths

The rising popularity of video games has instigated a debate among parents, researchers, video game designers, and policymakers concerning the potential harmful or helpful effects of video games on children (Prot et al, 2012).

Aggression refers to behaviors intended to harm another person physically or psychologically or to damage, destroy or take that person's property (Bartol, 1995).

The large percentage of violent video games involve physical violence, and many multiplayer games also contain verbal aggression.

Playing violent video games tends to enhance aggressive behavior, which can lead to more severe violence or other criminal behavior.

1 (d)Video games and Suicide

Suicide, from Latin *suicidium,* is "the act of taking one's own life, attempted suicide or non-fatal suicidal behavior is self-injury with at least some desire to end one's life that does not result in death. Suicide is often committed out of despair, or attributed to some underlying mental disorder which includes depression, bipolar disorder, schizophrenia, and alcoholism and drug abuse. Financial difficulties, interpersonal relationships and other undesirable situations play a significant role.

Theory of Suicide

The **interpersonal theory of suicide** attempts to explain why individuals engage in suicidal behavior and to identify individuals who are at risk. It was developed by Thomas Joiner and is outlined in *Why People Die By Suicide*. The theory consists of three components that together lead to suicide attempts. According to the theory, the simultaneous presence of thwarted belongingness and perceived burdensomeness produce the desire for suicide. While the desire for suicide is necessary, it alone will not result in death by suicide.

2.1 Review of Literature:

Claire Houtsma (2017) in the Research Paper "A LONGITUDINAL INVESTIGATION OF THE EFFECT OF VIOLENT VIDEO GAME PLAY ON CAPABILITY FOR SUICIDE" According to the interpersonal theory of suicide, for an individual to be capable of engaging in suicidal behavior they must be fearless about death and possess elevated physical pain tolerance. It is believed that such capability is developed through exposure to painful and/or provocative events, which serve to habituate the individual to fear and pain. This study was done to investigate the impact of video game play on capability for suicide.

Yoshiki Koga and Daisuke Kawashima (2019) in the Research Paper "The relationship between video game play and suicide risk among Japanese young adults " So the Study explored that in developed societies, video and computer games are widely used. In Japan, more than half of all males and females in their twenties and thirties play video games on a regular basis. The study was sought to investigate the links between game playing and suicide risk among Japanese young adults. A total of 310 gamers between the ages of 20 and 39 were recruited through an Internet research firm and asked to complete a questionnaire.

Tobias Teismann, Eva-Maria A.D. Förtsch ,Patrick Baumgart, Serkan Het, Johannes Michalak (2013) in the Research paper "Influence of violent video gaming on determinants of the acquired capability for suicide" Examined whether playing actionshooter games may contribute to an increase in acquired capability. In line with the predictions, action- shooter gaming was associated with heightened levels of pain tolerance and risk-taking behavior compared to playing a non-violent race simulation game. N=81 male participants were randomly assigned to play a shooting game or a running game before participating in a risky game and performing a cryotherapy (CPT) mission.

Center for Health Promotion and Prevention Research (2014) in the Research paper (Daily Violent Video Game Playing and Depression in Preadolescent Youth) Most studies on the impact of playing violent video games on mental health have focused on aggression. THE EFFECTS OF EXPOSURE TO MEDIA VIOLENCE in general and of playing violent video games in particular on the mental health of children and adolescents have been of great concern to researchers, health professionals, and public policy makers for many decades. In this study, hey evaluated whether daily violent video game activity in the previous year is connected with a higher frequency of depressed symptoms among preadolescent adolescents after adjusting for many well-known indicators of depression in youth in this study.

3.1 Research Methodology

The study is being conducted in accordance with Similar Web for games played by gamers on mobile phones, as well as popular desktop games played by gamers. Games of various genres and platforms will be evaluated for the study and then analyzed on several parameters.

Objectives of the Study

1. To learn how frequent it is for youngster's to play violent video games.

2. To study if there is a link between playing violent video games and becoming aggressive.

3. To find out the Relation between Video game playing and stress.

4. To bring out the psychological effect of playing violent video games among children.

5. To study the Various Provoking factors which encourages them to play violent video games and take drastic steps.

Hypothesis of the Study

1. There is absolute no relation between suicide and video games.

2. All violent games results in suicide amongst youth.

3 Limited hours of video game doesn't affect mental health and reduces suicidal tendencies.

4 Individual games with money involved contribution more in suicidal tendencies

5 Continuous Gaming leads to social Isolation.

6. The availability of video games has led to an epidemic of youth violence.

Study Parameters

1. Type of Game- Action, sports, adventure.

2. Platform of Game.

3. Bucks involved to play games

4. Level of difficulty

5. Gender

6. Rewards

7. Gaming interface.

8. Mental Health

9. No Players involved.

10. Requirement of Internet
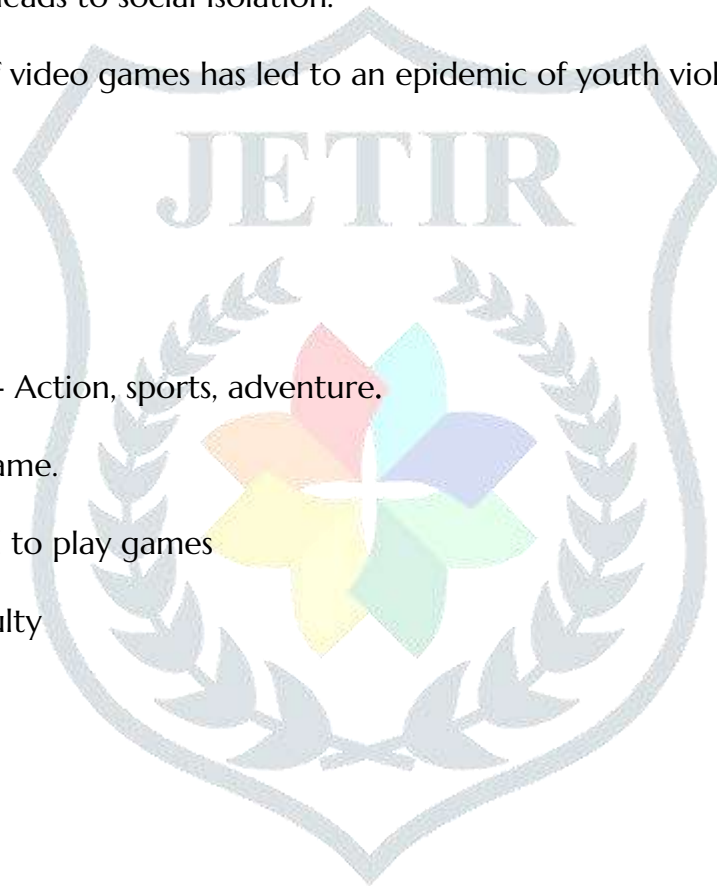
Content analysis is the method of Data collection. The material from various popular gaming websites will be compared and examined using content analysis. Popular games across All platforms of gaming with the help of various rankings given by the will be considered and analyzed.

Primary Tool:

Content Analysis - Content analysis is a research technology that utilizes evaluating and categorizing textual content in order to make scalable and accurate findings. Qualitative data can be transformed into quantitative data by methodically evaluating texts (e.g., documents, images).

3.92 Secondary Tool:

The popularity of the Games determined by the different ratings and the Games which are played by the Gamers on YouTube is a piece of material and also which younger prefer the most as per the data available.

