

'Internet Gaming Addiction, Personality and Quality Of Life Among Young Adults'

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Abstract

In the recent few years, there has been a tremendous increase in the number of people using Internet. Amongst the various engagements available online, gaming is one platform that is widely used and extensively popular, especially among youth. If one reviews the research conducted in the area of internet gaming, one realizes that a large fraction of population from all age groups religiously plays online games and devotes much time, money and effort on it, while overlooking other important aspects of life such as study, work, relationships and personal hygiene. This study was conducted to study the correlation between internet gaming, personality factors on quality of life. For this purpose, 60 people (30 boys and 30 girls) who play online games falling within the age range of 17-24 years were sampled from a university setting. For assessing the extent of Internet gaming, the Internet Gaming Disorder Scale-Short Form (IGDS9-SF) was utilized and for assessing quality of life and personality, the WHO Quality of Life-BREF (WHOQOL-BREF) and Big five personality test were used, respectively. The results indicated significant differences in the quality of life, psychological and social relationships, physical health and environment. On the basis of results it can be said that the Internet gaming indeed influences an individual's wellbeing by affecting his quality of life and personality.

Keywords: Internet Gaming, Quality of Life and Personality.

Introduction:

PERSONALITY

Personality can be defined as having those characteristics or qualities that form an individual's distinctive character. All humans beings have different set of personalities and everyone is unique in their own way. Personality alludes to long-standing qualities and standards that spur people to think, feel, and carry on reliably in explicit ways. Allport has defined personality as " the dynamic organization within the individual of psychosocial systems that determine their unique adjustment to the environment."

Model of Personality- The enormous five identity model (Costa and McCrae, 1994; Zuckerman, 1994) distinguishes the five expansive elements of identities and each individual falls under one of these five wide measurements:

- **Extraversion:** Extraverts are known to be excitable, sociability, talkative, assertive, and having high amounts of emotional expressiveness. One of the "huge five" measurements of identity; running from amiable, garrulous and excited toward one side to calm, saved and wary at the opposite end.
- **Agreeableness:** It includes qualities like trustworthiness, altruism, kindness, being affectionate, and other behaviour, prosocial in nature. People who are on the higher side of this dimension , tend to be very cooperative, while those falling on the lower side of the domain, can be

competitive and even manipulative.

- **Conscientiousness:** It includes include high levels of thoughtfulness, good impulse control, and behaviours that are goal-directed. People high on this dimension, tend to be very organised, plan ahead, and mindful of details. While, those low on conscientiousness, tend to dislike structure and schedules.
- **Emotional Stability (Neuroticism):** It includes sadness, moodiness, and emotional instability. Individuals high in this dimension, experience frequent mood changes, stay in a state of constant anxiety, are irritable, and suffer from sadness. Those falling low on this dimension tend to be more stable.
- **Openness to Experience:** It is characterised as having imagination and insight. People high on this, tend to be curious, and eager for learning new things. While those low on this trait, believe in traditional ways and are not comfortable with changes.

INTERNET GAMING ADDICTION

Internet gaming addiction refers to excessive use of video games, in way, that eventually starts creating problems for the individual in different areas of his or her life. These games can be played on computers, mobile phones, machine games and even some of the advanced forms of calculators have the option of games. Many studies show that Internet gaming addiction is related with different negative results. The mental outcomes incorporates: giving up genuine connections, other distraction exercises, rest, work, training, mingling, and connections, fixation on gaming and an absence of genuine connections, absence of attention, aggression and antagonistic vibe, stress, broken adapting, more terrible scholarly accomplishment, issues with verbal memory, and high depression. In addition, psychosomatic results have been found in various studies. These included issues with resting, seizures, and psychosomatic challenges. This clearly shows that Internet gaming issues must be paid attention to as they can adversely influence the individuals in number of ways.

QUALITY OF LIFE

Quality of life refers to the extent to which the individuals stay healthy, remain comfortable and also are able to enjoy their life. It is a highly subjective phenomena, as some people might consider wealth as a sign of better and happy life, while some believe in their capabilities to lead to a better life. The factors that affect the quality of life can vary from person to person and depends upon as per our personal preferences. According to WHO, Quality of Life refers to "individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns."

REVIEW OF LITERATURE

In order to assess the relationship between internet gaming disorder and psychological issues, interpersonal issues and wellbeing Cheng et al (2018), conducted a study on sample of 58,834 subjects across 20 countries. In the study it was found that internet gaming disorder was highly positively correlated with psychological issues and interpersonal issues while it was found to be inversely correlated with life satisfaction and wellbeing.

