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Examine the internet gaming disorder and social media addiction among adolescents at selected schools of Amritsar

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Abstract

Background: Adolescents and young adults (AYAs) are often considered digital natives as they are growing up in a highly immersive technological society. Frequent and consistent media use has both benefits and risks. Benefits include opportunities for creative expression and social support. Risks include maladaptive technology use, including overuse and addiction. Defining characteristics of gaming addiction include spending increasing amounts of time preparing for, organizing, and gaming. Negative consequences of IGD can include poor grades, academic problems, problematic alcohol use, depression, and negative self-esteem. Social Media Addiction was defined as being overly concerned about SNSs, to be driven by a strong motivation to log on to or use SNSs, and to devote so much time and effort to SNSs that it impairs other social activities, studies or job, interpersonal relationships, and/or psychology health and well-being. SMA has been associated with sleep problems and emotional problems, such as distress and depression symptoms.

Methods: Quantitative research approach used with cross-sectional research design conducted on adolescents. The Sample size was 300 and using non-probability purposive sampling technique.

Results: This study revealed that internet gaming disorder among all the adolescents, 245 (81.7%) of adolescents have moderate and 33(11%) have a mild level and 21(7%) have a severe level of internet gaming disorder and only 1(0.3%) have an extreme level of internet gaming disorder. Social media addiction among adolescents. It showed that 281(93.7%) have maximum addiction, and 19(6.3%) of non-addiction.

Conclusion: As this study shows that majority of adolescents have internet gaming disorder and social media addiction.

Keywords: Adolescents, young adults, digital natives

Introduction

During recent years and especially soon after the COVID-19 pandemic period, an increase in psychological issues and in internet/social media addiction among adults and young adults was observed. In fact, considerable rates of Internet Addiction Disorders (IAD) and Internet Gaming Disorders (IGD) are observable worldwide. A demonstration of internet addiction can be found in problematic social media use, which can be addressed analysing some risk factors such as social isolation, loneliness, low self-esteem, and anxiety, also considering the critical developmental stage of adolescence^[1].

Gaming is a popular and fast-growing leisure activity worldwide with the estimated number of gamers in 2020 being around 2.7 billion individuals. Given how pervasive gaming is, particularly among younger individuals, concerns have emerged regarding disordered gaming behaviours, leading the American Psychiatric Association (APA) to include 'Internet Gaming Disorder' (IGD) within Section III of the fifth revision of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) as a tentative disorder requiring further research. More recently, the World Health Organization (WHO) has decided to officially include 'Gaming Disorder' (GD) as a mental health condition within the latest (eleventh) revision of the International Classification of Diseases^[2].

Adolescence is a period in which biological, social, and psychological changes happen and identity discovery, self-expression, friendships, and peer acceptance are of great importance for adolescents. Adolescents are especially eager to explore peer relationships and social media offers adolescents the opportunity to interact with peers anywhere and anytime. Social

media platforms are very important for adolescents, as they determine the level of acceptance by their peers. Moreover, since social media creates a relatively free space from parental monitoring, adolescents can satisfy their psychosocial needs as they wish. Studies have reported that 93-97% of adolescents aged 13-17 use at least one social media platform and are active on social media platforms for approximately 3 hours a day. As the usage of social media constantly causes adolescents to compare themselves socially with their peers, it causes adolescents to be psychologically affected negatively. Social media posts reflecting certain ideals encourage adolescents to make comparisons with their peers in terms of body image, life experiences, and abilities. This situation increases social pressure in adolescents and inconsistencies between ideals imposed on the public and their egos could cause psychological distress^[3].

Need of the study

A study was conducted by Yuan-Xia Gao to assess the prevalence and possible risk factors of internet gaming disorders among adolescents and young adults. The result of the study shows that 407,620 participants from 155 reports in 33 countries were included. The pooled prevalence of IGD among AYAs was 9.9% including 8.8% (95% CI: 7.5%-10.0%) among adolescents and 10.4% (95% CI: 8.8%-11.9%) among young adults. The following 12 factors are the possible risk factors of IGD among AYAs, which are stress, long average game time, family dysfunction, poor academic performance, being bullied, bullying, interpersonal problems, hyperactivity/inattention, anxiety, depression, emotional distress and low self-esteem^[4].

Tourki Abdulmhsen Almutairi *et al.* conducted a study on Prevalence of Internet gaming disorder and its association with psychiatric comorbidities among a sample of adults in three Arab countries. It was a a cross-sectional online survey. The study used social media platforms (Facebook, Twitter, and LinkedIn) to distribute the online questionnaires. Result of the study shows that out of 1332 participants 423 of them were gamers; in this cohort, the prevalence of Internet gaming disorder was 6.1%. A strong association between Internet gaming and several psychiatric disorders (attention deficit, hyperactivity, depression, and anxiety) was found^[5]. Stephanie Ann Victor *et al.* conducted a study on Social media addiction and depression among adolescents in two Malaysian states. A cross-sectional study was conducted by distributing a structured questionnaire to potential respondents aged 13 to 21 years old from Johor and Sarawak. Results shows that Overall, 72.0% and 33.0% of the 384 respondents recorded high levels of social media addiction and depression, respectively. A significant and low positive relationship was detected between social media addiction and depression among adolescents. The levels of social media addiction and depression differed across age groups, gender, race, and the time spent on social media platforms^[6].