4.Data analysis

Content Analysis will be used to do data analysis for my research study. Content analysis is however one way in which the available resources are analyzed methodically in communication designs.

The parameter based on which I have analyzed the shows are

1Type of Game- Action, sports, adventure.

2. Platform of Game.

3. Bucks involved to play games

4. Level of difficulty

5. Gender

6. Rewards

7. Gaming interface.

8. Mental Health

9. No of Players involved.

10. Requirement of Internet

_1 .Game: GTA Vice city

(Image 4.2.1: GTA Game Poster)

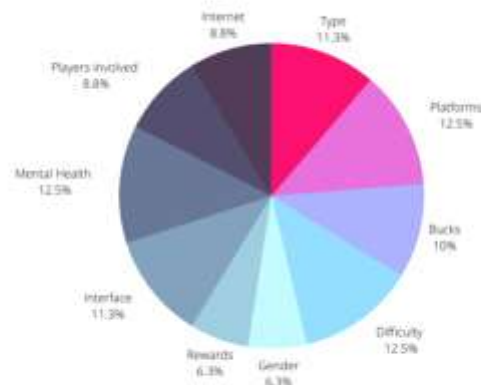| Game	Developers	rating	Release Year
GTA V	Rock star games	4.3/5	2013

(Table 4.2.1: GTA V Details)

1. **Type of Game-** Grand Theft Auto V is a Rock star North and Rock star Games action-adventure game released in 2013. It is the seventh main entry in the Grand Theft Auto series, and the fifteenth overall, following 2008's Grand Theft Auto IV. The single-player storey follows three protagonists—retired bank robber Michael De Santa, street gangster Franklin Clinton, and drug dealer and gunrunner Trevor Philips—as they attempt to commit heists while under pressure from a corrupt government agency and powerful criminals in the fictional state of San Andreas, which is based on Southern California. Players can freely wander San Andreas' wide countryside and the imaginary city of Los Santos, which is modelled on Los Angeles, thanks to the open world concept.

2. **Platform of Game.** - GTA is available for play on the Xbox One, Xbox 360, PS3, PS4, PS5, Xbox Series X/S, and PC, while other Version of GTA is also available on Android and IOS Phones.

3. **Bucks involved in Playing** – So if one like to play this game, needs to the official Rock star Games website and make their purchase. The game is up for sale on Steam at Rs 2,099, while the charges can change according to the offers , while other Version of the this Game ranges from 500- 4000rs.

4. **Level of difficulty** - GTA 5 is nearly hard to accomplish in a shorter length of time, especially because you can free roam about Los Santos without completing the plot or side quests. The main plot takes roughly 30 hours to complete. Also one can manage the level of difficult for completing the mission which depends upon the RP (Reputation in game) and Money (in Game) which a player has.

5. **Gender** – GTA is amongst the most popular video games, and almost everyone who enjoys video games has played it at least once in their lives. GTA 5 is one of the most popular open world games. And there is a bit of inclusion of strong female characters. Every main poster of GTA has a woman, scantily dressed to Attract the male character, Yes, there are female gamers, very less compared to males, but existent.

6. **Rewards** - Grand Theft Auto 5 is one of the world's largest world games of all time. The story line can take up to 30 hours to complete, and there are numerous side missions, mini-games, eastern eggs, and challenges thrown in for good measure. The Career Criminal trophy, which needs hundred percent completion in GTA 5, is one of these milestones. This Reward are only for the Satisfaction of the gamer while there is no monetary rewards given to the player.

7. **Gaming interface** - The fictional US state of San Andreas and the metropolis of Los Santos, based on Southern California and Los Angeles, respectively, serves as the game's setting.   Grand Theft Auto uncovered several thematic areas relating to the activity of playing the interface. The traditional view of gameplay is of a highly structured activity with game-defined goals. A basic characterization of "playing the interface" is

that players play specifically with the user interface itself. That is, they experiment with the interactive possibilities, from the buttons on the controller to complex activities.

8. **Mental Health** - Grand Theft Auto, the most popular of such games, apparently boasts no violence against youth but does provide "tremendous freedom to commit mayhem. GTA V is an extremely violent game. It is full of misogyny, hate, deceit and vengeance. If someone takes the game too seriously, things can go wrong.

9. **No of Players involved –**   The original GTA game was a third-person shooter, but rock star has added a first-person shooting option to GTA V. This gives players dual perspectives, allowing them to flip between third and first person during the game, which is very cool and useful. The game can also support up to 30 players in multiplayer mode and competitive game with your group of friends or even get to know new people online.

10. **Requirement of Internet** - After all, Rock star wants you to stay online when using the launcher since it gives them vital data like playtime, PC specs, and engagement numbers for the commercial GTA Online mode, among other things. But it can be played offline without and internet connection. In order to Play GTA V in Offline Mode, players will need to: Run the rocks tar Games Launcher and update it to the latest version.

(Pie-chart no. 4.2.1: Quantification of the parameters for GTA

2.Game: Call of Duty

Game	Developers	rating	Release Year
Call of Duty	Activision	4.2/5	2003

(Table 4.2.2: COD Details)

1) **Type of Game** – Call of Duty is a first-person shooter video game released by Activision in 2003. It was developed by Infinity Ward and distributed by Activision. Call of Duty shares a lot of similarities with the Medal of Honor series in terms of subject and gameplay, but it also features several viewpoints set in the American, British, and Soviet theatres of World War II.

2) **Platform of game** - *Call of Duty* Game that can Played on for PlayStation 5, Xbox Series X/S, PS4, Xbox One, and PC even The CALL OF DUTY Can be played on mobile device. With classic multiplayer modes such as Team Death match, Domination, and Kill-Confirmed on iconic maps such as Shipment, Raid, and Standoff, as well as 100 player Battle Royale.

3) **Bucks involved in Playing** - All gamers, regardless of platform, have had access to Call of Duty for free. However, because it is an online game, there has been considerable debate about whether or not a paid subscription is required to play it. While there are various charges like season charge pass and also charges if one wish to buy various skin for their character or any arms and ammunition in the game. The pass costs around €10 as you need 800 CP to get it. Every season, the Battle Pass allows you to get a multitude of skins (rare, epic and even legendary), rewards, and even emotes.

4) **Level of difficulty** - players are divided into different Tiers. Depending in the performance of the player after the match, the tier is decided. Higher the tier, difficult it is to play and survive in the game. The Call of Duty series there is four difficulty levels in the campaigns (four more introduced in Call of Duty: Black Ops III, Call of Duty: Infinite Warfare, and Call of Duty: Modern Warfare). Each is different, with Recruit being the easiest and #YOLO being the hardest.

5) **Gender** - 80 per cent of gamers who play Call of Duty are male (with those aged 15 to 19 accounting for 20 per cent of all players). And, despite the age restrictions, one in five of all players (21 per cent) are aged 10 to 14. Women account for 46% of gamers across all platforms (mobile, PC, and console). Women's sessions run 25% longer than men's when it comes to mobile gaming. Women prefer single-player mode games (86 percent), while Call of Duty and Fortnight both have a significant female following (36 percent and 34 percent, respectively).

6) **Rewards –** The victors of a Warzone match are showered with XP – experience points, which is also covered in this guide – for their impressive display of skill. COD Mobile players who have Prime Gaming memberships will be the only ones able to redeem these exclusive free Benefits. Other than that there are Gaming tournament which are organized by the gaming company for players to compete, earn rewards, and secure a share of the $2,000,000 prize pool and price may vary depending upon the platform.

