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To Study the Addiction of Mobile Games on Youth: Survey and Analysis

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ABSTRACT:
With the rapid development of mobile games and the roaring growth of market size, mobile game addiction is becoming a public concern. Hence, understanding the reasons behind mobile game addiction is worthwhile. Based on research done so far along with two salient features of mobile games (e.g., hedonic and sociality), a research model is developed to examine the antecedents of mobile game addiction. Therefore, the purpose of this article is to explore the antecedents of mobile game addiction by considering the hedonic and social nature of mobile games. Playing games in order to get flow experiences, this may lead to addiction to mobile games ultimately. On the other hand, some players might not enjoy mobile games but still keep playing to sustain social relationship or gaining social presence. Thus, our model is based on the hedonic and social traits of mobile games.

KEYWORDS: Mobile games, perceived visibility, flow, addiction.

Mobile gaming addiction is a very real problem for a large number of people across the world. Most of us understand that moderation is key when it comes to the colorful games that aim to part us from our money, but it's obviously too much for some people to handle.

Some might argue that it's impossible to get addicted to video games on your phone, although it's clear that it definitely has an effect on people whose lives soon revolve around apps in an unhealthy way. Mobile games can offer players a much-needed escape from the daily grind involving work, family, education, and other important life responsibilities. When enjoyed in moderation, video games offer great entertainment, can improve cognitive skills and hand-eye coordination, and can even help you relax and wind down after a busy day. The U.S. spends more than $30 Billion per year on purchases related to video games, which are now more accessible than ever thanks to mobile devices. Anyone with a smartphone or tablet can instantly lose themselves in a fun game of Candy Crush, Clash of Clans, or Pokemon Go regardless of time or place.

On the flip side, playing video games too often for more than several hours per day can negatively impact one's overall health and livelihood, and lead to problems with finances, education, social relationships, and addiction. Mobile game addiction is increasingly on the rise in the U.S., especially since mobile devices have made it easy for users to access thousands of games with just a few taps.

Nowadays, the amount of mobile service users have reached 875 million in China, with 80% connecting via mobile, suggesting that mobile devices have become the main access to Internet. According to the investigation data from media Research, till the first half of 2014, there were 448 million mobile game users and the market size of mobile games reached 1.178 billion in China. Besides the bright side of mobile games, more and more researchers begin to pay attention to the dark side of mobile games such as mobile game addiction.

However, as to the best of our knowledge, the issue of mobile game addiction has been rarely examined in previous studies. Prior literatures on mobile games have focused on the initial adoption or pre-adoption of mobile games and engaged in explaining the factors influence users' acceptance or use of mobile games.

There are two salient features that affect individuals' mobile game playing behaviors. First, the key function of mobile games is to bring pleasure and enjoyment to users. According to Van der Heijden (2004), mobile games can be regarded as a hedonic technology because individuals use mobile games for experiential and hedonic values rather than for instrumental and utilitarian values. Second, unlike traditional PC-based games, mobile game players can share their scores as well as ranks of mobile games to social networking platforms.

PROBLEM STATEMENT:

To understand the addiction of mobile games for youth

PROBLEMS ASSOCIATED WITH MOBILE GAME ADDICTION:

Mobile game addiction, and video game addiction in general increases a person's risk for a number of physical and psychological health problems, as well as problems that interfere with one's overall livelihood. In the U.S., unemployment rates among between the ages of 21 and 30 have risen dramatically in recent years because these men are choosing to live at home and play video games instead of looking for work. Also, for the first time since the 1930s, more U.S. men between the ages of 18 and 34 are living with their parents than with romantic partners which experts are attributing partly to video game addiction.

In terms of physical and mental health, the long-term effects of video game addiction can lead to major health problems that often require serious treatment. For instance, those who neglect sleep and food in favor of playing video games can eventually go on to suffer insomnia, weight gain, and malnutrition.

Problems commonly associated with video game addiction:

Neglect in personal hygiene: Those addicted to video games tend to care less about their hygiene since they spend less time in social settings and more time alone playing games.

ADD and ADHD: These hyperactivity disorders are highly common among video game addicts due to the high interactivity levels of most of today's video games.

Learning disabilities: Those used to progressing quickly in intense video games often suffer learning disabilities when spending time in the real world.

Loss of personal relationships: Addicted gamers often devote more time to video games than to friends, family, and social activities.

Weight gain and obesity: Those addicted to video games often spend less time outdoors and being physically active, which increases the risk for weight gain, obesity, and related conditions like type two diabetes and heart disease.

Stress: Video game addiction can lead to stress when players are unable to pass difficult levels or achieve certain rewards. Stress can also occur when players face life problems with work, education, and family due to their gaming addiction.

Restlessness and anxiety: Those addicted to video games often become anxious and restless when they're unable to play video games for any reason.

Poor nutrition: Addicted gamers usually neglect nutrition and opt for frozen meals, fast food, and other convenient, unhealthy options. Poor nutrition can lead to nutritional deficiency, and problems with diabetes and weight gain.

