

## Effectiveness of Psychoeducation on Online Game Addiction among Adolescents in Selected Colleges at Tamilnadu.

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Quasi experimental research design was conducted among adolescents in selected college at Pudukkottai. It aims to assess the level of online game addiction among the adolescents and to evaluate the effectiveness of psychoeducation among the adolescents. 60 samples were selected using stratified random sampling technique. The data was collected using psychoeducation. Data was used by using descriptive and inferential statistics. The mean score of pre-test level of knowledge is 9.14 and mean score of post-test level of knowledge is 19.17. The enhancement of knowledge in mean score and SD which the effectiveness of psychoeducation. The analysis depicted that there is decreasing in the level of online game addiction which indicate the effectiveness of selected psychoeducation.

**[keyword:** Effectiveness, Psychoeducation, Online game addiction, adolescents]

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### I. Introduction:

In this modern world, most of the people are starting to use the Internet. Meanwhile, online games have become extremely popular among the children and younger generation that leads to the proliferation of online game addiction. According to many studies, online gaming in the smartphone is one of the most game addiction disorders.

Online games have become a very popular among children and adolescents in recent years. There are many benefits of the Internet such as communication, education, professional resources work as well, it is not only acts as a gaming tool, however, there is more advantages, the Internet also has its drawbacks.

In worldwide, there are over 2 billion people play video games, and the market for video games is on track to become a dollar 90 billion industry in America by 2020. The children and Youngers play the game for about 6 hours every week. Playing video games is a way to relax, fun pastime, connect with friends, and enjoy a challenge.



Before technology, children play with toys and use play grounds to play. In city life, the outdoor activities are very essential for the children. Nowadays it is restricted to the children in order to play outside. Excessive use of computers or Internet among children and adolescents has been associated with the physical and mental health problems.

Gaming disorder is defined as a compulsive behavior pattern in which significant impairment in personal, social, educational, family occupational or other important areas of functioning.

In India, A 16 years old boy died after played an online game continuously for several hours. The boy was studying plus two in private school. As per the information given by boy's the parents, he has attended online classes in the morning. After online classes, he started to play online game in his mobile. While playing, he has got collapsed, immediately took him to private hospital. Effort by the doctors did not succeed in reviving him(thehindu.com,2021)

In recent years, the rapidly increasing use of online games has been forcing people to stay connected to the Internet; People cannot even play the video game without internet. Therefore, online game environment should be connected with the internet. Prolonged time of using the video game leads to game addiction.

Internet gaming disorder is characterized by an increasing gaming time and leading to negative consequences in many aspects of the individual life: personal, family, social, occupational and other relevant areas of functioning. In the last years, the continuous use of video games has been raising health issues that remain insufficiently understood.



With the fast development of modernized society, many functions computers have been transferred to mobile devices like smartphone, which triggers the children and Youngers to addict to game. Children play mobile video games by either single or multi players via online mobile devices. Most of the games are to be downloaded by free of cost. If customers need extra features in the game, they must be paid for the new features.

Over exposure of online game in the smartphone or computer can cause headache, dizziness, extreme irritation, lack of concentration, memory loss, inability to learn, lack of concentration, hyperactivity, forgetfulness, and behavioral problem, neurological discomfort and restlessness or uncomfortable.

People who are connected to Internet, simultaneously depends on the video game, gradually addict to it. People who are not connected to Internet might be using it as a medium for other addictions. Online gaming meant for dependence of gaming. Internet addiction criteria were defined on the basis of the model, which was adapted from the pathological gambling addiction criteria.

Children's and adolescents are attracted to computer games and mobile game cause many mental, physical and social problems for them. These effects trigger anger and violence, obesity, epilepsy due to games, social isolation, and other physical and mental damages. Many psychologists suggest that online gaming affect the mental health of the human beings.

## **II. Objectives:**

- 1) To assess the level of online game addiction among the adolescents
- 2) To evaluate the effectiveness of psychoeducation among the adolescents
- 3) To compare pretest and posttest of psychoeducation on reducing the level of online game addiction among the adolescence.

- 4) To find out the association between the posttest score of psychoeducation on online game addiction among the adolescents with selected demographic variables

### III. Operational Definitions:

**Effectiveness:**

It refers to the degree of psychoeducation on online game addiction will reduce the symptom online game addiction among the adolescents.

**Psychoeducation:**

It refers to the psychoeducation rendered by the researcher regarding the meaning, definition, causes, symptoms, warning signs, treatment and management of online game addiction

**Online Game addiction:**

It refers to a disorder involving compulsive overuse of the online game usually quantified as the number of times users access their game and/or the total amount of time they are playing online game over a specified period

**Adolescents:**

It refers to the adolescence girls who are studying in schools in the age group of 17-20 years.