7) **Gaming Interface –** The Direct Neural Interface, or DNI, is a feature in Call of Duty. It gives the gamer complete control over their physiology while also allowing them to interface with computer systems. The game is played like a genuine military campaign,

with commanders organizing soldiers, ensuring appropriate resources, and planning campaigns. There are forces on the ground, in the air, and at sea to contend with.

8) **Mental Health -** People who spend hours playing action video games such as "Call of Duty" or "Assassin's Creed" are more likely to suffer mental problems. Habitual video game players are more at risk of neurological and psychological disorders such as Alzheimer's disease, dementia, schizophrenia, post-traumatic stress disorder and depression.

9) **No of Players involved -** Multiplayer combat online among 150 players set in the city of Verdeans, a fictional place. Cross-platform play and progression between both games exist. The game also includes battle royale modes featuring up to 100 players. A player can choose to play alone, on a two-man team, or in a four-man squad.

10)   **Requirement of Internet –** (Other Devices) In order to play the Call of Duty:, One does not need an internet connection, provided that the game is installed. One can play Call of Duty: Modern Warfare offline by selecting the Go Offline option once it has been installed.

Mobile Phone - Call of Duty Mobile consumes approximately 35 mb internet data in an hour. If you play 1 hour a day. You will consume around 1 GB of your internet data in a month. The game is a multiplayer based online game.
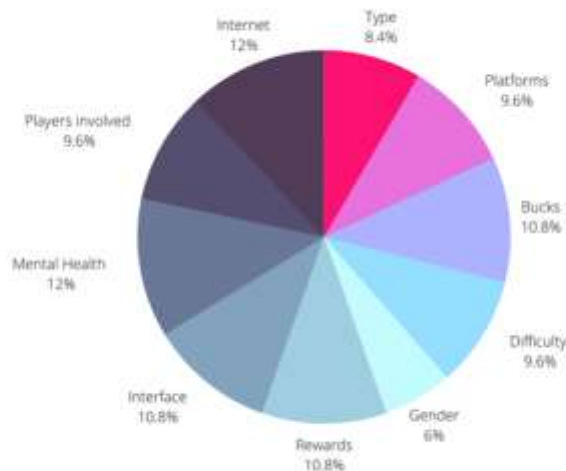
(Pie-chart no. 4.2.2: Quantification of the parameters for Call of duty)

.3 Game: Ludo king

Game	Developers	rating	Release Year
Ludo king	Gametion Technologies Pvt Ltd	4.3/5	2019

(Table 4.2.3: Ludo king Details)

1. **Type of Game** – Ludo King is a cross-platform game that offers the classic board game experience to mobile phones and even on Windows and Mac, It is also one of the most popular games in India.

2. **Platform of game** – It is built with the Unity game engine and is accessible for Android, iOS, Kindle, Windows Phone, and Microsoft Windows. The game is a modern version of the board game Ludo, which is based on the ancient Indian game Pachis.

3. **Bucks involved in Playing** – Ludo king is a free to play online game , So player can play this game for free from downloading it from respective browser. Also there are various in apps purchase through which players can buy coins with real money.

4. **Level of difficulty** – It is quite an unpredictable game and very difficult to hack. There is no such difficulty in this game, this game is totally based upon the decisions and the strategy made by the player. The more one play Ludo King, the more you will know about the game and the strategies.

5. **Gender** – There is no differentiation as both the gender play this game and the ratio is 50:50.

6. **Rewards** – Ludo King Coins, which Player collect as a reward for winning the game, are a virtual currency that is only available in the Ludo King game. The coins may only be used to advance in the game and cannot be exchanged for real money. Player can, however, buy

coins with currency to move quickly in the game, but the coins cannot be transferred into real money.

7. **Gaming Interface –** Ludo King is formed out of a desire to transform a popular board game into a mobile/ Pc game that would delight people in the same way that the board game had done for generations everywhere.

8. **Mental Health** - Ludo necessitates that the players focus and concentrate on the game. One careless play can jeopardize your chances of winning; so, staying aware throughout the game is critical. This, in turn, enhances your concentration and allows you to stay alert for longer periods of time.

9. **No Players involved** – Ludo King is a renowned multiplayer game that you would play with your friends and family, Ludo King is a well-liked game because to its "local multiplayer component," which allows up to six people to play on a single device , each with their own dice.
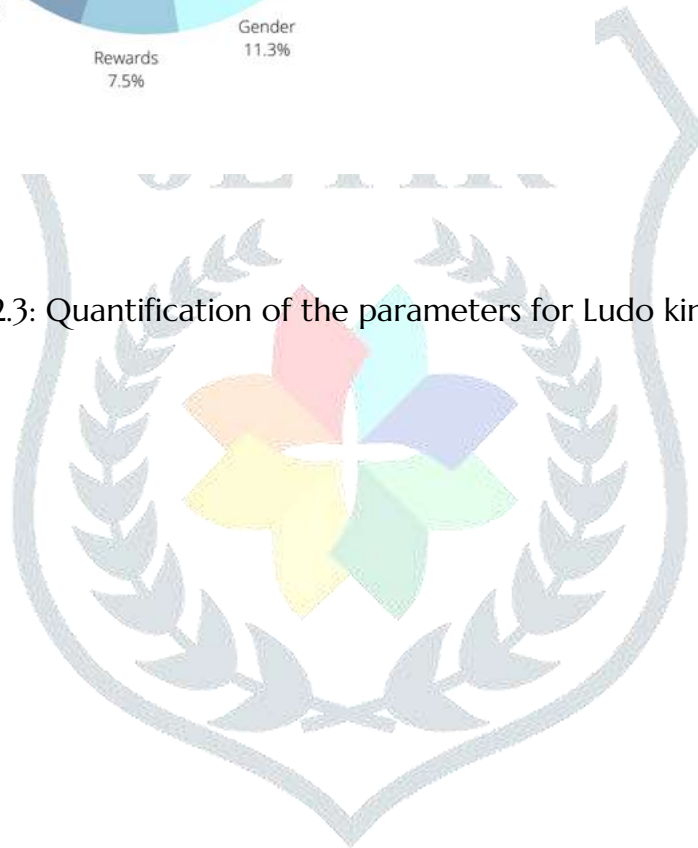
10. **Requirement of internet –** Ludo King allows us the option to play offline with our mates or family at home with the Play n Pass option. Also Online mode where Player can play with random players all around the world.
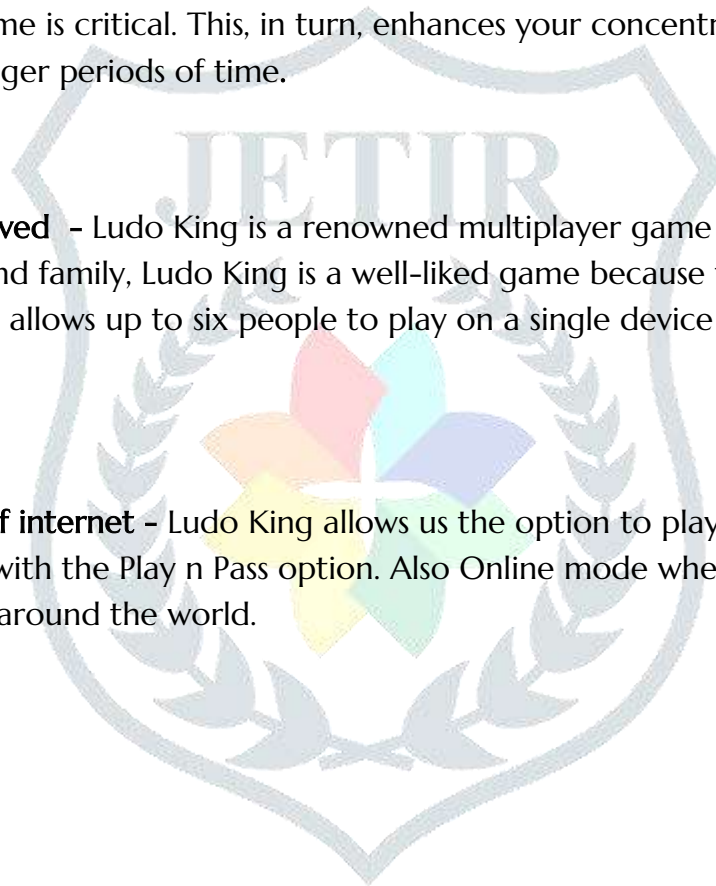
Ludo King
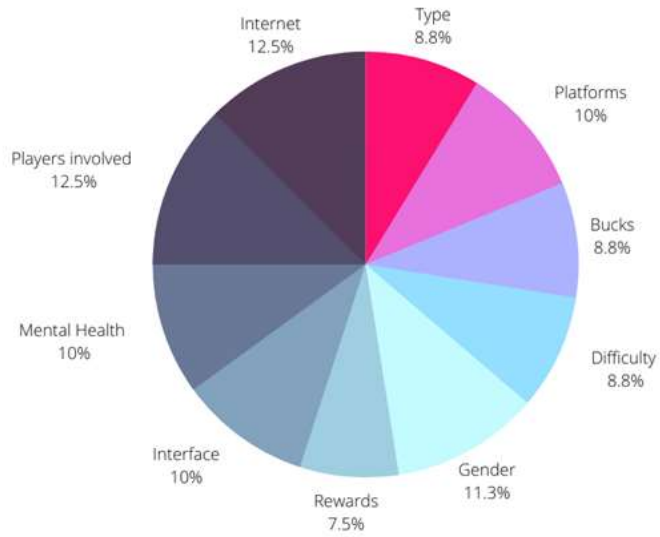
(Pie-chart no. 4.2.3: Quantification of the parameters for Ludo king)