In order to evaluate if playing Massively Multiplayer Online Role Playing Games has an adverse effect on the psychological well-being of gamers, Scott and Porter – Armstrong (2018) did an extensive literature review on studies having key words namely, Online/ internet gaming, well-being, psychosocial and the

like. The researchers tentatively concluded that playing online Massively Multiplayer Online Role Playing Games has both helpful as well as harmful impact on the psychosocial wellbeing of the gamers and suggested that further researchers be conducted in this area to ascertain the kind of impact online games has on an individual.

Bargeron and Hormes (2017) conducted a study on 257 regular online gamers in which they assessed them on various parameters like impulsivity, self-esteem, life satisfaction and presence of mental health related issues and disorders. In the study it was found that nearly 8.7% of the study sample met DSM – 5 criteria for Internet Gaming Disorder and that such individuals more frequently experienced we stress, anxiety and depression, had lower satisfaction with life and heightened levels of impulsivity.

To evaluate internet addictive behavior in regard to personality traits, Vijay Kumar Saini (2016) conducted a study on medical students. The purpose of this study the was to understand relationship between internet addictive behavior and personality characteristics among 140 medical students. Results indicated that that Neurotic people will in general experience more stress and relational clash in light of this character characteristic. Moreover, extroversion was inversely related with the internet gaming addiction. That means, people who are extroverts, are less addicted to online games, as they are mostly busy in social networking and social interactions.

Another study was done by Wang, et al., to understand the relationship between personality characteristics and internet-related addictive behaviors among Chinese adolescents. 920 participants were selected for this study, and the results revealed that different personality traits were found to be associated with different online behaviors, Internet addiction was highly positively related with higher neuroticism, and inversely related with conscientiousness and openness.

To investigate the effect of internet addiction on physical and mental health of students, Eshrat Zamani, did a study in 2016, in a school in Isfahan. 564 students were included for this study. The results from the study were in agreement with the findings of previous studies done in different parts of the world. It was clearly evident from the findings that internet gaming addiction adversely affects the both mental and physical health of the people, resulting in number of problems like, anxiety issues, depression, physical ailments and also disturbs the social life of the people. The person may detach himself or herself from the surroundings, so that he or she may play online games without any disturbance.

METHODOLOGY

Objective: To understand the relationship between Internet Gaming Addiction, Personality and Quality of life, dimension wise, among the young adults.

Sample: Sample size: 60, 30 Girls and 30 boys.

Research-design: The Research design used in this study is correlational research design.

Tools:

Internet Gaming Disorder Scale - Short Form (IGDSF9-SF: Pontes & Griffiths, 2015): is a nine item tool designed to evaluate the severity of internet gaming by assessing gaming related behaviour occurring over a period of last 12 months. The nine items encompassed in this tool are answered on a 5 point likert scale the tool has high psychometric properties with internal consistency reliability (Cronbach's alpha (α)) of 0.87 and criterion related validity of 0.82

World health organization quality of life scale, BREF version (WHOQOL-BREF: the WHOQOL

group, 1996): WHOQOL-BREF is an abridged version of WHOQOL-100 which helps in assessing an individual's quality of life in four spheres viz. physical , psychological , social relationships and environmental. This scale comprises of 26 items and a time frame of two weeks is given for the assessment.

Big Five Inventory. (BFI: Oliver John, 1998): it measures five personality traits, which are as follows- openness to experience, conscientiousness, extraversion, agreeableness and neuroticism. It is a 44 item inventory and is a 5 point rating scale where the rating is as follows= 1 Disagree strongly, 2- Disagree a little , 3- Neither agree nor disagree, 4- Agree a little , 5- Agree strongly.

RESULT

Table No.1: Correlation between Internet Gaming Addictions. Personality, Quality of life.