Aim of the study: To identify the Internet Gaming disorder

and Social media addiction among adolescents at selected schools of Amritsar.

Methods

Research Objective

To examine the internet gaming disorder and social media addiction among adolescents by using standardized social networking scale by (M.G. Shahnawazan Usama Rehman) and Internet gaming disorder scale - Short - Form (IGDS9-SF).

- To find out the relationship between internet gaming disorder and social media addiction among adolescents.
- To find out the association of internet gaming disorder and social media addiction with socio demographic variables of adolescents.
- To distribute pamphlets about internet gaming disorder and social media addiction.

Study Design & Setting

It was a quantitative cross-sectional design research design. This study was conducted in Sri Guru Harkrishan Sr. Sec Public School, Majitha Road Bypass Amritsar.

Study Population

In this present study, the population were adolescents in Sri Guru Harkrishan Sr. Sec Public School, Majitha Road Bypass Amritsar.

Sample Size & Sampling Technique

The sample size were 300 subjects (Male and Female). The sampling technique used for the study was Nonprobability purposive sampling technique.

Tool & Data Collection

This study was concerned to examine the internet gaming disorder and social media addiction among adolescents So, following a thorough assessment of the literature, consultation, and discussion with specialists in the nursing and mental health fields. The internet gaming disorder Scale and social media addiction scale was chosen. (M.G. Shahnawazan Usama Rehman) and Internet gaming disorder scale - Short - Form (IGDS9-SF). Tool has 3 parts Section A for Socio-demographic profile of adolescents and section B Internet Gaming Disorder Scale - Short Form(IGDS9-SF) and Section C Social networking addiction scale (M.G Shahnawaz and Usama Rehman).

Reliability

Reliability is the extent to which the measurements of a test remain consistent over repeated tests of the same subject under identical conditions. The SPSS Cronbach alpha method rated the tool's (checklist of internet gaming addiction and social media addiction) reliability. Reliability of section B and section C was 0.92 and 0.88.

Results

The data collected was checked for completeness and were analyzed using descriptive statistics.

Table 1: Distribution of Internet Gaming disorder among adolescents

S. No.	Internet gaming disorder	Frequency (f)	Percentage (%)	Mean ± S.D
1	Mild (range 9-18)	33	11	23.03±3.380
2	Moderate (range19-27)	245	81.7	
3	Severe(range28-36)	21	7	
4	Extreme (range37-45)	1	0.3	

Table-1 Showed that internet gaming disorder among all the adolescents, (81.7%) of adolescents have moderate and (11%) have a mild level and (7%) have a severe level of internet gaming disorder among adolescents and only

(0.3%) have an extreme level of internet gaming disorder. Hence, it was concluded that most adolescents have moderate level of internet gaming disorder.

