

***IMPACT OF ONLINE GAMING ON  
STUDENTS BEHAVIOR AND THEIR HEALTH***

**By Vaibhav Gupta and Vivek Vasani**

**Abstract**

The last two decades had brought the gaming industry on a new revolution and growth stage. The purpose of the research is to study the children's lifestyle and their behaviors and health. While exploring this research it is seen that many of the children from the age of 6 are getting addicted to online gaming and on an average the students spend 2.5 hours per day on online gaming which has also brought negative behavior and drastically changes in their health. Children Parents has also said that students are neglecting their hygiene too.

**Keywords**

Technology, Hygiene, Online gaming, Entertainment, Behavior, Lifestyle

## **Introduction**

The last two decades can easily see the major growth in the technology where else many of the new technology has been introduced to the today's generation. It's true that the latest technology has reduced the human efforts but everything has pros and cons. So today research has something to discuss about the gaming sector which has brought a new way of entertainment but also the great impact on the student's life style in a negative way.

## **Review of Literature**

While exploring the study on online games impacting change in behavior has come across many of the books and journals.

### **1. A study of behavior on internet and gaming: - Prof. Daria's. cuss**

This research paper helped to show the impact of gaming on the youths and how their behavior was been changed it showed the unexpected and tremendous result how the children of Europe has been effected

### **2. Online gaming killing neuroimaging: - philosopher Cartesian dualism**

While reading this it showed the another unexpected result were the imagining capability of the children's are been getting low or destroyed by themselves because of the online gaming addiction

### **3. Internet gaming impacting people working: - Dander & Abulkut**

The above research brought the reality how the work of the people has been affected because of online gaming many of the corporates youngsters have accepted that they play online gaming while doing the office work and also play games while they are free

### **Objectives**

- To find the attitude and behavior of students which are getting affected
- To find that parents are willing to get this problem solved easily
- To find that students are willing to get out of this problem of playing online games for a long time.
- To know there healthy lifestyle after online gaming.

### **Methodology**

The primary data is collected through the structured questionnaire by doing the survey from various people. The respondents were asked to fill up the questionnaires about what they think about online gaming. The respondents were given the option to select the correct answer which they are comfortable with. For example (agree, somewhere agree, disagree) or various other options.

The respondents were the parents of the students who can easily detect the change in the behavior of their children the targeted students age were (6-25).

The exploratory study was done to study the lifestyle of children and their changing behavior after the online gaming.

Sampling method: - stratified method

Secondary data is collected through various internet sites journal and newspaper.

### **Hypothesis**

H1 –Children are addicted towards the online gaming.

H2 – Students are addicted to fighting based games and shooting based games.

H3 – The average no. of students spent mostly 3 hrs. of the gaming on a daily basis.

H5 – The lifestyle of the students is getting affected because of online gaming.

H6 – Online gaming is the first preference for the children .

H7 – Video games are the main reason for the arrogant behavior of the students.

H8 – The diet of the children is being changed because the gaming is the first preference for them.

### **Finding and Analysis**

While closing this, research came across many views of parents about their lifestyle hygiene etc being changed due to gaming of children.

- 53% of male children are regularly active while playing the game where as 45% females are also active while playing games and 2% of the total respondents didn't state their gender.
- The many of the age groups children were between 5-22 age groups which show that parents easily allow the small child to play online gaming.
- According to reports 58% of the total sample plays online games for the purpose of enlivenment.
- For 3 to 36% of children spend their time playing online game up to 3-4hrs and maximum children with 41% spent 1-2hrs online gaming every day while the minimum rate children with 28% play online games for 2-3hrs a day.
- While maximum 40% of children girls' online gaming as their first priority with percentage of 60% for e.g.:- ignoring home works and etc.

