

A SOCIAL DILEMMA; STUDY THE NEGATIVE IMPACTS OF GAMING TECHNOLOGIES ON YOUNG INDIVIDUAL'S SOCIAL LIFE

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Abstract

This study collected input related to the respondent's personal experience with video gaming through an online Google form (questionnaire) due to the ongoing pandemic of COVID-19. The population consisted of total 50 respondents selected through random sampling. The results were mixed as the survey reached to a variety of people the variables that were discussed in the study showed mixed results and relations. The study proved that Adults between the ages of 19 to 22 knew how to not let gaming effect their social life but all the respondents were experiencing detriment to their physical health.

Keywords:

Online gaming, anti-social behavior, young adult's education, addiction of gaming, mental wellbeing.

Introduction

A computer game is an electronic game that includes communication with a UI to produce visual criticism on a video gadget. The electronic frameworks used to play computer games are known as stages. There are a wide range of stages which computer games can be played on. These are PCs and computer game control center or cell phones. These stages range from huge PCs to little handheld gadgets (Video Game 2009). Computer game stages have become exceptionally normal in families all over the planet. Computer games currently assume a tremendous part in the public arena influencing many individuals all over the planet. As indicated by many examinations, Video games can increment forceful conduct and enthusiastic explosions and diminishing restraints in many individuals. (Kardaras 2008). Young people are generally impacted by computer games since these days in a significant number of the more extravagant nations it is seen as a need in their lives, rather than an advantage.

Gaming is an energy and individuals are dependent on computer games at all phases of life. Ordinarily, for understudies game control center and gaming PCs are not reasonable for each computer game sweetheart yet cell phones, IPADS have turned into a means to an end in the general public. The absolute most famous computer games types played in PAKISTAN are Action games, Adventure and Role-messing around, Strategy games, Simulation games, Puzzle games and driving games and so on.

These different categories include games like:

1. Call of Duty; Advanced Warfare
2. Second Life
3. Grand Theft Auto: Vice city
4. Need for Speed most wanted
5. Rise of the tomb raider

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6. Among us
7. Roblox
8. Mine craft
9. PUBG
10. Fortnight and many more.

Social life involves different aspects such as:

Youths and kids are the gatherings generally presented to video games. They are at such vital stages in their turn of events and profoundly impacted by their current circumstance which is the reason they are intentionally designated consistently by the gaming business and sponsors. It is a generally expected faith in the public eye that they are turning out to be progressively presented to games that make some become savage, forceful and reserved.

A decent mark of the adverse consequences of computer games is its effect on school and grades. School execution is exceptionally fundamental for some youths and their families from one side of the planet to the other. Execution at school will offer more freedoms for the understudies later on. While understudies are furnished with these chances for the future numerous youths all over the planet decide to go through hours on computer games rather than zeroing in on investigations. Computer games can have some sure viewpoints however review have shown a negative relationship between how much computer game playing and school execution for kids, young people and undergrads.

The habit-forming nature of computer games can cause against social conduct. Frequently gamers can associate with individuals all over the planet without meeting them or knowing who they truly are. From the solace of your own home, one can impart by means of endless chartrooms, twitter, face book, email and my space; the rundown continues forever. The simple access of the web and the speed which one can do it kill the need to go out and associate to meet individuals.

Concentrates on show a genuinely reliable negative association between relaxation computer game play and grades. For instance, secondary school understudies who report investing more energy playing computer games or who report spending more cash on computer games had more unfortunate grades in English classes. This shows the colossal effect it has on understudies since understudies are dependent on the happiness regarding various games. The substance of the games being played positively could influence the connection between measures of play and school execution (Gentile, Lynch, and Linder and Walsh 2004)

Numerous brutal computer games have been connected back to forceful, fierce and against social conduct, for some the line among the real world and dream is lost through their enslavement. For some gamers they can experience their dreams for instance in the game "Second Life" in this game players can experience their dreams to where they can presently don't make the differentiation between what's genuine and so forth. Despite the fact that the games all alone don't make an individual forceful fierce or hostile to social they are as yet a contributing element.

Playing unethical games increments forceful practices, increments forceful mindfulness, increments forceful feelings, increments physiological excitement and diminishes favorable to social practices. These impacts are solid and have been found in youngsters and grown-ups, in guys and females and in trial and non-test review.