4. Game:PUBG

Game	Developers	rating	Release Year
PUBG	Krafton	3.9/5	2016

(Table 4.2.4: Pubg Details)

1) **Type of Game –** PUBG is a <u>player versus player</u> <u>shooter game</u> in which up to one hundred players fight in a <u>battle royal</u>, a type of large-scale <u>last man standing death match</u> where players fight to remain the last alive.

2) **Platform of game –** PUBG is a popular game that is available on Android, iOS, Xbox One, PlayStation 4, PlayStation 5, Stadia, and Windows.

3) **Bucks involved in Playing –** In March 2017, PUBG Battlegrounds, then known as Player Unknown's Battlegrounds, was released in early access. Its official launch occurred in December of that year. Until the format change, it was $29.99. While the Price may vary depending upon the platform while Pubg on mobile is free to play.

4) **Level of difficulty** – So the Level of difficulty in this Games goes on increasing as the player increase his/her ranking after the performance based on that algorithm is set up where players of same level compete on the battle field to Win the game .

5) **Gender** - The gender ratio of PUBG players is nearly one to one. And, given that the boys display a variety of compulsive symptoms related to gaming.

6) **Rewards –** Players can earn money by streaming or competing in PUBG, Also Players can bet on eSports events or train players. While The rewards which a player get is increase in their ranking , also gets some coins and other gaming equipment's which can only be used in the game for further battles

7) **Gaming Interface -** The current game lobby has been completely altered by Pubg. The new lobby features three new areas and a more realistic appearance. The game lobby is set to provide a heated atmosphere for players to jump immediately into the games with zeal. The social lobby exists to foster in-game interactions and provide a better experience. The store lobby will make it easier for gamers to shop and try on different clothes and weapons skins. The game has also added a feature that allows players to simply customise the entire UI to their taste, giving the game a more personalised feel.

8) **Mental Health** - PUBG is used by players to address and manage with anxiety and despair, it also has a strong influence on the presence of other issues such as ADHD, suicidality, self-harm, and aggressive behaviour.

9) **No of Players involved** - A maximum of four players can play on the same team at the same time. By creating a room, one can play with eight players, however four will be in one team and four will be in another. So this can be played individually or else as a multiplayer mode.

10) **Requirement of Internet –**Since PUBG is an online multiplayer battle royale game, players must fulfil the required PUBG internet speed requirements. i.e. 3 Mbps Download Speed 0.5 & 1 Mbps Upload Speed.

PUBG
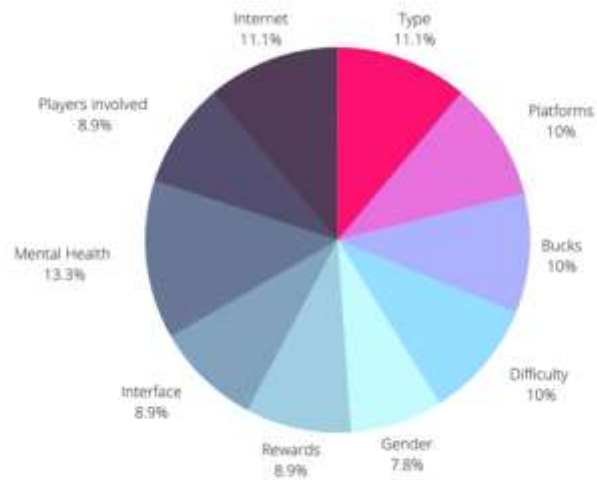
(Pie-chart no. 4.2.4: Quantification of the parameters for PUBG)

5.Game: Blue Whale

Game	Developers	rating	Release Year
Blue whale	------------	nil	2013

(Table 4.2.5: Blue whale   Details)

1) **Type of Game –**   It is a "game" that apparently consists of a series of tasks assigned to participants by administrators over a 50-day period that begin innocuously before introducing elements of self-harm and culminating in a challenge that requires the player to commit suicide.

2) **Platform of game –** Blue Whale is not a free-to-play game, programme, or piece of software. It is not available to children via app stores or social media networks such as Facebook. It is circulated around hidden social media groups. The developers seek out their players/victims and invite them to join.

3)   **Bucks involved in Playing –** No there were no charges involved for playing this game , It is because this game is not publicly available, Player can only be part of the game if an administrator contacts you and enlists you as a potential whale, or candidate .

4)   **Level of difficulty –** The daily chores begin quite simple, ranging from listening to specific genres of music to watching horror-style movies. The chores become more difficult as the days pass, such as staying up until all hours of the night to mutilate the flesh and carve a "whale" sign onto their arm. The person committing suicide is the game's final job and the game's finish.

5)   **Gender** - the 'Blue Whale Suicide Game', this web phenomenon targets at-risk children & teens across the world, Also , targets those who are depressed and turns suicide into a thrilling game

6)   **Rewards –** The players feel rewarded as they reach higher levels of the game, which re-engages them to accept even more difficult challenges of self-harm. Self-infliction may be misconstrued as victory over one's worries.

7)   **Gaming Interface -** This 50-day challenge, Blue Whale game, requires participants to receive instructions from an anonymous administrator. Players of this game cannot stop playing because they are black mailed and cyber bullied into completing the game.