**HYPOTHESIS:**

- H1- There is a significant difference between Pre and Post-test Level of online game addiction among the adolescents.
- H2- There is a significant reduction in the level online game addiction Among the adolescents.
- H3- There is a significant association between the posttest score of Psychoeducation on online game addiction among the adolescents with selected demographic variables.

**ASSUMPTION:**

- Adolescents have inadequate Knowledge regarding online game addiction
- Psychoeducation may help to gain knowledge regarding online game addiction among adolescents
- Adolescents gain knowledge and bring changes in their behavior.

### IV. Research Methodology:

Quasi experimental research design was conducted among adolescents in selected college at Pudukkottai. 60 samples were selected using stratified random sampling technique. The data were collected after obtaining the institutional ethical clearance and formal administrative permission. Informed consent from the subjects was obtained and the confidentiality has been assured.

An Psychoeducation was used to evaluate the level of online game addiction among the adolescents. The reliability of the questionnaire was established using test retest method ( $r = 0.84$ ). There were 30 multiple choice questions related to general information on online gaming, hazards and its prevention. Each correct response had been given the score of one. In pre-test 37% of the adolescent had mild level of video game addiction, 53% of them had moderate level of video game addiction and 10% of the adolescents had severe level of video game addiction where as in the post-test about 63% of the adolescents had mild level of video game addiction, 33% of the adolescents had moderate level of video game addiction and 4% of them had severe level of video game addiction.

Pre-test on assessment of knowledge were conducted by using the structured questionnaire. Time taken by the adolescents to complete the knowledge questionnaire was approximately 45 minutes. After the pre-test, the adolescents were divided in to four groups of having 15 subjects in each. Psychoeducation regarding online game addiction was administered for 30 minutes for each group. The post-test was conducted after fourteen days of intervention.

GROUPS	Pre test	Psychoeducation intervention	Post- test.
Experimental group	O1	X	O2

- O1 - Pre-test -Before psychoeducation

- X - Psychoeducation intervention on online game addiction
- O2 - Post-test- After attending the psychoeducation

### V. Results And Discussion:

Majority of the adolescents (37%) were in the age group of 17 years and most of them (58%) were studying ANM nursing final year . 40% of them had scored percentages around < 50 % in the current year. Majority of them (47%) belonged to Hindu religion. 40% of the head of the family are working in private sector and 26% of them are working in government sector. Most of the mothers (63%) were belonged to nuclear family.

Regarding residence, 63 % of them were from rural area and 37% of them from urban area. Most of them (63%) would like to use smartphone for video gaming. Majority of the adolescents (53%) were having only one sibling. 94% of the adolescents have their personal mobile.70% of them using mobile phone more than 3 years. 53% of the adolescents do not have the availability of the play ground near by the house. Most of the adolescents (43%) received information regarding online game through the electronic media.

**Table – 1 Distribution of demographic variables  
N= 60**

S.No	Demographic variables	Frequency (n)	Percentage %
1.	<b>Age in years</b>		
	17 years	22	37%
	18 years	18	30%
	19 years	12	20%
	20 years	08	13%
2.	<b>Year</b>		
	ANM nursing I year	25	42%
	ANM nursing II year	35	58%
3.	<b>Percentage scored in the current year</b>		
	<50%	29	48%
	51- 75%	27	45%
	>75%	04	07%
4.	<b>Religion</b>		
	Hindu	28	47%
	Muslim	08	11%
	Christian	24	40%
	others	01	02%
5.	<b>Occupation of head of the family</b>		
	Coolie	10	17%
	Government	16	26%
	Private	24	40%
	Professional	10	17%
6.	<b>Type of family</b>		
	Nuclear	38	63%
	Joint	22	37%
7.	<b>Residence</b>		
	Urban	38	63%
	Rural	22	37%
8.	<b>No of sibling</b>		
	one	32	53%
	Two	23	38%
	More than two	05	09%
9.	<b>Which electronic gadgets would you like to use for video game</b>		

	Computer	07	12%
	Tab	15	25%
	Smartphone	38	63%
10.	<b>Do you have personal mobile Phone</b>		
	Yes	56	94%
	No	4	06%
11.	<b>How long you have been using Mobile phone?</b>		
	0-1 year	06	10%
	2-3 year	12	20%
	More than 3 years	42	70%
12.	<b>Availability of the playground nearby the house</b>		
	Yes	32	53%
	No	28	47%
13.	<b>Sources of information</b>		
	Printing media	16	27%
	Electronic media	26	43%
	Friends / Relatives	18	30%

The above table reveals that, Majority of the adolescents (37%) were in the age group of 17 years and most of them (58%) were studying ANM nursing final year . 40% of them had scored percentages around < 50 % in the current year. Majority of them (47%) belonged to Hindu religion.