Youngsters in the public eye are for the most part drawn to video games. Games which contain fierce substance and lead forceful and against social conduct are arriving at our

youngsters' hands .For Example; Players Unknown's Battlegrounds (PUBG), the famous internet game purportedly killed one more youngster in Lahore. As per police, the 20-year-old kid, recognized as Ahsan, having a place with the Harbanspura area, serious self destruction subsequent to being halted by the family from playing the 'habit-forming' game. (Pakistan Today)

Because of the uprising and alarming cases of suicides, deaths, PTA placed a ban on PUBG but all in vain as people used other means and the ban was also lifted soon after. The Pakistan Telecommunication Authority (PTA) on Thursday chose to lift the restriction from the web based game Player Unknown's Battlegrounds (PUBG) and live streaming application Bigo later confirmations from the organizations to address the worries raised by the authority over unethical substance on these stages. (The News)

The issue of computer games and there adverse consequences is obvious. The gaming scene had has become so predominant that individuals are messing around increasingly more consistently due to the delivering of various games day by day. The experience and pretending games were viewed as among the most habit-forming because of the account dream subjects. With new innovation like PS3 players permitting the clients to utilize the web for every day purposes like internet banking and shopping. The gaming scene has come part of many individuals' life and it has either impacted them emphatically or adversely. By and large gamers have been impacted adversely with results like fierce, forceful and standoffish conduct from the openness to video games and there improper scenes contain now and again.

There is no authoritative answer for the issue of gaming and the impact that it has on the client. There should be more guideline and guardians ought to turn out to be more mindful of what they are permitting their youngsters to play. At last, individuals should be more aware of isolating the gaming scene from this present reality and attempt to keep a sensible harmony among the real world and dream. For some the line among the real world and dream is lost through their compulsion of gaming.

Objectives

- To explore whether playing video-games promotes anti-social behavior.
- To identify the relationship between excessive gaming and individuals education and wellbeing.
- To investigate the impact of gaming causing negative personality changes.

Research Methodology

In this research the data was collected on the basis of quantitative research method. The quantitative data includes close ended information to measure attitudes. Data analysis is consists of instruments such as questionnaire or check list to answer the questions.

The research was conducted in district of Multan city. Multan is located in the province of Punjab in Pakistan. The outskirts of Multan include Khanewal and Qadir pur rawan. The researcher collected the information from the people residing in the areas of Bypass, Sabzazar and Gulghasht. These areas and people were selected to study the negative impact of gaming technologies through online means due to pandemic

The target population was the teenagers and young adults of Multan district. Their age categories were 7 to 10, 11 to 14, 15 to 18, 19 to 22 and 22 above. They were specifically questioned because all these respondents belong to a socio-economic status that can afford to play video games and understand its effects.

In this research the sampling technique was used is Systematic sampling, it is an advanced form of simple random sampling, in which we need complete data about the population. This is one of the basic type of PROBABILITY SAMPLING. There were total 100 responses which were sorted through random sampling and 50 sample size was selected.

Results

- **Gender of the respondent**

In the present local gender of the respondent were presented

Table No: 01
Gender of the respondent

VALID	FREQUENCY	PERCENT	VALID PERCENT	CUMULATIVE PERCENT
Female	40	80	80	80
Male	10	20	20	100.0
TOTAL	50	100.0	100.0	

The sample was divided into two categories Male and Female . Female percentage was 80% and Male were 20 % . They were selected randomly.

- **Age of the respondent :**

In the present local age group of respondents are presented. All respondents have different ages.

Table No.02
Specify age

VALID	FREQUENCY	PERCENT	VALID PERCENT	CUMULATIVE PERCENT
7 to 10	1	2	2	2
11 to 14	7	14	14	16
15 to 18	7	14	14	30
19to 22	19	38	38	68
22 and above	16	32	32	100.0
TOTAL	50	100.00	100.0	

The sample was divided into five categories 2% belonged to 7 to 10 category, 14% belonged to 11to14 and 15to18 categories , 38 % belonged to 19to22 and 32 % belonged to 22 and above category.

- Education of the respondent:**

In the present local education of the respondents were displayed . All the respondents belonged to different levels of education and were randomly selected.

Table NO.03

What is the status of your education?

The sample was divided into four categories . 28% belonged to school , 10% were

VALID	FREQUENCY	PERCENT	VALID PERCENT	CUMULATIVE PERCENT
School	14	28	28	28
College	5	10	10	38
University	24	48	48	86
Working	7	14	14	100
Total	50	100.0	100.0	

in college, 48% majority belonged to university and 14% were working.