8)   **Mental Health –** Suicidality may increase as a result of direct exposure to suicide behaviours and acts of self-harm via social media, particularly among the more vulnerable populations. It mentally encourage players to engage in bold, self-destructive activities over 50 days before finally taking the "winning" step of suicide – and each task must be filmed and uploaded as "evidence."

9)   **No of Players involved** – Blue Whale was a single player game, where they have to Report to the administrator after completing every task.

10)   **Requirement of Internet –** Yes there was requirement of Internet to communicate after every task, so the player can proceed with the next after the approval.

Blue Whale
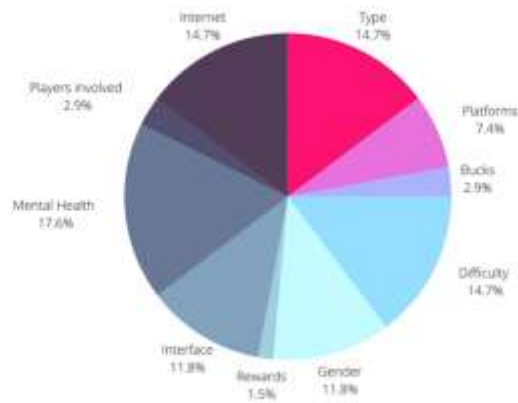
Pie-chart no. 4.2.5: Quantification of the parameters for Call of duty)

4.2.6 Game: Pokémon go

Game	Developers	rating	Release Year
Pokemon Go	Niantic	4.3/5	2016

(Table 4.2.6: Pokemon Go Details)

1) **Type of Game -** Pokémon Go is a 2016 augmented reality (AR) mobile game developed and published by Niantic in collaboration with Nintendo.

2) **Platform of game** - This game can be played on Android , IOS and Ipad OS .

3) **Bucks involved in Playing** - Pokémon GO is a free game with plenty of exciting activities and Pokémon to find around every corner. Certain products and features can be purchased with in-app purchases for gamers who wish to improve their Pokémon GO experience even further. PokéCoins, the in-game currency of Pokémon GO, may be purchased with real money.

4) **Level of difficulty –** Tier 1, Tier 3, Tier 5, and Mega Raids are the four levels of difficulty for raids. The Raid Boss becomes tougher as the difficulty level rises, and you'll need more players to win.

5) **Gender –** 68% People play Pokémon Go between the age of 14 to 25 Out of which 37% are male gamers while 63% are female gamers.

6) **Rewards –** The prizes in Pokémon GO are more generous for players that visit PokéStops or Gyms on a frequent basis. Trainers who maintain their Pokémon in Gyms for an extended period of time earn premium cash. Players will be rewarded with Pokéballs and experience if they engage with PokéStops for seven days in a row.

7) **Gaming Interface –** Pokémon Go is an Augmented Reality (AR) game for mobile devices that combines gaming with real-life outdoor physical exercise. Players locate, catch, and interact with virtual creatures known as Pokémon in this game.

8) **Mental Health -** Pokémon Go has been associated with increased physical activity, social behaviour, and a better sense of well-being.

9) **No of Players involved –** Pokémon go Can be played individually as well as with friends as they can battle with each other in the game .

10) **Requirement of Internet** - Pokémon GO necessitates the use of a live internet connection. This is because the game detects your location using your phone's GPS and uses Google Maps data for in-game objects like Pokestops and Gyms.

Pokemon Go
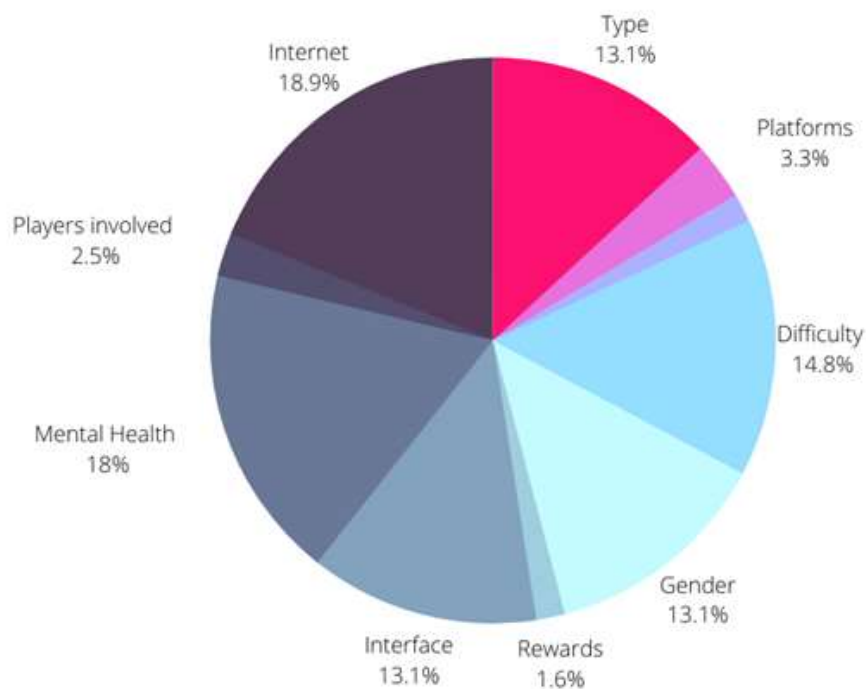
Pie-chart no. 4.2.6: Quantification of the parameters for Pokémon Go

4.2.7 Game: Clash of Clans

Game	Developers	rating	Release Year
Clash of Clans	Supercell	4.6/5	2012

(Table 4.2.4: Clash of Clan Details)

1) **Type of Game –** This is a freemium multiplayer combat strategy game in which players train troops, construct strongholds, establish communities or clans, and fight other players in order to get points.

2) **Platform of game –** This game can be played only on two devices i.e either on IOS or Android mobile phones / Tablets . While different version are same game is available on PC.

3) **Bucks involved in Playing** - Although Clash of Clans is not a pay-to-win game, it has been incredibly difficult to progress without making any in App purchases to buy various powers. Clash of Clans is available for free download and play, however some game items can be purchased for real money.

4) **Level of difficulty –** As one grows in level, the complexity of the Single Player Campaign increases fast, as does the amount of accessible loot.

5) **Gender –** Males make up the majority of Clash of Clans gamers 77 percent, while the rest are the female who play this game. Almost half of Clash of Clans players are between the ages of 21 and 35, with just 23% of players over the age of 35.

6) **Rewards –** The rewards range from resources, Magic Items, to other rewards such as 1-Gem quick donations, boosts to training, building and Laboratory researching, and Hero Skins.

7) **Gaming Interface** - The game is situated in a fantasy-themed persistent world, with the player as a village leader. Clash of Clans requires players to construct their own village out of resources obtained by attacking other players' villages; collecting rewards, purchasing them with medals, or creating them at their own village.

8) **Mental Health -** It is possible that player will lose focus and that your mind will be continually engaged in the game even while you are doing anything else. At some point, users may compromise your daily schedule and may even sleep less. They will experience stress in your life.

9) **No of Players involved** - Clash of Clans is an online multiplayer game in which players join clans, train troops, and attack other players in order to gain resources, while this can also has a single player mode.