Among the adolescents with regarding to occupation of the head of the family (40%) are working in private sector and 26% of them are working in government sector. Most of the mothers (63%) were belonged to nuclear family. Regarding residence, 63 % of them were from rural area and 37% of them from urban area.

Most of them (63%) would like to use smartphone for video gaming. Majority of the adolescents (53%) were having only one sibling. 94% of the adolescents have their personal mobile. 70% of them using mobile phone more than 3 years .53% of the adolescents do not have the availability of the play ground near by the house. Most of the adolescents (43%) received information regarding online game through the electronic media.

**Table: 2. FREQUENCY AND PERCENTAGE DISTRIBUTION OF LEVELS OF ONLINE GAME ADDICTION AMONG ADOLESCENTS**

LEVELS OF ONLINE GAME ADDICTION	PRE TEST		POST TEST	
	Frequency	Percentage (%)	Frequency	Percentage (%)
Mild (1-8)	22	37%	38	63%
Moderate (9-16)	32	53%	20	33%
Severe (17-25)	06	10%	2	04%
Total	60	100	60	100

The above table revealed that in pre-test 37% of the adolescent had mild level of video game addiction, 53% of them had moderate level of video game addiction. and 10% of the adolescents had severe level of video game addiction where as in the post-test about 63% of the adolescents had mild level of video game addiction, 33% of the adolescents had moderate level of video game addiction and 4% of them had severe level of video game addiction.

**Table 3. EFFECTIVENESS OF PSYCHOEDUCATION RELATED ONLINE GAME ADDICTION AMONG ADOLESCENTS**

S.No	Level of Online game addiction	Total score	Pre test		Post test		mean Difference	Paired t test
			Mean	SD	Mean	SD		
1.	Knowledge	30	9.14	2.106	19.17	1.95	9.77	27.2

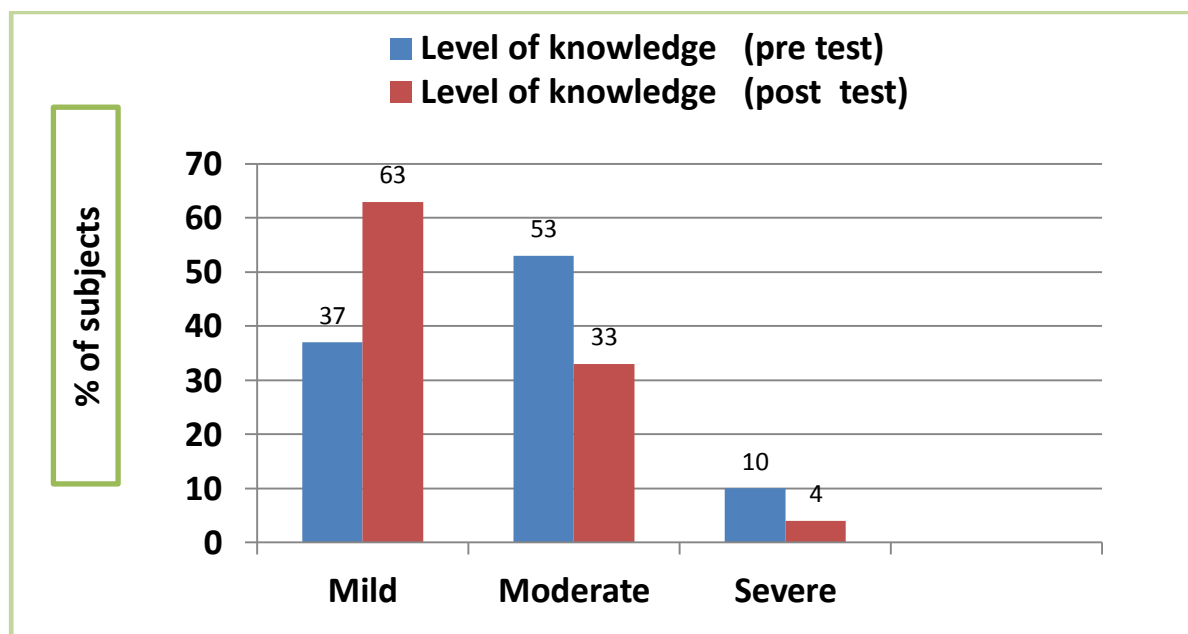
Further, the mean post-test level of knowledge scores among adolescents (19.17+1.95) was significantly higher ( $P < 0.05$ ) than mean pre-test knowledge score (9.14+2.10). The statistically significant effectiveness ( $P < 0.05$ ) was found between knowledge and attitude of adolescents.