- The children easily neglects their hygiene while playing online games according to reports many of the children often neglect there hygiene.
- While focusing on the health issues and problems many of the respondents (parents)has complaint that twice or thrice in the week there child complaint about the health issue with 38%Occasionally and 33% students often fall ill and 29% student rarely fall ill.
- The equal amount of the respondent was confused that online gaming has brought negative behavior on their child's behavior.
- Many of the respondents said that shooting based games are the most preferred by their children and later action and sports are there preferences.
- When the parents don't allow their children to play online games many of the students have complained about the boredom because gaming is the first preference of their online gaming
- Later than 55% of parents agreed that online gaming has brought huge impact on their children's behavior which is turning them aggressive.
- Most of the parents are concerned about their children's behavior in their school and colleges.
- Many of the parents said that the online gaming is affecting their children's school grades which are going down.
- The respondent has also agreed that their children are not active while doing any of the other social or physical work.
- The children also get irritated when they are asked to do household work when they are playing online games.
- The parents are also not concerned about their child growing aggression.

### **Appendix**

1. Your full name
2. Name of your child
3. Age of your child
4. Does your child play online games?

5. How many times does your child spend in a day while playing online games?
  - A) 1-2
  - B) 2-3
  - C) 3-4
  
6. Does your child plays video games at the first available opportunity? (For example, as soon as arriving home from school, immediately after dinner, etc.).
  - A) Yes
  - B) No
  
7. Do you child neglects his hygiene while gaming?
  - A) rarely
  - B) occasionally
  - C) often
  
8. Does your child gets headaches, red eyes, sore fingers, or wrist pains from playing video games?
  - A) rarely
  - B) occasionally
  - C) often
  
9. Does online gaming affect your children's behavior?
  - A) Yes
  - B) No
  - C) Maybe
  
10. Which type of game does he prefer to play online?
  - A) strategy based games
  - B) sports based games
  - C) action based games

- D) shooting based games  
E) others
11. Does your child complain about the boredom while not playing games?  
A) Yes  
B) No  
C) Maybe
12. Did you found that online gaming has changed your child's behavior?  
A) Yes  
B) No  
C) Maybe
13. Are you concerned about their changing behavior in schools and home?  
A) Yes  
B) No  
C) Maybe
14. Are his school grades suffering because of excessive video game playing?  
A) Strongly disagree  
B) Disagree  
C) Neutral  
D) Agree  
E) Strongly agree
15. Does your child is an active member in formal school activities or clubs?  
A) Yes  
B) No  
C) Maybe
16. Did you notice that your children get irritated while asking him to do household chores while playing games?  
A) Yes  
B) No

C) Maybe

17. Are you afraid of your child's growing aggression?

A) Yes

B) No

C) Maybe

18. Do you want to restrict their timings for online gaming?

A) Yes

B) No

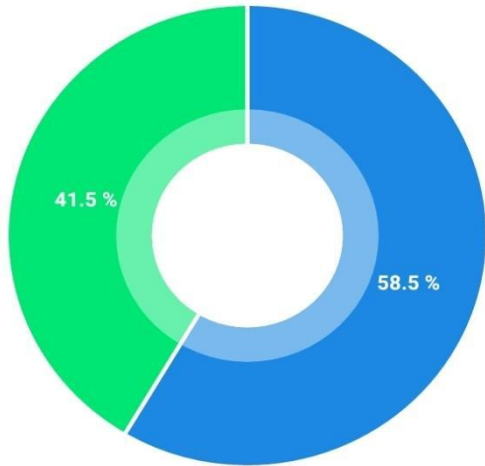
C) Maybe

### **Conclusion**

The online gaming business is expanding day by day which easily shows that more children are getting attracted to it and play games which has also realized that it has great negative impact on their health and behaviors which is rising and the parents are afraid of their growing aggression.