	Internet gaming addiction	Physical Qol	Psychological Qol	Social Relation	Environmental Qol	Extraversion	Agreeableness	Conscituousness	Openness	Neuroticism
Internet Gaming addiction	1	-.157	-.370**	-.411**	-.474**	-.357**	-.062	.223	-.127	.672**
Physical Qol	.157	1	.631	.419**	.561**	-.104	.084	.223	.141	-.010
Psychological Qol	-.370**	.631**	1	.512**	.614**	.134	.145	.104	.115	-.137
Social Relation	-.411**	.419**	.512**	1	.720**	.175	.058	-.113	.277*	-.283*
Environmenta l Qol	-.474**	.561**	.614**	.720**	1	.265*	.059	.004	.320*	-.306*
Extraversion	-.357**	-.104	.134	.175	.265*	1	-.140	.087	.203	-.221
Agreeableness	-.062	.084	.145	.058	.059	-.140	1	.039	-.004	-.146
Conscioustiou sness	.223	.112	.104	-.113	.004	.087	.039	1	.222	.145
Openness to change	-.127	.141	.115	.277*	.320*	.203	-.004	.222	1	-.211
Neuroticism.	.672**	-.010	-.137	-.283*	-.306*	-.221	-.146	.145	-.211	1

** Correlation is significant at 0.01 level (2- tailed)

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

From Table 1, it is evident that there is a negative correlation between internet gaming addiction and all the 4 domains of WHOQOL which are Physical, Psychological, social relationship and environmental. However it is significant on Psychological, social and environmental at 0.01 level .It also shows that Internet Gaming addiction and the personality trait of Neuroticism also positively correlate together that too at 0.01 level and Internet Gaming addiction and Extraversion have a negative correlation.

DISCUSSION

The aim of the research was to study the relationship among internet gaming addiction, personality and Quality of life. The results reveal a negative correlation between Internet gaming addiction and the 4 domains of WHOQOL which are physical, psychological, social and environment, all 4 of these are negatively correlated . It means that more the Gaming addiction , less will be the physical psychological, social and environmental wellbeing of the person, in other words this means that as the person becomes more and more addicted to the online games, is physical activity reduces, he/ she will be low on energy and fatigued, such people will have negative feelings, low self-esteem, socially they will start isolating themselves and will have no social support.

Further a negative correlation is also seen between internet gaming addiction and personality factors of extraversion, openness to change and agreeableness. if the person socializes and interacts more with others, there are less chances of him getting addicted to online games, further internet gaming addiction makes the person less adaptive to change , will dislike change, will not enjoy new things, and also will not be very imaginative etc, and the opposite will happen if the individual won't be addicted to gaming, he'll try new things, will be open to change and so on. In regard to the trait of agreeableness, a person who will be low on agreeableness will be more prone to develop addiction for online gaming and will have a behavior which will result in taking little interest in people, will not bother what other people feel or think, insults and belittles peoples and other related symptoms.

In regard to the personality trait of neuroticism, a positive correlation have been found between internet gaming addiction and neuroticism which means, as internet gaming addiction increases, the person becomes high on the trait of neuroticism. A person who is high on this trait of personality tends to experience a lot of stress in daily life, worry about every small thing, gets upset very easily and also experiences dramatic mood swings and often feels anxious.

In regard to the personality trait of conscientiousness, there is a positive correlation between internet gaming addiction and conscientiousness, which means that as gaming addiction increases, the individual becomes high on the traits of conscientiousness, such a person will be paying to attention, has a set schedule and other such behaviors.

The result of the paper can be useful for further understandings at practical level in recognizing the personality factors and quality of life which play a hand in internet gaming addiction. It can used be to help the individuals or counsellors/mentors in their decision making regarding whether the person has gaming addiction or it is effecting his quality of life or if his personality type is more vulnerable to internet gaming addiction. The study further implies that the more you get addicted to games the more your quality of life will suffer and it eventually will take a toll on your mental and physical health.

CONCLUSION

In the final analysis, it has been seen that internet gaming addiction has an effect on both personality and quality of life. Internet gaming addiction can lead to severe adverse consequences. Such kind of addiction can be very harmful in the long run, if not properly addressed. These games are designed in such a way, that the individual , starts craving for more, as he may attain and reach the higher levels, involving greater time and devotion for the game. It can further lead to sleep disturbances, eating problems, for the individual, who may be seen to spend most of the time playing online games. Especially vulnerable are the adolescents, who are easily lured into such games, they may end up showing poor academic performance, and poor interpersonal relationships. This can further result in having anxiety problems, depression and aggression issues in the youngsters.

It becomes imperative for parents to monitor the activities of their wards, they must also ensure that they frequently interact with their kids, and spent quality time with them. Even the educational institutes should have greater provisions to monitor the activities of the students. Many institutes, these days, have set up Mentor Mentee programs and Counseling Cell, where students can easily approach and freely discuss their problems. Such programs can be highly beneficial to the students.

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