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Assess The Knowledge Regarding Impact of Internet Gaming on Behavior Pattern of Adolescents in Selected Schools Vaniyamkulam.

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Abstract-- The present study was conducted to assess the knowledge regarding impact of internet gaming on behaviour pattern of adolescents in selected schools, vaniyamkulam. The objectives of the study were to assess the knowledge regarding impact of internet gaming on behavior pattern of adolescents, to find association between the knowledge regarding impact of internet gaming on behavior pattern of adolescents with sociodemographic variables. A quantitative, non-experimental descriptive exploratory research design was selected. Ninety samples were selected by using non probability convenience sampling technique. Data collected through questionnaire and analyzed by descriptive and inferential statistics.

The results of this study show that majority (71%) of the students are showed mild behaviour. About 21% of the students showed moderate behavior and no students showed severe behavioural changes due to the influence of internet gaming.

The findings also revealed that there is no significant association between impact of internet gaming on behavioural patterns of the students and selected demographic variables at 0.05 level of significance.

Keywords-- Impact, internet gaming behavior pattern, adolescents, selected school.

I. BACKGROUND OF THE STUDY

With the development of the Internet and electronic devices, Internet gaming has become a familiar relaxation activity. Appropriate Internet gaming can have a positive impact on leisure time, friendship, problem-solving skills, short-term memory enhancement, but excessive gaming to the extent that users lose self-control can affect with their studies, increased impulsiveness and aggression can affect real-life relationships. Adolescents are more vulnerable to a range of mental health problems associated with prolonged Internet gaming, including depression, social anxiety, and loneliness.

Online games started in 1972 with the launch of the first local gaming console by the Magnavox Odyssey. According to a report by the Entertainment Software Association, With the advancement of the internet, online games have allowed people to interact with players globally, both socially and competitively. India has noted that 365 million online gamers in financial year 2022. Followed by this number predicted to reach around 510 million by end of 2023. Overall India ranked the highest in terms of growth in online game downloads from app store

The causes of adolescents who are addicted to online games is the lack of understanding about the risks of online game addiction. Understanding is often associated with reading, but actually related to a wider range of communication. Understanding is the ability to capture the meaning of the material being studied. Individuals can be said to understand when they are able to construct meaning from instructional messages, including verbal, written and graphic communication. Lack of understanding will make adolescents unable to know the consequences and predict the likelihood that will occur.

II. PURPOSE OF THE STUDY

The purpose of the study was to determine knowledge regarding the impact of internet gaming in adolescents.

III. OBJECTIVES

- To assess the knowledge regarding impact of internet gaming on behaviour pattern of adolescents.
- To find association between the knowledge regarding impact of internet gaming on behaviour pattern of adolescents with socio demographic variables.



IV. REVIEW OF LITERATURE

A cross-sectional survey was conducted on sleep patterns, electronic media exposure and daytime sleep-related behaviours among adolescents to assess weekday and weekend sleep patterns and their relationships with electronic media (television and computer) exposure and with daytime sleep-related behaviours, including sleep problem behaviours, sleepiness and fatigue in Israeli adolescents. The survey included four hundred and seventy, 8th and 9th grade middle school students (mean age 14 ± 0.8) in the normative school system, was performed. Students completed the modified School Sleep Habits Survey (SSHS), and the modified Electronic Media and Fatigue Questionnaire (EMFQ). Adolescents went to bed at 23:00 and 01:45 hours, and slept < 7.5 and nearly 10.0 hours on average during weekdays and weekends respectively. Average electronic media exposure per day was about 3 hours for television and 2.5 hours for internet. Increased electronic media exposure and poor daytime sleep-related behaviours predicted later bedtime, longer sleep latency during weekdays and later wake-up time during weekends. Poor sleep patterns in Israeli adolescents are related to excessive electronic media habits and daytime sleep-related problems. These findings raise a public health concern regarding lifestyle and functioning in young individuals.⁷