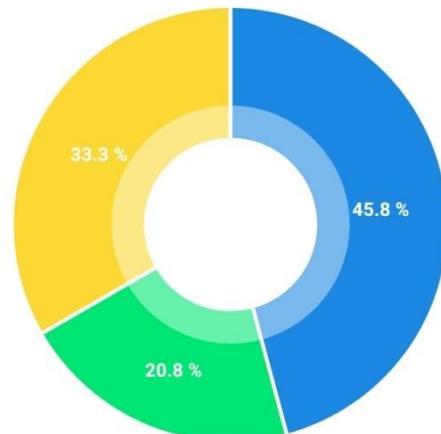


Yes - 24  
No - 17



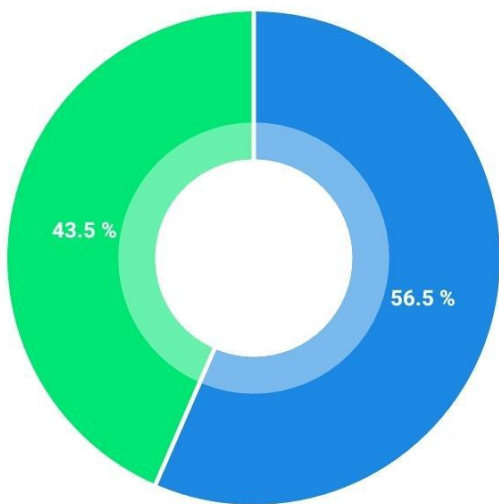
We have Found that 58.5 % Child Play Online Games.

1-2 - 11  
2-3 - 5  
3-4 - 8



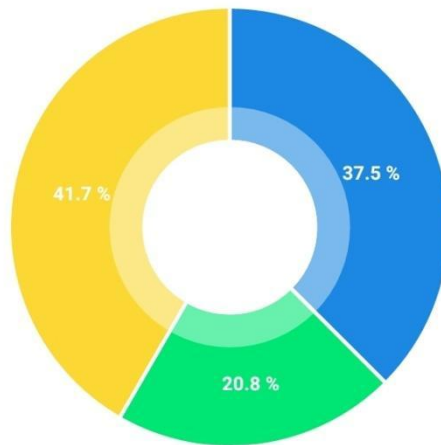
The majority of the children play 1-2 hours of Online games during a day.

Yes - 13  
No - 10



56.5% Percent of children play video games at

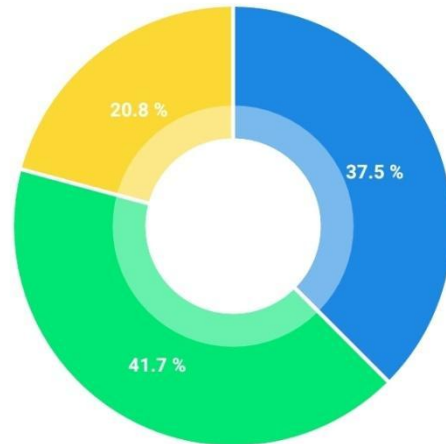
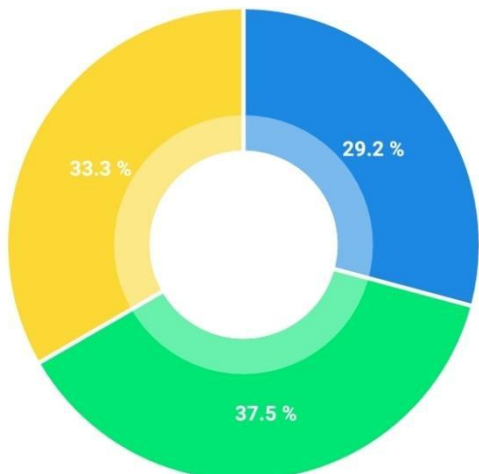
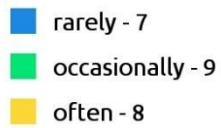
rarely - 9  
occasionally - 5  
often - 10



41.7 % Time children neglect their hygiene

first available opportunity to them.

while gaming.