Arthritis and carpal tunnel syndrome: Those who perform repetitive movements with their fingers and wrists playing mobile games can develop arthritis and carpal tunnel syndrome.

Sleep disorders: Addicted gamers who stay up late in the night playing games can suffer sleep disorders like insomnia that increase the risk for illness and disease — including cancer.

Aggressive thoughts and behaviors: Children and youth who become addicted to mobile games tend to display aggressive thoughts and behaviors as a direct result of prolonged video game exposure.

COMMON SIGNS AND SYMPTOMS OF GAME ADDICTION:

- Devoting an increasing amount of time to mobile gaming as days, weeks, and months start passing.
- Falling asleep at work or school after playing games.
- Decline in performance at work or school.
- Being constantly preoccupied with thoughts about mobile games.
- Feelings of irritability, depression, and anxiety at the idea of spending less time playing games.
- Failing to complete work or school assignments on time due to excessive gaming.
- Repeated failed attempts at trying to cut back on time spent playing games.
- Loss of interest in hobbies and activities unrelated to video games.
- Loss of personal relationships due to excessive video gaming.
- Using video games as a way to self-medicate for feelings of guilt, anxiety, depression, and stress.

LITERATURE REVIEW:

Previous studies on addiction were primarily aimed at pathological addiction like drug addiction (Estrada 1973; Chapple 1966; Phillipson 1977). Up to the middle and late period of twentieth century, the concept of addiction began to be widely used in other fields, and the study of behavioral addiction appeared (Dell 1981). Marlatt (1988) defined addiction as "a repetitive habit pattern that increases the risk of disease and/or associated personal and social problems…often experienced subjectively as 'loss of control'that continues despite volitional attempts to abstain or moderate use." At that time, the foci of studies were no longer confined to pathological addiction which brings physical effects, but tend to be more serious about the social effects

followed by behavioral addiction as well as the mechanism of addiction. With the development of technology, the study of media addiction based on the computer and the internet became popular.

In 1990, Marks put forward the concept of media addiction. He suggested that "media addictions were likened to psychiatric conditions with dependency or compulsive qualities, and the diagnostic criteria for those conditions were adapted to media consumption behavior." Goldberg (1990), the American psychologist, went a step further and brought out internet addiction. He held the view that internet addiction is a way to relieve stress, while excessive addiction might weaken the physical and mental function of a user's career, sociality, and family. Both the terms of media addiction or internet addiction share the same understanding that addiction is a mental disease. For example, the diagnostic criteria for pathological gambling established by APA (1987) were adopted by researchers to define addiction to video games (Griffiths 1991) and internet addiction disorder (Young 1998). In this study, addiction to mobile games was defined as a kind of phenomenon that users strongly rely on mobile games and cannot help playing mobile games repeatedly in a comparative long period of time. As such behavior may cause notable physical, mental and social damage to individuals, we select the eight criteria for game addiction made by Griffiths (1998) based on diagnosis of pathological gambling (DSM-III-R) as our measurement items.

It is worth noting that researchers didn't reach an agreement on the terminology to describe the media or internet addiction behavior. Specifically, a variety of terms including problematic Internet use (Shapira et al. 2000), pathological Internet use (Davis 2001), unregulated media usage (Robert et al. 2003), or Internet addiction (Brenner 1997; Greenberg et al. 1999; Griffiths 2000; Hall et al. 2001) have been used in prior literature. Even though such media consumption behaviors are termed differently, they are essentially the same given the key concepts in descriptions. In this paper, we use the term addiction to mobile games to keep consistent with former studies.

OBJECTIVES:

- To get the available and popular mobile game apps in India
- To identify the reason behind the use of such gaming sites and apps
- To know the time spend on such activity by the student
- To analyze the addiction level in students

HYPOTHESIS:

H_o: There are no mobile games available in India
H_a: There are varieties of mobile games available in India
H_o: People spend very less time playing mobile games
H_a: People spend their most of time playing mobile games
H_o: there are no solid reasons for playing such games
H_a: there are supportive reasons to play mobile games
H_o: The addiction level is high among the youth
H_a: The addiction level is very low among the youth

SAMPLE SIZE:

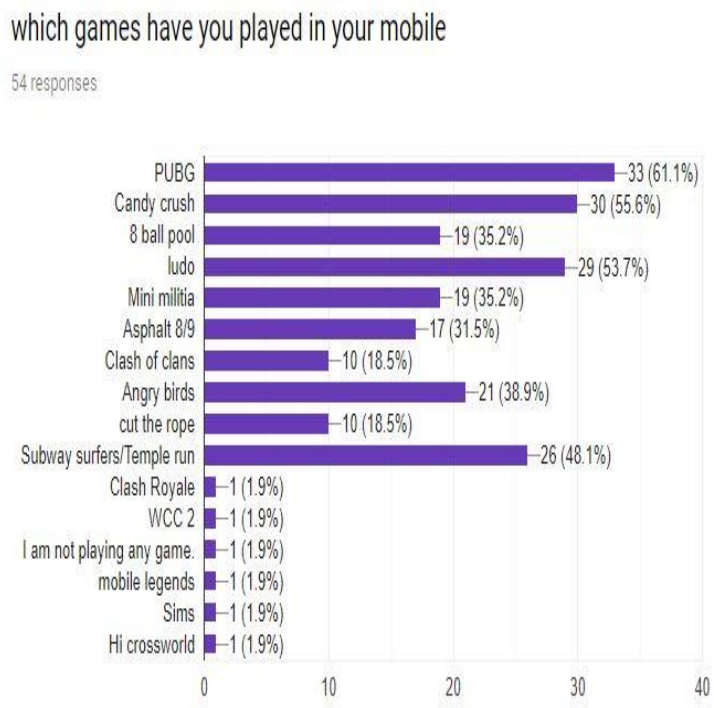
The sample size for our research is around 100 people