- Family structure :**

In this present local family system of respondents is presented.

Table NO.04

Which Family structure do you live in?

VALID	FREQUENCY	PERCENT	VALID PERCENT	CUMULATIVE PERCENT
Joint system	23	46	46	46

Nuclear system	27	54	54	100
TOTAL	50	100.0	100.0	

The sample was divided into two categories , 46% belonged to joint family system and 54% belonged to nuclear family system.

Table No.5

How are your grades in studies?

VALID	FREQUENCY	PERCENT	VALID PERCENT	CUMULATIVE PERCENT
Excellent	13	26	26	26
Average	36	72	72	98
Below average	1	2	2	100
Total	50	100.0	100.0	

The sample was divide into three categories , 26% chose excellent , 72% selected average and only 2 % chose below average.

Table NO.6

Possession of personal room at home

VALID	FREQUENCY	PERCENT	VALID PERCENT	CUMULATIVE PERCENT
Yes	33	66	66	66
No	17	34	34	100
TOTAL	50	100.0	100.0	

The sample was divided into two categories , 66% respondents elected Yes and 34% elected No.

Table NO.7

Frequency of the use of video games

VALID	FREQUENCY	PERCENT	VALID PERCENT	CUMULATIVE PERCENT
Always	17	34	34	34
Sometimes	33	66	66	100
Never	0	0	0	100
TOTAL	50	100.0	100.0	

The sample was divided into three categories , 34% answered always , 66% said sometimes and 0 said never.

Table NO.8

What types of games do you play?

VALID	FREQUENCY	PERCENT	VALID	CUMULATIVE
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			PERCENT	PERCENT
Shooting games	10	20	20	20
Action games	11	22	22	42
Racing games	8	16	16	58
Board games	5	10	10	68
Sport games	2	4	4	72
Puzzle games	11	22	22	94
Role-playing games	3	6	6	100
TOTAL	50	100.0	100.0	

The sample was divided into seven categories , where 20% chose shooting games, 22% chose action games, 16% liked racing games, 10% chose board games , only 4% chose sports games 22% liked puzzle games and 6% chose role-playing games.

Table NO.9

How many hours do you spend on a game for one day?

VALID	FREQUENCY	PERCENT	VALID PERCENT	CUMULATIVE PERCENT
Over 12 hrs	1	2	2	2
~8 hrs	3	6	6	8
~6 hrs	10	20	20	28
~2 hrs or less	36	72	72	100
TOTAL	50	100.0	100.0	

The sample was divided into four categories in which 2% respondents chose playing games over 12 hours, 6% chose 8 hours, 20% chose 6 hours and 72% chose 2 hours or less.

Table NO.10

You usually play online or offline games?

VALID	FREQUENCY	PERCENT	VALID PERCENT	CUMULATIVE PERCENT
Online	26	52	52	52
Offline	24	48	48	100
TOTAL	50	100.0	100.0	

The sample was divided into two categories. The respondents were to chose between online and offline gaming , 52% chose online and 48% chose offline.

Table NO.11

Motivation to use video games

VALID	FREQUENCY	PERCENT	VALID PERCENT	CUMULATIVE PERCENT

Enjoyment and recreation	27	54	54	54
Child being entertained to use video games due to parents lack of time	1	2	2	56
Compensation for lack of good emotional status in family	0	0	0	56
Overcoming personal, stressful, emotional etc problems	22	44	44	100
Other	0	0	0	100
Total	50	100.0	100.0	

The sample was divided into five categories and its percentages are mentioned above;

Table NO.12
Where do you usually play video or computer games?

VALID	FREQUENCY	PERCENT	VALID PERCENT	CUMULATIVE PERCENT
Arcade	0	0	0	0
On a system	3	6	6	6
On a computer	2	4	4	10
Electronic devices(mobile, ipad)	45	90	90	100
TOTAL	50	100.0	100.0	

The sample divided into four categories where 0% respondents selected arcade games, 6% selected playing on a system, 4% selected on a computer and majority 90% selected electronic devices.

Table NO.13
How much in one month you will spend on computer or video games?

VALID	FREQUENCY	PERCENT	VALID PERCENT	CUMULATIVE PERCENT
Less than 100RS	29	58	58	58
101-500 RS	10	20	20	78
501-1000RS	1	2	2	80
1001-2000 RS	1	2	2	82
Over 2000RS	9	18	18	100
TOTAL	50	100.0	100.0	

The sample categorized into five types 58 % chose less than 100 RS, 20% chose 101 to 500 , 2% chose 501 to 1000 and 1001 to 2000 RS , 18% chose over 2000 RS.

