

GAME ADDICTION AMONG TEENAGERS

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1. Introduction

Recently, World Health Organization (WHO) defines "Gaming Disorder" in the 11th revision of International Classification of Disease [1]. A previous research on 3,034 children and teenagers in the US showed that approximately 9% of them showed signs of video games addiction [2].

This research tried to answer a question whether there **is any sign of game addiction among teenagers in Surabaya** by borrowing the Game Addiction Scale that was developed by Lemmens, Valkenburg, and Peter (2009), which measured game addiction by [3]:

1. Salience – Playing a game becomes the most important activity in someone's life,
2. Tolerance – He gradually builds up the amount of time spent in playing games,
3. Mood modification – the feeling as a result of playing games,
4. Withdrawal – unpleasant feeling and physical effects when someone has to reduce or discontinue playing games,
5. Relapse – to go back to the pattern of playing games,
6. Conflict due to excessive gaming,
7. Problem that is caused by excessive gaming.

2. Research Method

This population of this research was the students of Cita Hati Secondary School. The sample of this research is 71 students who filled in the online questionnaire.

The questionnaire consisted of 21 statements, which was measured by response ranging from 1 (never) to 5 (always). For the statistical analysis, I use descriptive technique and Pearson's Correlation.

Table 1. Questionnaire Indicators and Items [3]

Indicator	Items
Salience	Did you think about playing a game all day long? Did you spend much free time on games? Have you felt addicted to a game?
Tolerance	Did you play longer than intended? Did you spend increasing amounts of time on games? Were you unable to stop once you started playing?
Mood Modification	Did you play games to forget about real life? Have you played games to release stress? Have you played games to feel better?
Relapse	Were you unable to reduce your game time? Have others unsuccessfully tried to reduce your game use? Have you failed when trying to reduce game time?
Withdrawal	Have you felt bad when you were unable to play? Have you become angry when unable to play? Have you become stressed when unable to play?
Conflict	Did you have fights with others (e.g., family, friends) over your time spent on games? Have you neglected others (e.g., family, friends) because you were playing games? Have you lied about time spent on games?
Problems	Has your time on games caused sleep deprivation? Have you neglected other important activities (e.g., school, work, sports) to play games? Did you feel bad after playing for a long time?

3. Results and Analysis

3.1. Descriptive

What is your gender
71 responses

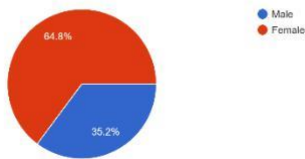


Fig. 1 The gender of the participants

How old are you?
71 responses

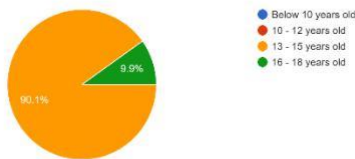


Fig. 2 The Age of the Participants

From the result acquired (Fig.1 and Fig. 2), the participants are mostly female (64.8%). Most of them (90.1%) were between 13 to 15 years old.

What kind of gadget do you use for playing games?
71 responses

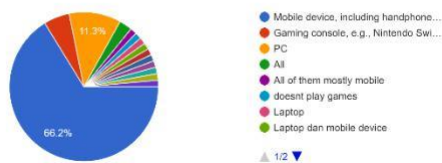


Fig. 3 The Gadget Used for Playing Games

Most of them (66.2%) used mobile devices to play games, while 11.3% of them used Personal Computer (PC).

On average how much time do you use your gadgets per day
71 responses

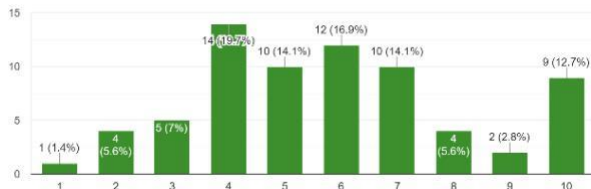


Fig. 4 The Amount of Time Spent in front of the Gadget

The average amount of time spent to use gadget per day was 5.80 hours.

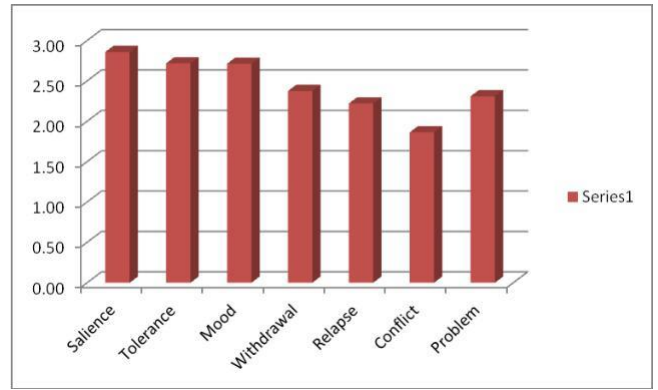


Fig. 5 The Average Score of Each Indicator

It is interesting to see that even when the average time spent to use gadget was quite high (5.80 hours/ day), yet the average score of each game addiction indicator was quite low. The average score for saliency was 2.86, tolerance 2.72, mood modification 2.71, withdrawal 2.38, relapse 2.22, conflict 1.86, and problem 2.31.

This result is in accordance with what is stated on WebMD website [4], which is:

“Some experts say that it’s harmful to label people who might just be very enthusiastic about gaming. One thing they do agree on is that the percentage of players who meet the proposed criteria for addiction to video games is small. It’s estimated to be somewhere between 1% and 9% of all gamers, adults and kids alike. (It’s more common in boys and men than girls and women.)”

3.2. Correlation

The Pearson’s Correlation test showed that only saliency and withdrawal had significant correlation with the hours spent in front of the gadget.

Table 2. Correlation between hours spent in using gadget and saliency

		Correlations	
		Hours	Saliency
Hours	Pearson Correlation	1	.245*
	Sig. (2-tailed)		.040
	N	71	71
Saliency	Pearson Correlation	.245*	1
	Sig. (2-tailed)	.040	
	N	71	71

*. Correlation is significant at the 0.05 level (2-tailed).

Table 3. Correlation Between Hours Spent in Using Gadget and Withdrawal

Correlations			
		Hours	Withdrawal
Hours	Pearson Correlation	1	.296*
	Sig. (2-tailed)		.012
	N	71	71
Withdrawal	Pearson Correlation	.296*	1
	Sig. (2-tailed)	.012	
	N	71	71

*. Correlation is significant at the 0.05 level (2-tailed).

The result of the correlational study implied that the longer someone spent time using his gadget to play games, the more likely he will feel that his game is an important part of his life. He will also experience unpleasant emotions and physical effects if he has to reduce or discontinue playing the game.

4. Conclusion

Although the participants admitted to having quite low game addiction signs, yet they spent quite a lot of hours in using their gadget. The correlational study showed that parents should limit the amount of time their children can spend in using their gadgets. American Heart Association (AHA) recommends parents to limit teenagers' time of using gadget to a maximum of two hours per day [5]. School also plays an important part in limiting the screen time by reducing the amount of works that require students to look on their gadgets.

References

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3. Lemmens, Jeroen S., Patti M. Valkenburg, and Jochen Peter. Development and Validation of a Game Addiction Scale for Adolescents, *Media Psychology*, 12:1, 77-95.
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