The most recent estimates of the survey conducted by National Annenberg Risk Survey of Youth at the University of Pennsylvania, which tracked gambling among youth aged 14 to 22 since 2003 showed approximately 8,50,000 males aged 18 to 22 were addicted to gambling on the internet. Weekly use of internet gambling sites increased from 2.3 percent in 2006 to 5.8 percent until the year 2008. The survey results also revealed that internet gamblers were more likely to suffer from health and emotional problems such as substance abuse, depression and risky sexual behaviours.¹⁰ A 17-year longitudinal study concluded that teens who watched more than one hour of television a day were almost four times as likely as other teens to commit aggressive acts in adulthood (22 percent versus 6 percent), taking into account prior aggressiveness, psychiatric disorders, family income, childhood neglect and neighbourhood violence. It leads other health hazards such as obesity, depression and anxiety.¹⁸

V. RESEARCH METHODOLOGY

Research Approach

The research approach is an overall plan chosen to carry out study. The research approach used in this study is a quantitative research approach.

Research Design

Research design is an overall plan for addressing a research question including specification for enhancing the study integrity. In the study non experimental descriptive research design was used to attain the objectives of the study.

VI. VARIABLES

Research Variables

Knowledge of adolescents regarding impact of internet gaming on behavior pattern.

Demographic Variables

- ✓ Age (years)
- ✓ Gender
- ✓ Course of Study
- ✓ Stream of Study
- ✓ Place of Stay
- ✓ Monthly Pocket Money
- ✓ Income of Family Per Month
- ✓ Media Usage

VII. SETTING OF THE STUDY

The study was conducted in TRKHSS, Vaniyamkulam. The rationale for selecting this school was because of availability of adequate samples of adolescent students of higher secondary who had satisfied the inclusion and exclusion criteria for our study.

VIII. POPULATION

The population of the study was adolescent students of higher secondary of TRK HSS, Vaniyamkulam.

IX. SAMPLE AND SAMPLING TECHNIQUE

The sample size of the present study was 90 adolescent students of higher secondary of TRKHSS, Vaniyamkulam, who met sampling criteria. Sampling technique used in the study was a non-probability convenience sampling technique.



X. SAMPLING CRITERIA

A. Inclusion criteria

- Students who were willing to participate in this study.
- Students studying in higher secondary school.
- Students who were available at the time of study.

B. Exclusion criteria

- Students who were not willing to participate in this study.
- Students who were studying in high school.
- Those who were not present at the time of study.

XI. METHOD AND TOOL FOR DATA COLLECTION

A. Development and selection of tool

A structured questionnaire was used to collect the data. The tool was prepared on the basis of the objectives of the study.

B. Description of data collection tool and technique

Tool I: structured questionnaire for assessing sociodemographic variables. Demographic proforma consisted of age, gender, course, stream, place of stay, part time job, monthly pocket money, income of the family, media use, and reasons for using Internet gaming. It consisted of 10 items to collect the background information of the students.

C. Tool II: Questionnaire

Survey questionnaire for screening the students exposed to Internet gaming. It consisted of 14 items, whether they use Internet gaming which are the various Internet gaming they use, how often they use Internet gaming, how long they use Internet gaming and the place where they use Internet gaming.

D. Tool III: Behavioural Rating Scale

Behavioural rating scale was developed for assessing the impact of Internet gaming usage on behavioural pattern of adolescent. It consisted of 10 items. These were categorized into 4 parts: for assessing the behaviour (7 items), poor academic performance (1 item), substance abuse (1 item), Knowledge level (1 item).

In Section C, students were asked to fill up the tool by putting tick (✓) mark corresponding to each scene exposure. The options given were „never“, „sometimes“, and „always“. Responses to these items are weighed from 1- Never, 2- Sometimes and 3- Always.

In computing the exposure scores, each item receives the appropriate number according to the respondent's position on the „always-sometimes“ continuum. The high score indicates more exposure. The maximum score in this section was 30 and the minimum was 10.

XII. DATA COLLECTION

The permission for data collection was obtained from the principal and ethical committee of Nehru College of Nursing, TRK HSS, Vaniyankulam, prior to data collection. The sample consists of 90 adolescent students of TRK HSS, Vaniyankulam selected on the basis of inclusion criteria using non-probability

XIII. PLAN FOR DATA ANALYSIS

Data was analyzed on the basis of objectives of the study, using descriptive statistics and inferential statistics. The plan for data analysis is as follows, **Descriptive statistics** Descriptive statistics such as, frequency and percentage were used to analyze the data.