Table NO.14
With whom do you often play games with?

VALID	FREQUENCY	PERCENT	VALID PERCENT	CUMULATIVE PERCENT
Parents	1	2	2	2
Friends	27	54	54	56
Strangers	4	8	8	64
Class fellows	3	6	6	70
Siblings	13	26	26	96
Other	2	4	4	100
TOTAL	50	100.0	100.0	

The sample divided into six categories , only 2% chose parents,54% chose friends, 8% chose strangers, 6% chose class fellows 26% siblings and 4% chose other.

Table NO.15
Do you still find time to play when you are busy(e.g. During exams)

VALID	FREQUENCY	PERCENT	VALID PERCENT	CUMULATIVE PERCENT
Yes(cannot stay away)	11	22	22	22
No(school comes first)	39	78	78	100
TOTAL	50	100.0	100.0	

The sample divided into two categories 22% elected Yes and 78% elected No.

Table NO.16

VALID	FREQUENCY	PERCENT	VALID PERCENT	CUMULATIVE PERCENT
Yes (or else all my years of playing have gone to waste)	21	42	42	42
No (I should have been reading books all those years)	29	58	58	100
TOTAL	50	100.0	100.0	

Do you think video games are educational?

The sample divided into two categories, the respondent's chose 42% yes and 58% no.

Table NO.17

Have you neglected other activities (work /social/study) because of video games?

VALID	FREQUENCY	PERCENT	VALID PERCENT	CUMULATIVE PERCENT
Yes	17	34	34	34
No	17	34	34	68
Maybe	16	32	32	100
TOTAL	50	100.0	100.0	

The sample categorized in three types yes , no and maybe . 34% selected Yes and equally 34% selected No , 32 % selected Maybe.

Table NO.18

Does game's defeat or success influence your mood?

VALID	FREQUENCY	PERCENT	VALID PERCENT	CUMULATIVE PERCENT
Yes	30	60	60	60
No	20	40	40	100
Maybe	0	0	0	100
TOTAL	50	100.0	100.0	

The sample

divided into three categories , 60% selected Yes , 40% selected No and 0% selected Maybe.

Table NO.19

If you played online games and your partner leaves does it affect you?

VALID	FREQUENCY	PERCENT	VALID PERCENT	CUMULATIVE FREQUENCY
Yes	25	50	50	50
No	17	34	34	84
Maybe	8	16	16	100
TOTAL	50	100.0	100.0	

The sample divided into three categories , 50% respondent chose Yes, 34% chose No and 16% chose Maybe.

Table NO.20

Do you often shout or overreact during gaming?

VALID	FREQUENCY	PERCENT	VALID PERCENT	CUMULATIVE FREQUENCY
Yes	15	30	30	30
No	12	24	24	54
Maybe	23	46	46	100
TOTAL	50	100.0	100.0	

The sample divided into three categories Yes ,No and Maybe . Where 30% respondents chose Yes , 24% chose No and 46 % chose Maybe.

Table NO.21

Do you often think of video games even when you are away from your gaming console/PC/Mobile?

VALID	FREQUENCY	PERCENT	VALID PERCENT	CUMULATIVE FREQUENCY
Yes	18	36	36	36
No	14	28	28	64
Maybe	18	36	36	100
TOTAL	50	100.0	100.0	

The sample divided into three categories Yes ,No and Maybe . Where 36% respondents chose Yes , 28% chose No and 36 % chose Maybe.

Table NO.22

Do you often get withdrawal symptoms when you are not able to play?(Irritability, anger , depression)

VALID	FREQUENCY	PERCENT	VALID PERCENT	CUMULATIVE PERCENT
Yes	11	22	22	22
No	13	26	26	48
Maybe	26	52	52	100
TOTAL	50	100.0	100.0	

The sample divided into three categories Yes ,No and Maybe . Where 22% respondents selected Yes , 26% selected No and 52 % selected Maybe.

Table NO.23

Do you find that you have to increase your playing time to get maximum enjoyment?

VALID	FREQUENCY	PERCENT	VALID PERCENT	CUMULATIVE PERCENT
Yes	14	28	28	28
No	7	14	14	42
Maybe	29	58	58	100
TOTAL	50	100.0	100.0	

The sample divided into three categories Yes ,No and Maybe . Where 28% respondents chose Yes , 14% chose No and majority of 58% chose Maybe.

