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A Study to Assess the Behavior Changes Related to Mobile Phone Games among Adolescent Students at Selected School in Sasaram

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Abstract

Behavior change refers to any transformation or modification of human behavior, such as aggressive, violent, or hyper-aggressive behavior. The rise of mobile phone games has had a noticeable impact on adolescent behavior, often influencing their social interactions, academic performance, mental health, and daily routines. This study was conducted among 60 adolescent students at selected schools in Sasaram who frequently played mobile phone games. The findings revealed that 6.66% of students had mild behavior changes, 60% had moderate changes, and 33.33% had severe changes. No statistically significant association was found between behavior changes and demographic variables. The study highlights the impact of excessive mobile gaming on adolescent behavior and suggests that interventions are required to minimize these effects.

Keywords: Behavior changes, mobile phone games, adolescent students

1. Introduction

Behavior change is referred to as any transformation or modification of human behavior, such as aggressive, violent, or hyper-aggressive behavior ^[1]. The rise of mobile phone games has had a significant impact on adolescent behavior, often influencing their social interactions, academic performance, mental health, and daily routines. Mobile phone games are one of the most popular forms of entertainment in modern society. In 2017 the worldwide 2.32 billion are addicted on mobile phone games ^[2]. According to DSM-5, internet gaming addiction is defined as persistent and recurrent use of the internet to engage in games ^[3]. Several studies have reported that adolescents are at high risk of developing behavioral problems due to excessive gaming. Concerns exist regarding excessive use and the impact of frequent consumption of mobile media on children's wellbeing, prior reviews of the literature have investigated the potential impact of problematic smart phones use on the mental health outcomes anxiety hall and the benefits of mobile phones for the physical health correlates of excessive use of media have focused on sleep to date, the literature on their domains of physical health potentially adversely impacted by mobile device use has not considered in child and adolescent population ^[4].

2. Materials and Methods

This study adopted a quantitative descriptive co-relational design. The study was conducted among 60 adolescent students from selected schools in Sasaram who were frequently using mobile phone games. A randomized sampling technique was used. Data was collected through a structured questionnaire and analyzed using descriptive and inferential statistics.

3. Results and Discussion

The total no of samples of adolescent students who play mobile phones games, and the samples size was 60. The school going adolescent students studying in 9th and 10th standards are included in the study.

The analysis revealed that out of 60 students, 6.66% showed mild behavior changes, 60% showed moderate behavior changes, and 33.33% showed severe behavior changes. There was no statistically significant association between behavior changes and demographic

variables ($p > 0.05$). These findings are consistent with previous research studies, which have highlighted the negative impact of mobile gaming on adolescent behavior.

Table 1: Distribution of participants by gender (N=60)

Gender	Frequency	Percentage
Male	42	70%
Female	18	30%
Others	00	00

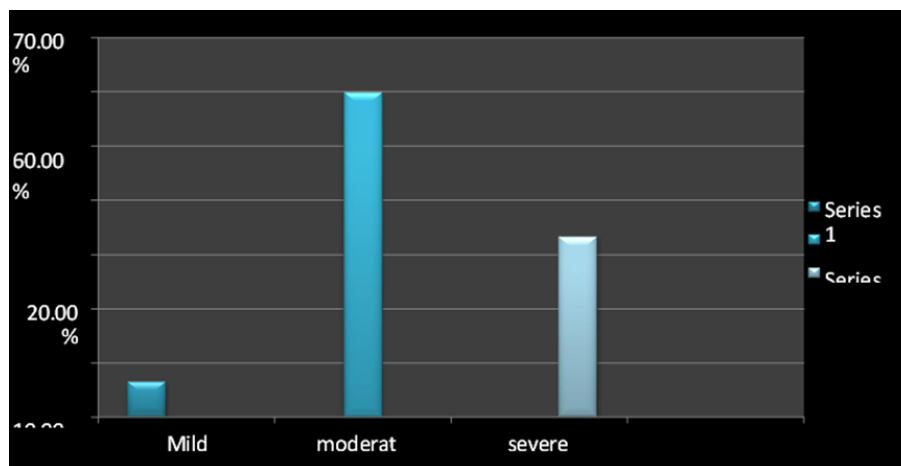


Fig 1: Behavioural changes among adolescent students

4. Conclusion

The study concludes that mobile phone gaming significantly influences adolescent behavior. While most participants showed moderate to severe behavior changes, demographic factors had no statistically significant association with these changes. Excessive gaming leads to behavioral issues, and preventive strategies such as awareness programs and parental guidance are necessary to reduce negative outcomes.

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Conflict of Interest

Not available.

Financial Support

Not available.

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