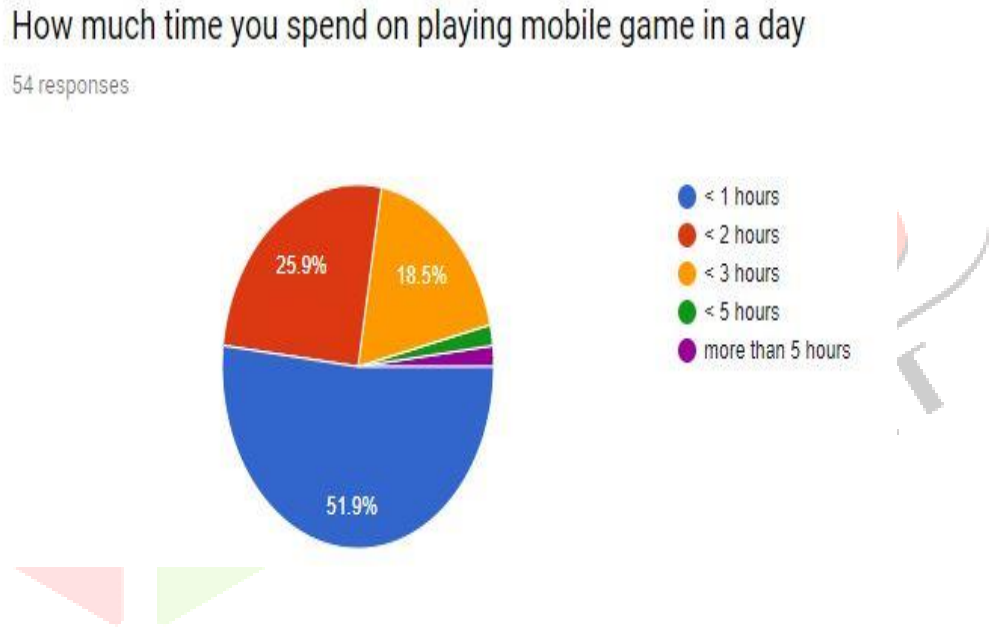
Target audience is current youth of age 15 to 30

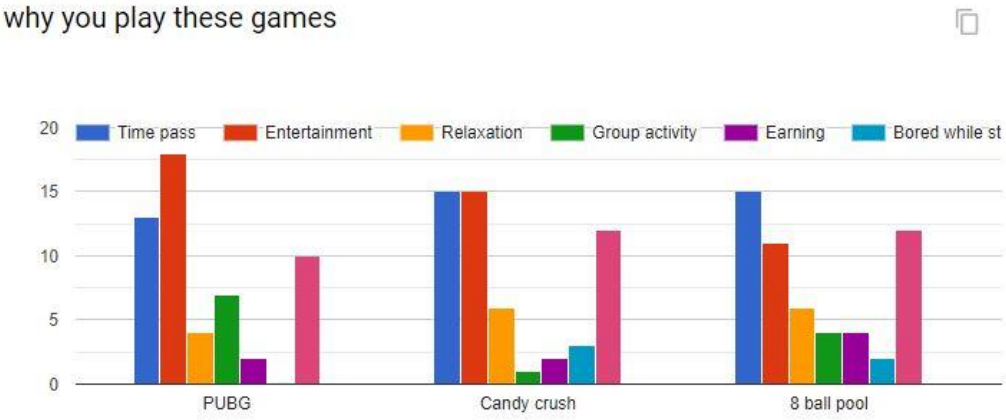
RESEARCH WORK:

Our proposed model is tested using a survey from 234 mobile game users and the results confirm most of our hypotheses. Specifically, perceived visibility and perceived enjoyment are found to be positively associated with flow which in turn affects addiction. Besides the indirect effect of perceived visibility on addiction via flow, perceived visibility is found to have a direct effect on addiction too. The implications for theory and practice are also discussed

ANALYSIS:







CONCLUSION:

As per the above analysis, we can conclude that the mobile games are booming among the youngsters and the time they spend in this is more than that of they should be spending on their academics and career.

RECOMMENDATIONS OR SUGGESTION:

Mobile games should be played for entertainment purpose only and there should be time limit of daily gaming as it can become harmful for youth mentally and physically.

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