A. Inferential statistics

Chi-square test was used to find out association

B. RESULT

C. The findings of the study are represented in the following section

- **Section 1:** Distribution of demographic characteristics of adolescent in Higher secondary school.
- **Section 2:** Assessment of knowledge regarding impact of internet gaming on behavioral patterns of adolescents.
- **Section 3:** Association between knowledge regarding impact of internet gaming on behaviour pattern of adolescents with socio demographic variables.

D. Section I: Distribution of demographic characteristics of adolescent in Higher secondary school.

This section deals with background information of students such as age, gender, course of study, stream of study, place of stay, part time job, monthly pocket money, monthly income, media used frequently and reasons for using internet gaming.

A sample of 90 students of TRK HSS Vaniyankulam was drawn from the selected school based on the specific criteria. The data are analyzed using the descriptive statistics and presented in terms of frequency, percentage.

TABLE 1:
Frequency and Percentage distribution of the sample according to the baseline characteristics.

XIV. N=90

| SINO: | DEMOGRAPHIC VARIABLE | FREQUENCY(F) | PERCENTAGE (%) |
|-------|------------------------------|--------------|----------------|
| 1 | Age in years | | |
| | 16-17 | 63 | 70% |
| | 18-19 | 21 | 23.3% |
| | 20 and above | 6 | |
| 2 | Gender | | |
| | Male | 45 | 50% |
| | Female | 45 | 50% |
| | Others | 0 | 0.0% |
| 3 | Course of study | | |
| | First year | 48 | 53.3% |
| | Second year | 42 | 46.7% |
| 4 | Stream of Study | | |
| | Science | 61 | 67.8% |
| | commerce | 14 | 15.6% |
| | Others | 15 | 16.6% |
| 5 | Place stay | | |
| | Home | 80 | 98.9% |
| | Hostel | 8 | 8.9% |
| | Paying guest | 2 | 2.2% |
| | Other | 0 | 0.0% |
| 6 | do you have a part time job? | | |
| | Yes | 16 | 17.8% |

| | | | |
|----|-----------------------------------|----|-------|
| | No | 74 | 82.2% |
| 7 | Monthly pocket money you received | | |
| | <200 | 57 | 63.3% |
| | 201-400 | 17 | 18.9% |
| | 401-600 | 9 | 10% |
| | Above1000 | 7 | 7.8% |
| | Incomeofthe family per month | | |
| | Lessthan 5000 | 29 | 32.2% |
| | 5001-10000 | 27 | 30% |
| | >10000 | 34 | 37.8% |
| 9 | Frequently Used tomedia | | |
| | Internet | 62 | 68.9% |
| | Cellphone | 20 | 22.2% |
| | Television | 4 | 4.4% |
| | Videogames | 4 | 4.4% |
| | others | 0 | 0.0% |
| 10 | reasons for using multimedia | | |
| | Chating | 16 | 17.8% |
| | Spendingtime | 35 | 38.9% |
| | Recreation | 3 | 3.3% |
| | Social Networking | 16 | 17.8% |
| | Gaming | 15 | 16.7% |
| | other | 5 | 5.5% |

The data presented in Table 1 and Figure 1 show that majority (70%) of the sample were in the age group of 16-17 years. About 23.3% of them were in the age group of 18-19 years. About 6.7% were in the age group 20 years and above.

The data obtained from 90 students drawn from TRK HSS based on the specific criteria. The data are analyzed using descriptive statistics and presented in terms of frequency, percentage and depicted in the form of tables and figures.

Section II: Assessment of knowledge regarding impact of internet gaming on behavioral patterns of adolescents.

TABLE II:
Frequency and Percentage distribution of the sample according to impact of internet gaming on behavioural patterns of adolescent.

| Group | Behavioural pattern | Frequency(f) | Percentage (%) |
|-----------------|---------------------|--------------|----------------|
| TRKHSS Students | Mild | 71 | 78.8% |
| | Moderate | 19 | 21.1% |
| | Severe | 0 | 0.0% |

The data presented in Table 2 and Figure 6 shows majority (78.8%) of the students is showing mild behaviour. About 21.1% of them were showing moderate behaviour. Only 0.0% of the samples are showing severe behaviour as influenced by internet gaming.