10) **Requirement of Internet** - Clash of Clans is a multiplayer online game that requires constant data syncing between the player and the server and hence cannot be played offline.
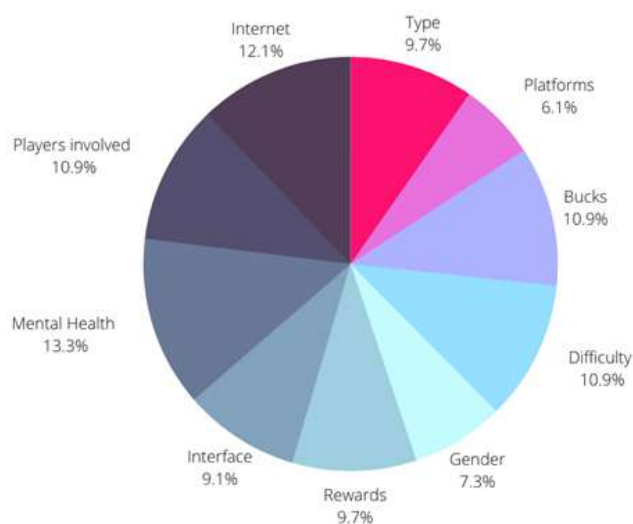
Pie-chart no. 4.2.7: Quantification of the parameters for Clash of Clans

4.2.8 Game: Garena Free Fire.

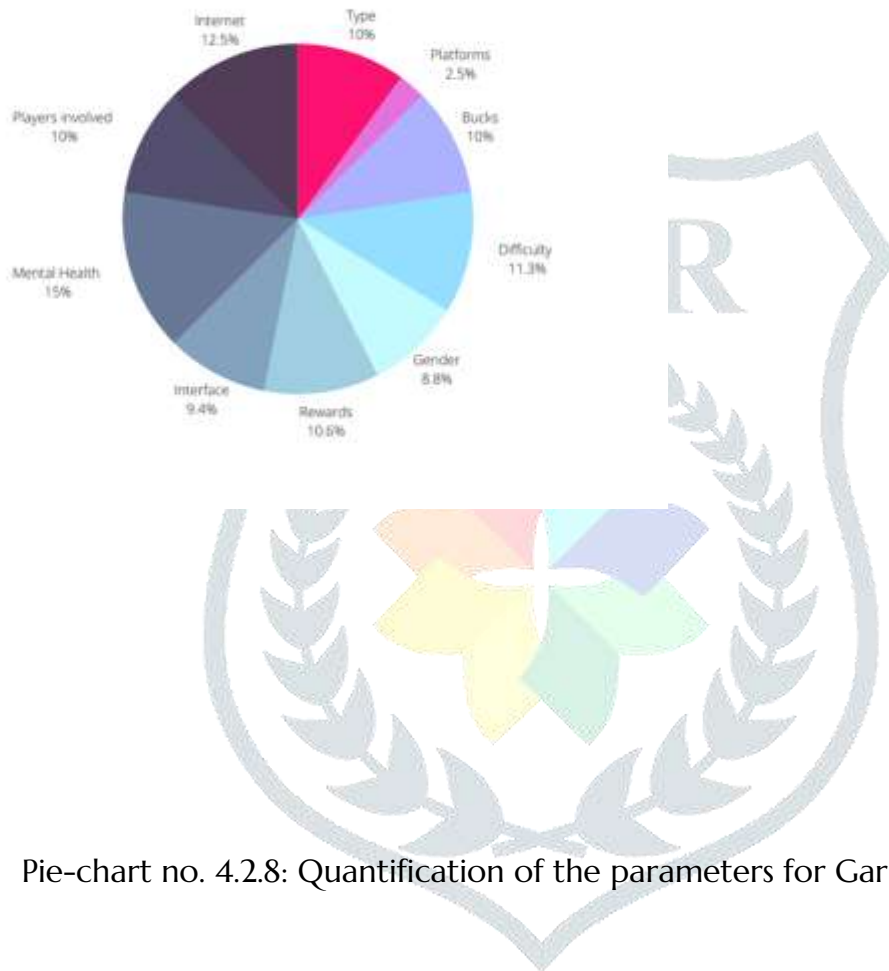| Game	Developers	rating	Release Year
Garena free fire	lll Dots studio	4.5/5	2017

(Table 4.2.8: Garena free fire Details)

1. **Type of Game** - Garena Free Fire is a third-person action-adventure battle royale game that can only be played online. A battle royale round involves up to 50 players parachuting onto an island in quest of weapons and equipment with which to kill the other players.

2. **Platform of game** - Garena Free Fire is free to play on Android and iPhone mobile devices. There is currently no Garena Free Fire PlayStation version for PS5 and PS4 platform hardware.

3. **Bucks involved in Playing -** On both the App Store and Google Play, they show up as Garena Free Fire are available for free with in-app purchases.

4. **Level of difficulty –** Garena free fire difficulties are more or less similar like the difficulty levels in Pubg and Cod , but free fire end zone in a match can get more difficult for players due to several factors**.**

5. **Gender –** The ratio of Female gamers (girls) is 40 % , while 60% boys play Garena Free fire .

6. **Rewards** - Garena Free Fire publishes daily redeem codes that can be used to obtain free in-game products or awards. Now, players of this virtual battle royale game can collect freebies online. In-game goodies such as characters, skins, and weaponry are among the rewards**.**

7. **Gaming Interface -** Free Fire MAX was created specifically to provide a premium gameplay experience in a Battle Royale setting. Visual enhancements to the login interface, lobby, and maps give players with a one-of-a-kind and premium gameplay experience from the minute they enter the game.

8. **Mental Health -** Addiction to online games such as Free Fire leads to emotional trauma, sleep deprivation, despair, and even suicide among young people.

9. **No of Players involved -** The game features two modes: Clash Squad and Battle Royale. The developers create time-limited special game modes on a regular basis, providing users with something distinct from the normal modes. Both mode Individual as well as multiplayer is available for this game .
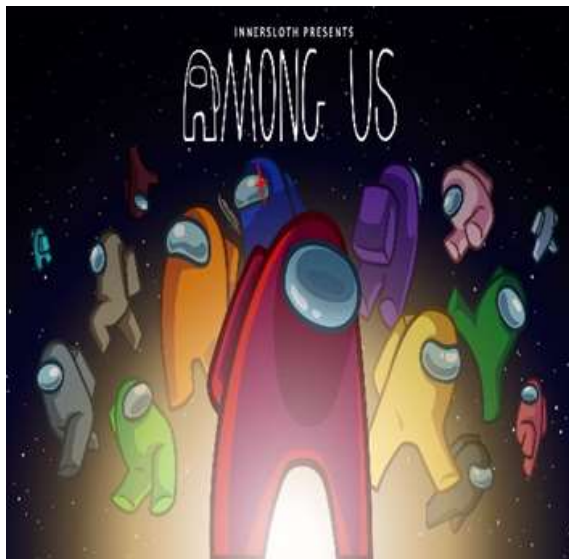
10. **Requirement of Internet** - Free Fire can only be played if you have an online connection, so it is not a game that can be played offline. As with most battle royale games, up to 50 additional players must connect and compete on either of the game's maps.