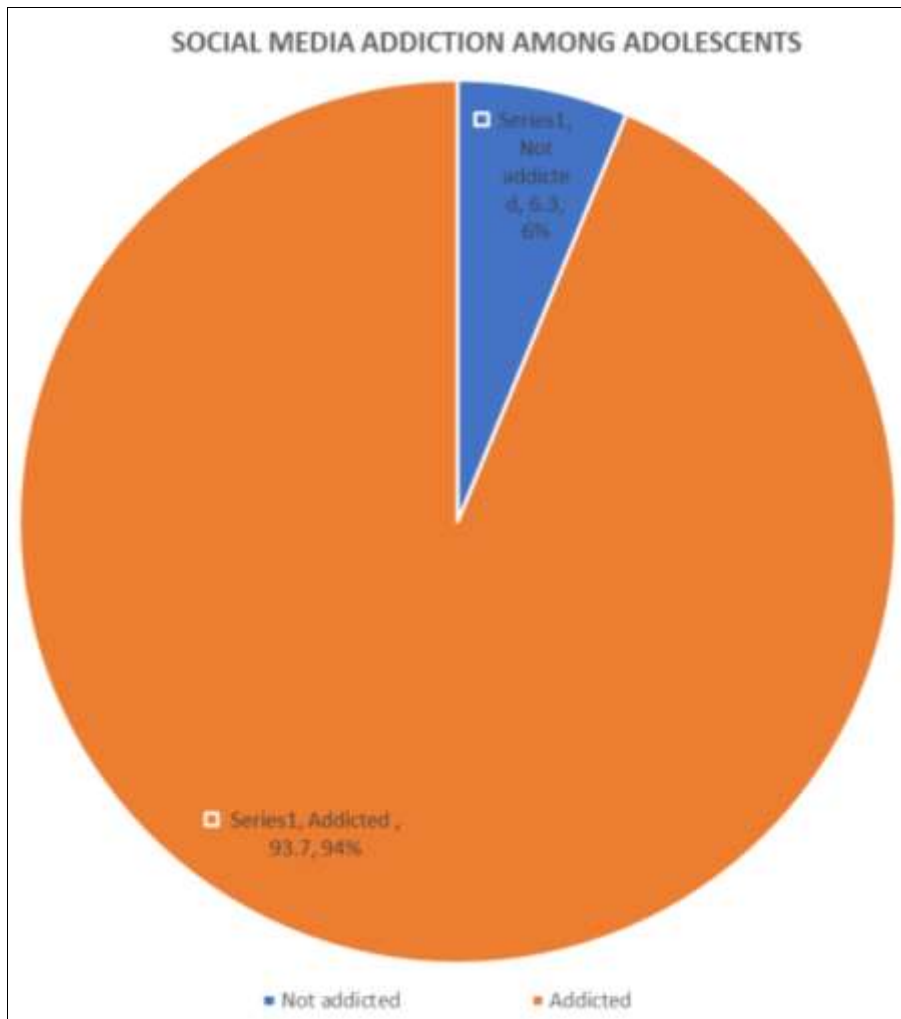


Fig 1: Distribution of social media addiction among adolescents

Figure 1 revealed that social media addiction among adolescents. It showed that (93. 7%) of adolescents have maximum addiction, and (6.3%) of adolescents have non-addiction.

Therefore, the findings show that there was more addiction to social media among adolescents.

Table 2: Areas wise Distribution of social media addiction among adolescents

Areas	Mean	SD	Range
Salience	34.98	3.658	20
Tolerance	14.16	2.048	9
Withdrawal	30.59	3.762	19
Relapse	14.48	3.465	13

Table 2. Showed the area wise distribution of social media addiction among adolescents. The mean score obtained in areas of social media addiction was (34.98±3.658) for salience, (14.16±2.048) for tolerance, and (30.59±3.762) for withdrawal and (14.48±3.465) for relapse.

Hence, the table concluded that salience has a maximum social media addiction among adolescents.

Discussion

Amanda L. Giordano conducted a similar study to explore adolescent social media and internet gaming addiction: The role of emotion regulation. In this study, researcher investigated the predictive nature of emotion regulation after controlling for age, gender, and race about social media addiction and internet gaming disorder severity. Results indicate that gender and emotion regulation significantly predicted both forms of behavioral addictions with small to moderate effects. Specifically, female gender and lower emotion regulation significantly predicted social media addiction and male gender and lower emotion regulation significantly predicted internet gaming disorder severity. Implications for mental health professionals are discussed [7].

Lutz Wartberg, Levente Kriston, Rainer Thomasius conduct ed similar study to assess Internet gaming disorder and problematic social media use in a representative sample of German adolescents: Prevalence estimates, comorbid depressive symptoms, and related psychosocial aspects, Computers in Human behaviour. A sample of 1001 German 12- to 17-year olds (483 girls, 518 boys) was surveyed on IGD, PSMU, depressive symptoms and further psychosocial

aspects. Results shows that the one-year prevalence of IGD was 3.5%, of PSMU 2.6%, and 0.5% for combined IGD and PSMU. 14.3% of the adolescents with IGD, 34.6% with PSMU and 7.4% of the non-affected participants reported clinically relevant depressive symptoms. Bivariate logistic regression analyses showed that more depressive symptoms, lower interpersonal trust and family functioning were statistically significantly associated with both IGD and PSMU. Additionally, male gender and lower school achievement were related to IGD. In multivariable analyses, male gender and PSMU were associated with IGD, whereas lower age, more depressive symptoms, lower family functioning, and IGD were related to PSMU^[8].

Conclusion

The aim of the study was to identify the Internet Gaming disorder and Social media addiction among adolescents at selected schools of Amritsar. It was a cross-sectional design research design. This study was conducted in Sri Guru Harkrishan Sr. Sec Public School, Majitha Road Bypass Amritsar. The sampling technique used for the study was Nonprobability purposive sampling technique. Data collected from 300 adolescents. Participants' information was gathered utilizing standardized tool has 3 parts Section A for Socio-demographic profile of adolescents and section B Internet Gaming Disorder Scale - Short Form (IGDS9-SF) and Section C Social networking addiction scale (M.G Shahnawaz and Usama Rehman). The research committee of the faculty of nursing established the validity and reliability of the tool. Data was collected and analyzed. In this study most of the samples 81.7% of adolescents have moderate internet gaming disorder, 93. 7% of adolescents have maximum addiction and the mean score obtained in areas of social media addiction was (34.98±3.658) for salience, (14.16±2.048) for tolerance, and (30.59±3.762) for withdrawal and (14.48±3.465) for relapse.

Conflict of Interest

Not available.

Financial Support

Not available.

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