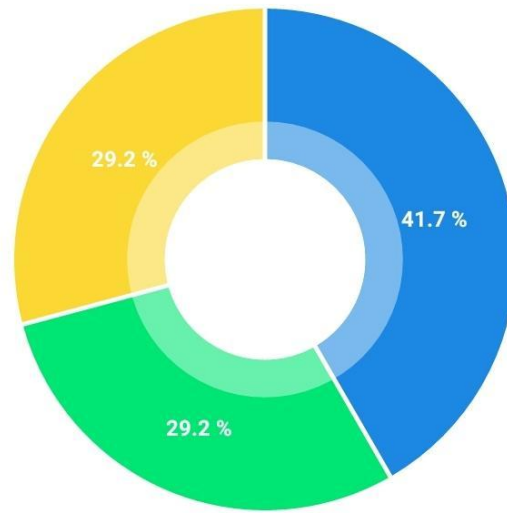
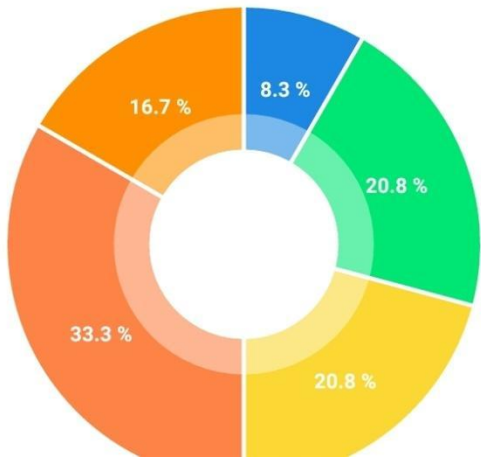


Often 33.3 % of children faces headache, redeye problem after playing online games.

It is observed in 37.5% of children that their behavior is changed after playing online games.

- strategy based games - 2
- sports based game - 5
- action based games - 5
- shooting based games - 8
- others - 4

- Yes - 10
- No - 7
- Maybe - 7

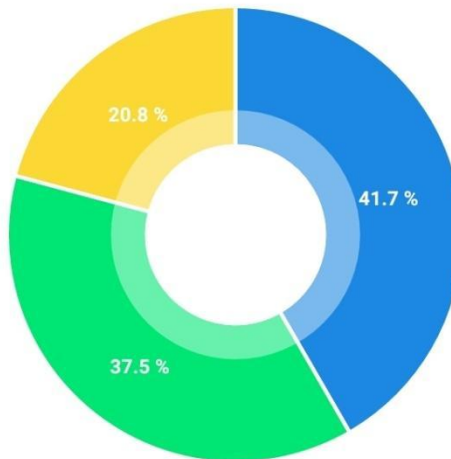
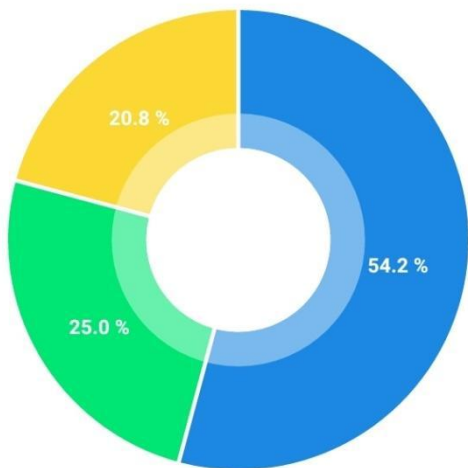


33.3% Children loves to play shooting category online games.

41.7% Children showed boredom while not playing online games.

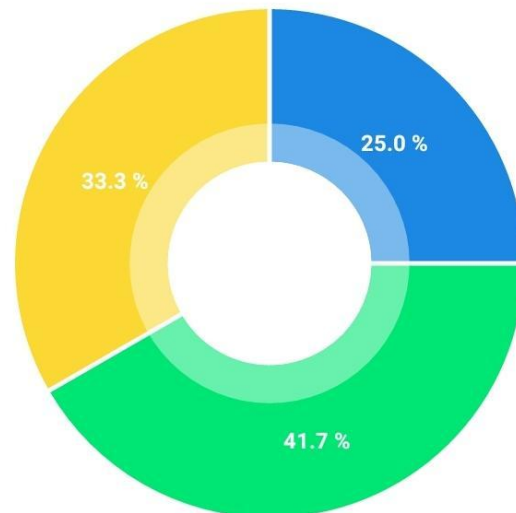
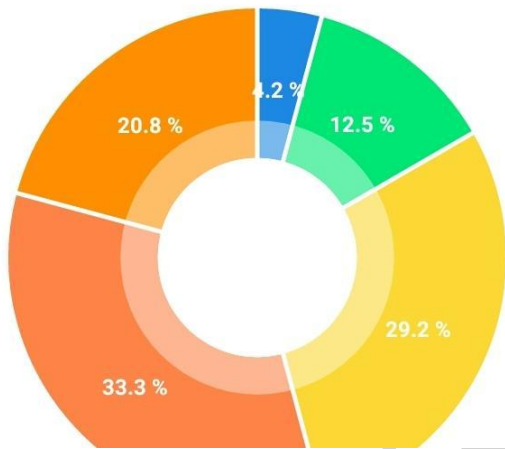
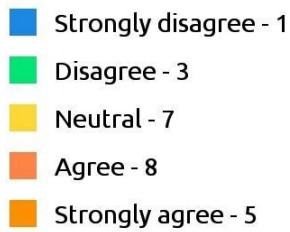
- Yes - 13
- No - 6
- Maybe - 5