Pie-chart no. 4.2.8: Quantification of the parameters for Garina Free fire

4.2.9 Game: Among us

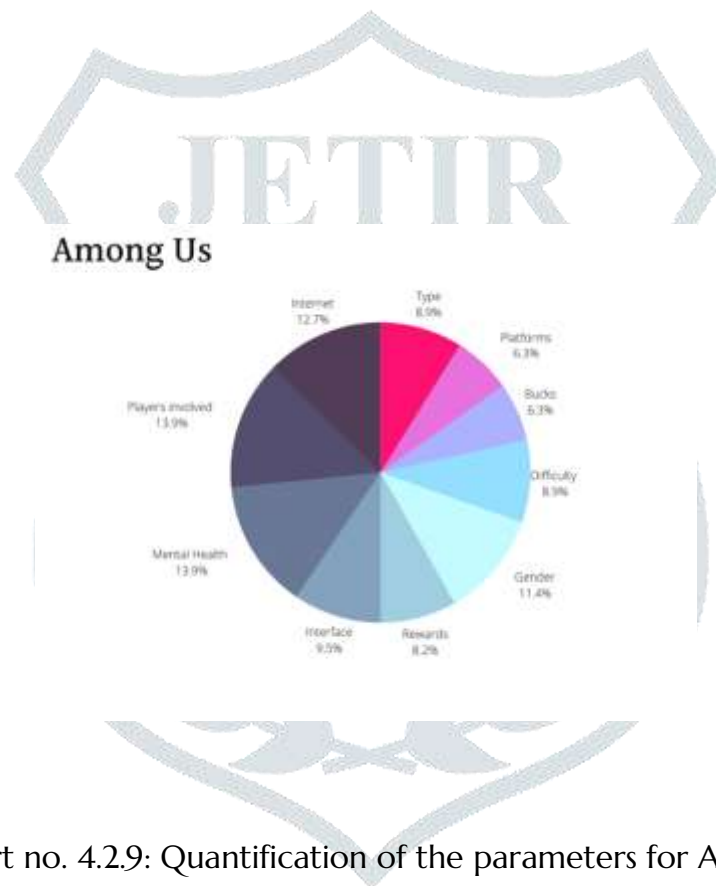| Game	Developers	rating	Release Year
Among us	Inner Sloth LLC, PlayEveryWare, Schell Games LLC	3.6/5	2018

(Table 4.2.9: Among us Details)

1. **Type of Game –** Among Us is a 2018 online multiplayer social deduction game developed and distributed by Innersloth, an American gaming studio. The party game Mafia and the science fiction horror film The Thing were both inspirations for the game.

2. **Platform of game** - The game supports cross-platform play and was initially available on iOS and Android devices. The game was then released in December 2020 for the Nintendo Switch, and in December 2021 for the PlayStation 4, PlayStation 5, Xbox One, and Xbox Series X/S.

3. **Bucks involved in Playing –** Among Us is available for free on iOS and Android devices (Player can download it on the App Store or Google Play Store). Alternatively, it costs $5 to play on a PC (Player can download it on Steam or itch.io).

4. **Level of difficulty** – Crewmates often struggle to win the game in Among Us since they have so many responsibilities to complete. They must finish their tasks while keeping a watch out for any suspicious colleague who could be the Impostor. difficulty varies from easy to hard, depending on the time taken and the effort put in.

5. **Rewards** - Levelling is a new reward for finishing games that has recently been introduced by Among Us. Even if they die, players will be able to level up after completing games. Whether they win or lose, they will be rewarded with XP to level up, and levelling up will reward them with what are known as beans.

6. **Gender –** There is No specific data available, but it is observed the ratio of boys and girls playing this game is 50:50.

7. **Gaming Interface –** Among Us takes place in a space-themed environment, with players dressed as colourful armless cartoon astronauts.

8. **Mental Health** - Game is great for our mental health due to the release of neurochemicals such as dopamine, serotonin and endorphins that improve our mood and relax us. Among Us' innocent mischief, on the other hand, may be part of its appeal.

9. **No of Players involved –** Among Us is a multiplayer game for four to fifteen players (formerly four to ten), though at least five are suggested. Each round, up to three players are picked at random and in secret to be the Impostor(s).

10. **Requirement of Internet -** Because Among Us excludes AI, there are no Bots and thus no offline play. The game is designed to be played online with other people.

Pie-chart no. 4.2.9: Quantification of the parameters for Among Us

4.2.10 Game: Getting over it

Game	Developers	rating	Release Year
Getting Over it .	Unity	4.1 /5	2017

(Table 4.2.10: Getting over it Details)

1. **Type of Game** – Bennett Foddy created the platform video game Getting Over It with Bennett Foddy. This is a hard climbing game that pays homage to Jazzuo's B-Game classic 'Sexy Hiking' from 2002. The mouse is used to move the hammer, and that's all there is to it. Player will be able to jump, swing, climb, and soar with practise.

2. **Platform of game** – This game can be played in many platforms like Windows , MacOS, Linux , Android , IOS.

3. **Bucks involved in Playing** – Getting Over It is available On various Platforms and every platform has different charges on Play stores game charges is 430rs .

4. **Level of difficulty –** The player progresses through three stages, utilising their sledgehammer to overcome numerous difficult obstacles and also as a pogo stick in the game. The ending obstacle is known as Orange Hell, and is possibly the most difficult obstacle in the game, due to the fact that it has very few hammer hold .

5. **Rewards –** Magical reward awaits hiker who reaches the top .

6. **Gender –** This game is 90% played by males , while 10% by female gamers .

7. **Gaming Interface –** Getting Over It centres around the player-controlled character Diogenes, who lives in a giant metal cauldron, as his name suggests. He carries a Yosemite hammer with him, which he can use to hold objects and propel himself. The player attempts to climb a difficult mountain by moving the man's upper torso and sledge hammer using the mouse or trackpad..

8. **Mental Health** **-** Most people who attempt to play it will quickly become discouraged and give up. There are no difficulty settings, no checkpoints and it aggressively AutoSaves to prevent save-scrumming. by repeatedly flinging face against this mountain: how, after hours of unsuccessful climbing, a few seconds of insane, whirling sledgehammer somersaults, not believing Players eyes as muscle memory sets in and pull off the unthinkable with minute accuracy.
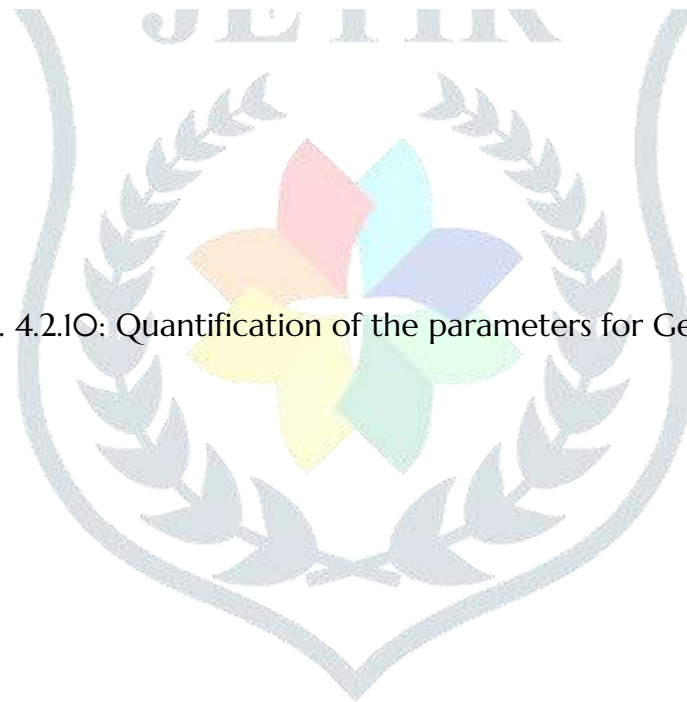
9. **No of Players involved –** This game is a single player game .

