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A STUDY BASED ON PROBLEMS FACED BY ADOLESCENTS AFTER ADDICTED TO ONLINE GAMES

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ABSTRACT
Online game addiction has become a common phenomenon that affects many young minds. In this study we rely on the problems faced by the adolescents after addicted to online games. This research is totally based on online gaming addiction on which the survey has been taken in Coimbatore city particularly with respect to school students. The main sampling technique used in this research with equal distribution of data from high school and higher secondary school students is quota. Information's of this study are collected from both primary and secondary data. Research duration of this study are from June to September 2019. This study concludes that even though online games have created a new evolution , it also has created a great physical and mental impact on students addiction.

Keywords: Internet, Online games, Addiction, Students.

INTRODUCTION

The Internet is one of the greatest creations and gives everyone in the world with Internet access instant access to an endless supply of knowledge and entertainment. This internet era is continuously developing. Internet became cheaper for people to reach information on the internet, and yet caused inevitable changes in their habitat. At the same time, online games have become extremely popular among the young generation thus leading to the proliferation of online game addiction on a global platform. According to recent researches, online gaming has become one of the most addictive Internet activities to date. Based on established researches, the thesis is interested in discovering the reasons behind why young people start to play online games as well as how playing such games affects the daily lives and activities of them. While games are shaped in accordance with time and place, they make progress parallel with technique and technology of the period. For that reason, game instruments and game types continuously change and transform .On the other hand, games change their form and content characteristics in accordance with the characteristics of the society. Furthermore, changes are not only seen in the societies but also among the individuals that form the societies. Social accumulation of knowledge and personal characteristics of the individuals lies behind changes. Thus, games are not only just games, yet they have become supporters or transmitters of different ideologies. With the development of technology and market economy; the welfare levels of the society increased and positive developments were experienced on one hand and negative results also occurred when technology were used on the other hand. While the individuals use media in order to understand the society they live in better and shape their lives while the contents which media presents become irrecoverable. More than

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being a social instrument, games which are virtually played through technological instruments are considered as a source of problems at many points rather than their real functions. Those hitches from the point of games can be evaluated from biological, psychological and social aspects while the concept of addiction also draws attention. Basically, addiction is not being able to quit the thing the individual has become addicted, continuously pays attention to them and always think about them. Online games have become a popular leisure activity among children and adolescents in recent years. In fact, based on popularity alone online gaming gamers a larger of "favorite" votes among people than physical team sports such as is hockey and football.

STATEMENT OF THE PROBLEM

The Internet is now possible to be accessed in throughout the world and it opens up a whole new world, the world that most of us spend hours browsing weekly or daily, one of the many problems faced due to widespread of internet and technology is online game addiction. Game addiction is still a mysterious problem, more terrifying than addiction. The lure of a fantasy world is especially pertinent to online role-playing games. These are the games in which a player assumes the role of a fictional character and interacts with other players in a virtual world. So far on this problem, no one can find why this problem easily happen and relatively difficult to be solved. "Video games may look innocent, but they can be as addictive as gambling or drugs and just as hard to kick". It's important to be investigated to know why are online games addictive, how common is computer game addiction in children, what are the effect, so we can keep off or treat this problem well.

The basic questions that arise in the problem statement are:

- What are the motivating factors for playing online games?
- What are the effects of playing online games?
- What are the reasons of being addicted or hooked on online games?

OBJECTIVE OF THE STUDY

The main objective of the study is to identify the problems faced by the adolescents after addicted to online games.

SCOPE OF THE STUDY

Excessive online gaming is a problem that can have serious unforeseen effects in both the user and to the people around. Moreover this focus on the implication of playing online games causes both physical and psychological effects. This research can provide answers to the problems and to find the motivators of online game playing. This study will help the readers to have a better understanding about the impact of online gaming. This study will let the parents know the reason behind their children's addiction to online games. To the gamers, this study will let them realize that being addicted to online games are not as good as they think. To teacher's, this study will widen their knowledge about the adolescents who are choosing to play online games rather than studying. This research will also help the future researchers who are interested in this study. This research will serve as their basis and their background about their research.

RESEARCH METHODOLOGY:

AREA OF STUDY: The research has been endured mainly on the adolescents and particularly school students of high schools and higher secondary schools in Coimbatore urban.

SOURCES OF INFORMATION: Information's were collected through,

- **Primary data** (i.e.) structured questionnaire.
- **Secondary data** (i.e.) Journals, articles and websites.

SAMPLE SIZE: With a reference to school students data has been collected from various schools in Coimbatore urban with a sample size of 120 respondents.

SAMPLING TECHNIQUE: This is a purposive study, and quota sampling technique has been used. Quota sampling is a method for selecting survey participants that is a non-probabilistic version of stratified sampling. The population is based on school students. First, the population is divided into sub-groups - High school and higher secondary. The subgroups are divided in the proportion (quota) of 50% - High school students and 50% - Higher secondary. Thus, this study is equally targeted over the high school and higher secondary students. In this study, the data has been collected from a sample size of 120 respondents through a 19 survey questionnaire. The gaming

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frequency/time, types of gamers, types of games, social behavior or relevant information was collected through this questionnaire. The samples are collected randomly from the schools in Coimbatore urban.