Table NO.24

Have you attempted to cut down your playing time or even stopping as it is getting out of hand?

VALID	FREQUENCY	PERCENT	VALID PERCENT	CUMULATIVE PERCENT
Yes	19	38	38	38
No	14	28	28	66
Maybe	17	34	34	100
TOTAL	50	100.0	100.0	

The sample divided into three categories Yes ,No and Maybe . Where 38% respondents chose Yes , 28% chose No and 34 % chose Maybe.

Table NO.25

Do you continue playing even if it is causing harm to you?(failing in studies, insomnia, being late)

VALID	FREQUENCY	PERCENT	VALID PERCENT	CUMULATIVE PERCENT
Yes	9	18	18	18
No	35	70	70	88
Maybe	6	12	12	100
TOTAL	50	100.0	100.0	

The sample divided into three categories Yes ,No and Maybe . Where 18% respondents selected Yes , majority of 70% chose No and 12 % chose Maybe.

Table NO.26

Have you ever had to conceal or lie about the extent of your playing time?

VALID	FREQUENCY	PERCENT	VALID PERCENT	CUMULATIVE PERCENT
Yes	8	16	16	16
No	31	62	62	78
Maybe	11	22	22	100
TOTAL	50	100.0	100.0	

The sample divided into three categories Yes ,No and Maybe . Where 16% respondents chose Yes , 62% chose No and 22 % chose Maybe.

Table NO.27

Have you used video games as a way to cope with everyday stress or to help with negative mood swings?

The sample divided into three categories Yes ,No and Maybe . Where 28% respondents chose

VALID	FREQUENCY	PERCENT	VALID PERCENT	CUMULATIVE PERCENT
Yes	14	28	28	28
No	29	58	58	86
Maybe	7	14	14	100
TOTAL	50	100.0	100.0	

Yes , 58% chose No and 14 % chose Maybe.

Table NO.28

Have your relationships, studies or work been affected because of you are playing too much?

VALID	FREQUENCY	PERCENT	VALID PERCENT	CUMULATIVE PERCENT
Yes	37	74	74	74
No	13	26	26	100
Maybe	0	0	0	100
TOTAL	50	100.0	100.0	

The sample divided into three categories Yes ,No and Maybe . Where maximum 74% respondents chose Yes , 26% chose No and 0 % chose Maybe.

Table NO.29

Will you consider playing less videogames for you health?

VALID	FREQUENCY	PERCENT	VALID PERCENT	CUMULATIVE PERCENT
Yes	32	64	64	64
No	3	6	6	70
Maybe	15	30	30	100
TOTAL	50	100.0	100.0	

The sample divided into three categories Yes ,No and Maybe . Where 64% respondents chose Yes , only 6 % chose No and 30% chose Maybe.

Discussion

Each fixation is best perceived as a manifestation rather than the issue. Hence, advising a kid or gaming someone who is addicted to diminish their gaming, rebuffing them for defying norms or limiting their admittance to gadgets, presumably will not tackle their troubles for all time. The way to genuine change is this – what is so upsetting or unacceptable with regards to the singular's life when she or he isn't gaming? To defeat gaming dependence, you will require help to find the responses to this inquiry, just as figuring out how to adapt in better ways. It is a significant stage for the individual to recognize the outcomes of hurtful gaming, including how wellbeing, connections, training and funds are impacted. Enduring recuperation from gaming problem comes through mindfulness and passionate flexibility. These people need to know how to perceive and deal with enthusiastic trouble including when they need game play.

Conclusion

The study was conducted to recognize the negative effects of gaming on person’s social life , mood and physical health .This research was basic in nature and used descriptive form , the assumptions were accepted and rejected as well .Online or offline gaming have their own pros and cons. This research just cleared few questions that come to the mind of parents or guardians who are worried for their children’s well-being and health. This research might be helpful for other people and they can work on the various aspects revolving around video gaming like parental role and involvement .The research also proves the point that the gender discrimination notion is false as not only boys play video games. The researcher examined that there is a strong relation between gaming and defeat or fear of losing as respondents chose change of mood, feelings of sadness, depression and frustration if their gaming partner left or they lost the match. The developers of the online games especially the games with action, shooting and abuse content should be more careful and cautious of what they are projecting in the minds of people and young children. To conclude, the response from the sample proves that excess of everything

is bad, so a balance must be maintained otherwise video gaming will leave adverse effects on the social life of individuals.

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