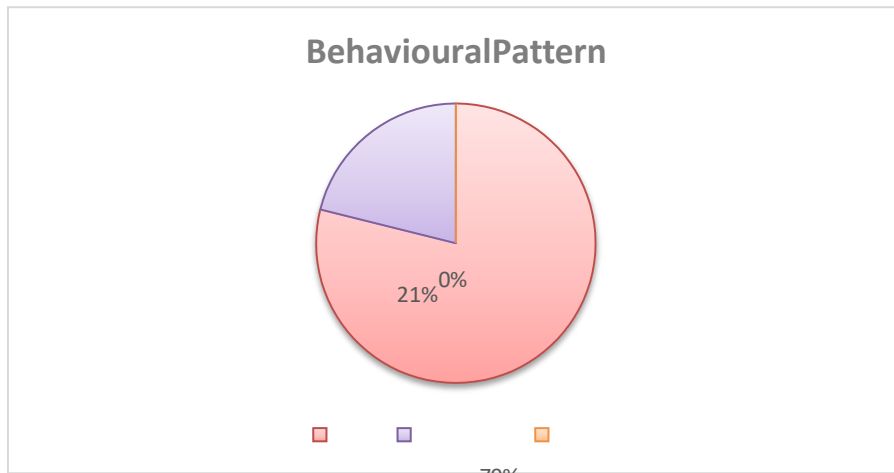


Figure 6: Pie diagram showing the distribution of samples according to behavioural pattern of the students

Section 3: Association between knowledge regarding impact of internet gaming on behaviour pattern of adolescents with socio demographic variables.

This section deals with findings of the association between the impact of internet gaming on behavioural patterns of adolescent and selected demographic variables.

To test the association the following null hypothesis was formulated:

H01: There is no a significant association between the impact of internet gaming behavioural patterns of adolescent and selected demographic variables. at 0.05 level of significant.

TABLE 3:

Chi-Square test showing association between the impact of internet gaming on behavioural pattern of adolescent and selected demographic variables.

| SLNO: | MOGRAPHIC VARIABLE | X ² VALUE | DF | P VALUE | SIGNIFICANCE |
|-------|--------------------|----------------------|----|---------|-----------------|
| 1. | Age | 4,774.097 | 2 | 0.339 | Not Significant |

The data presented in Table 3 shows that there is no significant association between the impact of internet gaming on behaviour pattern of adolescents and selected demographic variables. So the research hypothesis H1 is rejected and null hypothesis H01 is accepted.

Section 4: Distribution of demographic characteristics of adolescent in Higher secondary school.

- Among 90 samples (70%) were of age 16-17 and (23.3%) included among 18-19 years and (6.6%) included in 20 and above
- Among 90 samples 50% male and 50% female students.
- Among 90 samples 53.3% of each sample were belonged to 1st year and 46.7% of each sample belong to 2nd year of TRK HSS.
- Among 90 samples 67.8% of each samples were selected from science, 15.6% from commerce and 16.6% from other stream of study equally.
- Among 90 samples (98.9%) of the samples were stay at home. About 18.9% they were stay at hostel, and Only 2.2% of them are staying as paying guest.
- Among 90 samples (82.2%) of samples were not doing any part time job. Only 17.8% of them were doing part time job.
- Among 90 samples (63.3%) of the samples were receive less than 200 rupees, 18.9% of them rupees 201 to 400. About 10% of them about 401 to 600, Only 7.8% of samples were used to receive rupees above 1000 as monthly pocket money.
- Among 90 samples (37.8%) of the samples had income range of Rs. 10,000 and above. About 32.2% of them had income of rupees Rs. 5,000-10,000. Only 30% of them has the income of less than Rs. 5000.

- Among 90 samples (68.9%) of the samples were using internet. 22.2% of them using cellphone, 4.4% of the samples were using television and only 4.4% of the samples were using videogames frequently.

Section II: Assessment of knowledge regarding impact of internet gaming on behavioral patterns of adolescents.

- Among 90 samples (78.8%) of the students is showing mild behaviour. About 21.1% of them were showing moderate behaviour. Only 0.0% of the samples are showing severe behaviour as influenced by internet gaming.