SAMPLING TOOLS: The tools for the analysis in the research are as follows:

i. Percentage Analysis.
ii. Mean Ranking.

LIMITATIONS OF THE STUDY

- It is unaware whether the data collected from the respondents are genuine.
- It only concentrates on the factors influencing online game addiction and the problems faced by adolescents and it does not shed any light on control and prevention.
- The area of study was restricted to Coimbatore city and the sample size is comparatively less for this study.
- It only focuses on school students who are selected from high schools and higher secondary schools in which limits the study.
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ANALYSIS AND IINTERPRETATION

PERCENTAGE ANALYSIS

In this study, 50% of the respondents belong to the age group of 16-18 years among them 54.2% of the respondents are boys, with an equal contribution of data that is 50% from high school and 50% from higher secondary school. From the study, it is inferred that 85% of the respondents have siblings and 55% of the respondent's parents are not working. It is observed that 37.5% of the respondents play fighting games, 3-4 times a day for 1-3 hours. It is inferred that 58.3% of the respondents are playing online games for 2 years and 67.5% of them get immersed by the game and 83.3% of the respondents feel proud of their achievements in online games.

From this study, it is inferred that 52.5% of the respondents spend 1-2 hours each day on studying and 61.7% of the respondents took steps in controlling playing of online games. From the study, it is inferred 77.5% of the respondents spend time with their family but 60.8% of the respondents prioritize gaming over daily task. In this study, 80% of the respondents play online games to meet different people, 57.5% of the respondents play online games to improve coordination skills, 69.2% of the respondents play online games because they can do things that they are unable to do in real life, 80% of the respondents play online games to show their real self better in game, 80.8% of the respondents play online games because it has enhanced graphics and animation and 76.7% of the respondents play online games because it helps them to get rid of stress and channel aggression.

MEAN RANKING

A ranking is a relationship between a set of items such that, for any two items, the first is either 'ranked higher than', 'ranked lower than' or 'ranked equal to' the second. It is the data transformation in which numerical or ordinal values are replaced by their rank when the data are sorted.

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PROBLEMS FACED AFTER ADDICTION

Particulars	Mean Rank	Actual Rank
Getting angry	8.30	V
Low self-esteem	8.43	VII
Social anxiety	8.53	VIII
Loss of interest in previous activities	8.74	XII
No physical activities	8.53	VIII
Poor sleeping habits	7.30	I
Loss of appetite	9.60	XVI
Obesity and eye problems	8.56	X
Negative attitude towards family	8.83	XIII
Arguments on time spent on gaming	7.93	III
Turning down social invitations	8.84	XIV
Less time with friends	8.40	VI
Ignore deadlines	8.60	XI
Rush through assignments	8.03	IV
Decline in grade	7.87	II
Poor academic performance	9.50	XV

(Source: Computed)

From the table, it has been clear that most important problem faced by the respondents is poor sleeping habits with a mean rank of 7.30. Hence, it has been given Rank I. The next important problem faced by the respondents is decline in grade with a mean rank of 7.87 which has been attributed with Rank II. The next important problem faced by the respondents is arguments on time spent on gaming with a mean rank of 7.93. Hence, it has been given Rank III.

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Hence, above (9.60) of the respondents has not faced problems related to loss of appetite.

SUGGESTIONS

- Gamers can join classes in which they are talented like singing, dancing, painting, practicing yoga etc.
- Keep phones and other gadgets out of the bedroom so the gamers won't play into the night.
- Gamers can set a specific number of hours to play per day. Set a count down on phone. Once the timer goes off, stop playing.
- Boredom is a great enemy, so gamers can spend time usefully by going outing with their friends.

CONCLUSION

Online games are lucrative sector of the gaming market. It was created to assess the players' social experiences both inside and outside of their gaming environments and the impact of these activities on their everyday lives.

Although there are many cons, we have concluded in this study that the pros heavily outweigh them, online gaming helps the development of children, provides a fun and exciting way to pass time and develops teamwork skills, they enhance skills such as technology skills that are required in today's life which is constantly changing and growing. But we do agree that online gaming does have a downside like everything in life, and that use should be limited and online gamers should be aware of the things that can possibly happen if their time gaming is abused. From this study, it is inferred that enhanced graphics and animation and stress buster are the most seen cause of online game addiction. In this study the most seen effects of online gaming are poor sleeping habits and decline in the gamer's grade. To avoid this parents should limit the time their children are allowed to play online, and only allow use if all homework and other commitments are completed. Remember; do not start online gaming if you know you cannot manage getting addicted to. For those who have already started online gaming, do manage your time and always know the signs of online gaming addiction.

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