10. **Requirement of internet –** Yes, Getting over it Requires internet Connection for downloading this game but can be played offline.
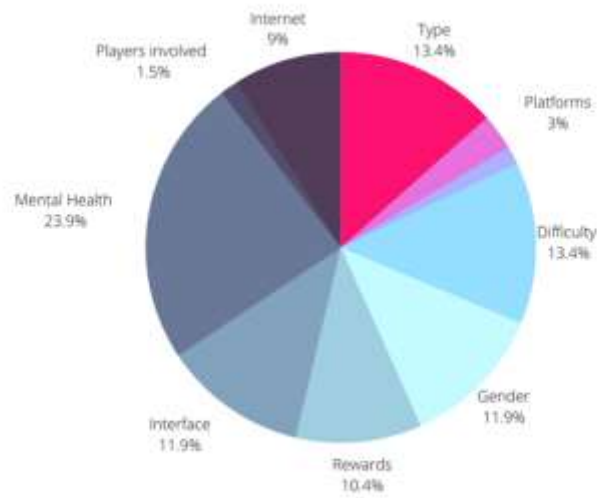
Pie-chart no. 4.2.10: Quantification of the parameters for Getting Over it .

Discussions and Conclusions

Major Findings of the Study

The following Games (selected on basis of Popularity & ratings) were analyzed in the study:

<u>GTA:</u> 1 -.

This game is full of violence, sex (which can be skipped) and bad language (which also can be skipped, There is a lot of very strong gratuitous violence in this game, but it's all optional and Players can just free roam around the city, drive around etc. without killing anything. while this all factor made the player aggressive in real nature and also promotes violence.

<u>Call of Duty:</u> 1 – It was found long term Gamers who spend hours playing action-based video game "Call of Duty" are more prone to developing mental illnesses which in the long run can lead to dangerous step.

Ludo king : 1 It can also help adults and kids alike in regulating stress. The release of endorphins further helps in regulating blood flow, which reduces blood pressure. At the same time it can help in developing cognitive skills but negative effects like aggressiveness after losing the game can affect the player.

Pubg: 1- The game has numerous fictitious sites and structures, but it also contains several real-life architectures, such as the School.

2- The game was found to be more addictive, As it does not care about its users' health, does not warn about the ill effects of the screen time, and propagates violence.

3 - Game was too addictive and had adverse health effects on children's physical and psychological health.

Blue Whale: 1 – The "Blue Whale challenge" was described as an online "suicide game" for youths that consisted of 50 challenges spread out over 50 days.

2 - The challenge was alleged to be linked to numerous deaths around the world.

3- The Blue Whale Challenge, as a whole, was designed to damage pupils and gradually gain their faith in the game. It also gives new chances for predators to pursue victims on social media.

Pokémon go 1- Pokémon Go is a game that uses your phone's GPS and clock to determine where and when Players are in the game, causing Pokémon to "appear" around Player (on their phone screen) so they may go and catch them.

2 – Pokémon Go was associated with increases in physical activity and social behaviour and an improved sense of well-being, highlighting its potential as a behavioural activation and exposure tool for mental health treatment.

3- Distracted walking and cycling have some inherent dangers. Stories of athletes getting hurt or getting into trouble due to this game.

Clash of Clans 1- Clash of Clans is set in a fantasy-themed persistent universe, with the player as a town leader. The game requires players to construct their villages utilising resources obtained by attacking other players' villages; collecting awards, purchasing them with medals, or creating them at their villages.

2- It was found that playing clash of clans for long periods of time and not getting enough sleep might lead to chronic ailments such as heart disease and stroke and even cause some mental disease.

Garina Free fire – 1– While not brutal, the violence in Free Fire is real. There is blood, and the players moan in agony before collapsing to die.

2- Free Fire players can chat with strangers directly who may use inappropriate language or be potential sexual predators or data thieves.

3 - Excessive **play of Free Fire,** as with any screen time activity that requires intense concentration, **causes eye strain** and various mental disorders.

Among us – 1– The game takes place in a space themed setting, where players take on one of each roles, most being crewmates and a predetermined number of being an imposter.

2 – This game is built on lies and sabotage may be difficult to sell to some, and it may even be accused of fostering antisocial behavior, comparable to the discussion over violent video games. Among Us' innocent mischief, on the other hand, may be part of its appeal.

Getting Over it – 1- Bennett Is Getting Over It Foddy concentrates on making players feel the emotions of losing an achievement, something other games try hard to avoid, and this is what characterizes it.

2- The narration and gameplay come together to produce something sinister. Every time player fail stomach tenses as you return to the beginning, the game acts as though it is doing so for your Players good.

Test of Hypothesis

1.   *There is absolute no relation between suicide and video games*

In the Pie chart 4.2.5 (Blue Whale) it was sharply found out that Youths Playing's this game are Virtually trapped which affect their mental health which eventually force them to commit suicide. Hence there is a significant relationship between the variables (mental health ,Level of difficulty) so it is considered an alternative hypothesis (H1).

2.   *All violent games results in suicide amongst youth.*

The Pie Chart 4.2.1 (Gta), 4.2.2 (Cod), 4.2.3 (Pubg) are some of the game which is violent but this game have different level of difficulties and different interface also different factors which leads to suicide which vary from person to person . Hence there is a significant relationship between

the variables (Level of difficulty, Gaming interface) so it is considered an alternative hypothesis (HI).

3 .Limited hours of video game doesn't affect mental health and reduces suicidal tendencies

The pie Chart 4.2.3 (Ludo king) & 4.2.6 (Pokémon Go) Point out to have affect in mental health in positive way i.e 10% and 18% Respectively and also helps in social behaviour and Improving mental strategy . Hence there is No significant relation between the variables (mental health), (type of game) .Hence, this Hypothesis is proved to be null hypothesis (HO).

4.Individual games with money involved contributes more in suicidal tendencies.

The Pie chart 4.2.1 (Gta) , 4.2.2 (Call of duty), 4.2.4(Pubg) , 4.2.7 (Clash of clans) which are games which are found out to be expensive in the form of In-App Purchase i.e. 9% and 10% . Hence there is a significant relationship between the variables (Bucks involved, Gaming Rewards) so it is considered an alternative hypothesis (HI).

5. Continuous Gaming leads to social Isolation

The Pie chart 4.2.1(GTA) , 4.2.5 (Blue Whale), 4.2.7 (Clash of clan) and even Pubg it was found out that continuous gaming may Develop a habit in their daily life and once the limit is crossed it can mentally affect and later cause isolation . Hence there is No significant relation between the variables (Level of difficulty, (platform of game) .Hence, this Hypothesis is proved to be null hypothesis (HO)

6   *The availability of video games has led to an epidemic of youth violence*

The pie chart 4.2.3 (ludo king) , 4.2.6 (Pokemon Go) , 4.2.9 (Among us) are the games which are found to have a positive effect on their mental health as well as developing defending skills , Other than that this game have been found to be more helpful for gamers to refresh their mind. Hence there is a significant relationship between the variables (Types of game , Number of platform , mental health) so it is considered an alternative hypothesis (HI).

5.4 Suggestions and Recommendation for further Research Studies

In consideration of the project's limitations, which were mentioned in the third chapter, the following proposals for further research are made:

1.   Youths should be aware that videogames are evaluated for both their own and society's good.

2.   The further Research could use other video games, other than mentioned in this paper.

3.   The further research can be done on the Effect of watching video games and other effects.

4.   They must understand that, like any other play activity, it is a type of activity in which they should only participate for a certain amount of time. Any activity that requires them to sit and play for an extended period of time can impact their mental health.

5.   Development Programmes should be conducted in which teenagers are informed about the positive and the negative outcome.

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