- Yes - 10
- No - 9
- Maybe - 5



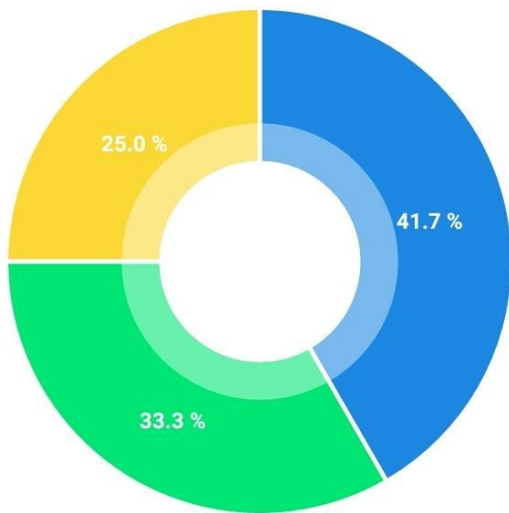
54.2% People out of 100 find that their children's behavior changed after playing online games.

41.7% Parents concerned about their children's changing behaviors in school and home.

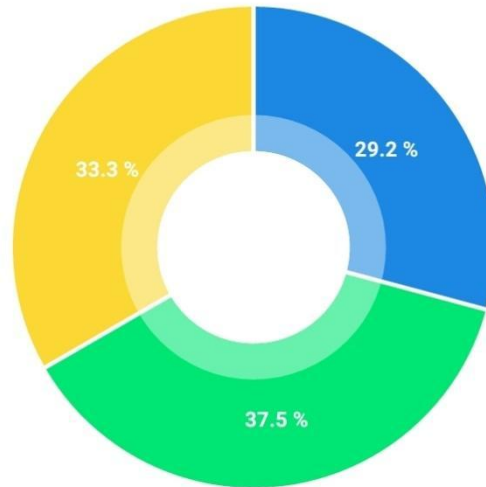


33.3% Parents thinks that online games are the root of their children poor grades in school.

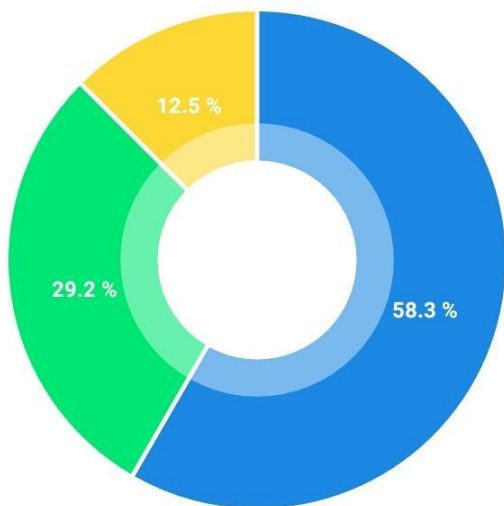
41.7% of Children are not involved in other school activities during their school days.



41.7% Children irritates while playing games.



37.5% Parents are afraid of their child growing aggression.



58.3% Parent want to restrict their children  
from playing online games.

**Bio**

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