**Table 4: ASSOCIATION BETWEEN SELECTED DEMOGRAPHICS VARIABLES AND ONLINE GAME ADDICTION ON PSYCHOEDUCATION AMONG THE ADOLESCENTS.**

S.No	Demographic variables		Level of online game addiction			chi square value	Table value	Inferences
			Mild	Moderate	Severe			
1.	Age in years	17 years	12	13	0	3.65	12.59	NS
		18 years	9	7	2			
		19 years	5	5	2			
		20 years	3	5	0			
2.	Year of studying	ANM nursing I year	12	10	3	1.39	5.99	NS
		ANM nursing II year	20	12	2			
3.	Percentage scored in the current year	<50%	12	11	4	9.58	9.48	S
		51- 75%	15	10	3			
		>75%	03	01	00			
4.	Religion	Hindu	12	14	2	2.27	12.59	NS
		Muslim	4	4	0			
		Christian	13	10	1			
		others	0	1	0			
5.	Occupation of head of the family	Coolie	4	4	2	4.79	12.59	NS
		Government	10	5	1			
		Private	13	10	1			
		Professional	5	5	0			
6.	Type of family	Nuclear	22	11	5	3.91	3.84	S
		Joint	10	8	1			
7.	Residence	Urban	30	7	1	4.61	3.84	S
		Rural	12	8	2			
8.	No of sibling	one	18	12	02	0.636	9.48	NS
		Two	14	08	01			
		More than two	03	02	00			
9.	Which electronic gadgets would you like to use for video game	Computer	04	02	01	13.41	9.48	S
		Tab	08	07	01			
		Smartphone	07	30	01			
10.	Do you have personal mobile Phone	Yes	14	40	02	1.27	3.84	NS
		No	02	02	00			
11.	How long you have been using Mobile phone?	0-1 year	02	03	00	5.29	9.48	NS
		2-3 year	5	5	02			
		More than 3 years	25	16	01			
12.	Availability of the playground nearby the house	Yes	14	17	01	4.06	3.84	S
		No	19	9	00			
13.	Sources of information	Printing media	08	07	01	0.302	9.48	NS
		Electronic media	15	9	02			
		Friends / Relatives	10	07	01			

Chi square value depicts that there was no significant association between the self-directed learning readiness among first year BSc nursing students with the

demographic variables such as Age (3.65), year of studying (1.39), Religion (2.27), occupation of head of the family (4.79), Number of children(0.636), personal mobile phone (1.27), source of information(0.302) but however there was significant association between online game addiction among ANM nursing students with percentage scored in the current year(9.48), types of family (3.91), Residence (4.61), electronic gadget used for video game (13.41)availability of the playground nearby house (4.06).The study shows that most of the findings are significant.



**Figure 1: Level of knowledge regarding online game addiction among adolescents during pre and post test**

The above table revealed that in pre-test 37% of the adolescent had mild level of video game addiction, 53% of them had moderate level of video game addiction. and 10% of the adolescents had severe level of video game addiction where as in the post-test about 63% of the adolescents had mild level of video game addiction, 33% of the adolescents had moderate level of video game addiction and 4% of them had severe level of video game addiction

The present study revealed that psychoeducation regarding online game addiction is significantly effective ( $P < 0.05$ ) in improving the knowledge pre-test mean (9.14+2.10) Vs post-test mean (19.17 +1.95) of adolescents. They found a significant ( $P < 0.05$ ) improvement in the knowledge of the subjects regarding online game addiction after psychoeducation.

The findings of this study have significant implications for adolescents. Adolescents should actively participate in planning and implementation of psychoeducation to prevent online game addiction. Psychoeducation can be used as a tool to teach the adolescents on various topics related to the online game addiction.

## VI. Conclusion:

This study revealed that psychoeducation regarding online game addiction among adolescents was very effective. This confirms that psychoeducation as a tool could be utilized effectively to create awareness on various topics.

The study concluded that the adolescents had inadequate knowledge at different levels. The difference in the level of knowledge by the paired t' value 27.2 which was found significant at  $p < 0.05$  with the table value of 1.56 shows the effectiveness of psychoeducation on online game addiction among adolescents.

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Conflict of Interest - Nil

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