Section III: Association between knowledge regarding impact of internet gaming on behaviour pattern of adolescents with sociodemographic variables.

- There is no significant association between the impact of internet gaming on behaviour pattern of adolescents and selected demographic variables

XV. DISCUSSION SUMMARY AND CONCLUSION

This chapter deals with the discussion, summary, conclusion and implications of the study of impact of internet gaming's in adolescents.

A. Discussion of demographic variables

The purpose of the study was to assess the knowledge and association between the impact of internet gaming on behavior pattern of adolescents with selected demographic variables. Data were collected from 90 students from higher secondary school using a structured knowledge questionnaire.

This study reveals that there was no significant association between the knowledge questionnaire with demographic variables like age (year), gender, course of study, stream of study, place of stay.



B. Discussion of knowledge regarding impact of internet gaming on behavior pattern of adolescents in selected school, Vaniyankulam.

Through chi square analysis statistically analyzed the various demographic variables and their association with the knowledge of impact of internet gaming on behavior pattern of adolescents. From the analysis it is found that there is no significant association between the behavioural pattern of adolescents and selected demographic variable.

C. Summary

The knowledge is a familiarity, awareness or understanding of something such as facts, information, description, skills, discovering learning. Under adequate knowledge regarding impact of internet gaming on behavior pattern of adolescents having mild and moderate behavioural changes due to internet gaming.

The present study was done to assess the knowledge regarding impact of internet gaming on behavior pattern of adolescents was done to evaluate no association between knowledge regarding impact of internet gaming on behavior pattern of adolescents with selected socio demographic variables.

D. Conclusion

Media is one of the most powerful and underappreciated influence on adolescents behaviours. Adolescent period is the strange period where adolescents are influenced by many of the things easily. This study was conducted to assess the knowledge regarding impact of internet gaming on behaviour pattern of adolescents in selected school. The following conclusions were drawn on the basis of the findings of the study.

- Majority (79 %) of the students showed mild behaviour; about (21%) were showed moderate behaviour and there is no adolescent showed severe behavioural change while using internet gaming.
- There is no significant association between the impact of internet gaming on adolescents and selected demographic variables.

E. Nursing implications

Nursing implications should include subheadings of nursing education, nursing practice, nursing administration and nursing research. The nurse has a vital role in providing knowledge regarding impact of internet gaming on behavior pattern of adolescents.

F. Implications for nursing education

- Education is the key component to update and improve the knowledge of an individual.
- Nursing education should be broad enough to equip the adolescents to improve their knowledge.
- The findings will help the adolescents to update their knowledge and Implications for nursing practice
- A gap between the existing knowledge and expected level indicates the need for a more informative program on impact of internet gaming on behavior pattern of adolescents.

Practices and awareness about impact of internet gaming on behavior pattern of adolescents will improve the knowledge.

G. Implications for nursing administration

In collaboration with nursing education department nurse administrators should organize and plan for various programmes to impart knowledge to students, parents and teachers regarding the effect of internet gaming on adolescents "behaviour". As the study has shown a clear association between the media exposure and selected behaviours, the health professionals and nursing administrators can effectively plan to focus on effective health education for the students, parents and teachers. Nurse administrator can plan in service education/ CNE programs on parental role in various child rearing practices.

H. Implication for Nursing Research

The present study is an attempt to find out the association between the internet gaming exposure and the behavioural pattern in school students. Based on this descriptive study the nurse researcher can design further research to find out the other effects of multimedia exposure. The implication of this study for the nurse researcher can be viewed from the effective measures for preventing the illeffects of internet gaming usage on students.

I. Limitations

- The sample was limited to 90 students.
- The study period is only 2 weeks.
- Small study setting was selected.
- Study limited to specific higher secondary school.
- Nonprobability sampling technique was used.



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J. Recommendations

- Conduct education and training regarding impact of internet gaming on behavior pattern of adolescents.
- Conduct further studies to improve knowledge of impact of internet gaming on behavior pattern of adolescents is strongly recommended in the school setting.
- Replicated by using simpler random sampling and hence thereby the chance of reducing the errors.
- Done by true experimental research designs.

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