

Psychological Effects of Online Gaming Among Adolescents: A Descriptive Study from Northern India

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Abstract

Online gaming has emerged as a major recreational activity among adolescents with the rapid growth of digital technology. Although moderate gaming can offer entertainment and social interaction, excessive involvement has been associated with negative psychological outcomes. Adolescents are particularly vulnerable due to ongoing emotional, cognitive, and social development. This study aimed to assess the extent of online gaming and its negative psychological effects among adolescents in selected areas of Ambala, Haryana. A quantitative descriptive research design was adopted, and 200 adolescents were selected from two secondary schools using total enumerative sampling. Data were collected using a demographic questionnaire, an Online Gaming Addiction Scale, and the Basic Psychological Needs Scale. The findings revealed that a majority of adolescents were at mild to moderate risk of problematic gaming. The study emphasizes the need for early identification, parental supervision, and school-based interventions to promote healthy gaming habits.

Keywords

Online gaming; Adolescents; Psychological effects; Gaming addiction; Mental health

Introduction

The increasing availability of internet-enabled devices has led to a significant rise in online gaming among adolescents. Gaming has become an integral part of youth culture, offering entertainment, competition, and social interaction. However, excessive engagement in online gaming has raised concerns regarding its impact on adolescent mental health.

Materials and Methods

A quantitative descriptive research design was used. The study was conducted in selected schools of Ambala, Haryana. The sample comprised 200 adolescents selected through total enumerative sampling. Data collection tools included a self-structured demographic questionnaire, an Online Gaming Addiction Scale, and the Basic Psychological Needs Scale. Data were analyzed using descriptive and inferential statistics with SPSS.

Results and Discussion

The results showed that most adolescents exhibited mild to moderate levels of online gaming addiction. These findings are consistent with previous studies reporting an association between excessive gaming and psychological distress. The discussion highlights the importance of addressing gaming behaviors during adolescence to prevent long-term mental health consequences.

Conclusion

The study concludes that problematic online gaming is prevalent among adolescents and may negatively affect their psychological well-being. Preventive strategies involving parents, schools, and mental health professionals are essential.

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Competing Interest

The authors declare that there are no competing interests.

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