

A STUDY OF LONELINESS AND INTERNET GAMING DISORDER IN STUDENTS

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ABSTRACT: In today's progressive area Psychological research can be very helpful to study the problems of society, social science like Sociology, Psychology, Economics etc. were used in various branches of Psychology like child psychology, educational psychology and social psychology etc. We have to suffer many problems in this type of study. The main purpose of this research was to a study of loneliness and Internet gaming disorder in students. The total sample consisted 60 as a Nation belonging to 30 male and 30 female. The research tool for Loneliness was measured by Russel (1986) and tool for Internet Gaming Disorder (IGD) was measured by Griffiths and pontes (2015). To check the significant difference between group t-test used. Result revealed loneliness is not significant difference in students. There will be significance difference in Internet gaming disorder in students.

Key Words: Loneliness and Internet Gaming Disorder.

Although Loneliness has always been part of human existence it has a relatively short psychological history. John Bowlby's attachment theory emphasized the importance of a good attachment bond between the infant and caregiver, and this theory was a forerunner to theories of loneliness. From this perspective, loneliness is the result of insecure attachment patterns that lead children to behave in ways that result in being rejected by their peers. Rejection experience hinders the development of social skills and increase distrust of other people, thereby fostering.

Another theoretical perspective holds that loneliness is characterized by personality traits that are associated with, and possibly contribute to, harmful interpersonal behavioural patterns. The cognitive approach to loneliness is based on the fact that loneliness is characterized by distinct differences in perceptions and attribution.

Theories of the self have contributed to theories of loneliness by demonstrating the importance of individual, relational, and collective selves.

Loneliness is defined as the distressing experience that occurs when one's social relationships are perceived to be less in quantity, and especially in quality, than desired. Being alone and experiencing loneliness are not the same thing. People can be alone without feeling lonely and can feel lonely, even when with other people. Loneliness is associated with depressive symptoms, poor social support, neuroticism and introversion, but loneliness is not synonymous with these psychological characteristics. Loneliness is typically thought of as a stable trait, with individual differences in the set-point for feeling of loneliness about which people fluctuate depending on the specific circumstances in which they find themselves. Loneliness changes very little during adulthood until 75 to 80 years of age when it increases somewhat. Loneliness puts people at risk for mental and physical disease and may contribute to a shorter life span.

Gaming disorder is a diagnosis characterized by the uncontrollable and persistent playing video and computer games, which is harmful to an individual's well being. Many mental health professionals believe these games can cause a distinct type of addiction by triggering reward-motivated behavior, which releases dopamine and triggers the reward centers of the brain. Such disorders can be diagnosed when an individual engages in gaming activities at the cost of fulfilling daily responsibilities or pursuing other interests, and without regard for the negative consequences.

Diagnostic and statistical manual of mental disorder (DSM-5), published by the American Psychiatric Association in 2013. "Internet gaming disorder" is defined as a "condition warranting more clinical research and experience before it might be considered in the main book as a formal disorder."

However, in 2018, the World Health Organization (WHO) included gaming disorder alongside gambling disorder under "Disorder due to addictive behaviours" in its diagnostic International Classification of Diseases. For gaming disorder to be diagnosed, the behavior pattern must be of sufficient severity to

result in significant impairment in personal family, social, educational, occupational or other important areas of functioning and would normally have been evident for at least 12 months. Research shows gaming disorders can be associated with anxiety, depression, obesity, sleeping disorders and stress. Which are just normal symptoms of Addiction.

Mehment Farth Erkoc and Feridun Ozcukir (2015) it was found the there was significant difference of game of selection and level of loneliness.

Nuralla Emir E, and Ilindar Y, (2018) studied level of loneliness and digital game Addiction school students and found that the not significant difference between level of loneliness and digital game addiction.

Holima S. Q., Mussarat J.K. (2013). Studied Increased Aggression and Loneliness as potential Effect of pathological video-gaming among Adolescents. In addition, result indicate the their was significant difference between video game Addiction, Loneliness and Aggression in adolescents.

Bong-won park, Kun chil (2019), it was found the their was significant difference between online game of Loyalty, perceived loneliness and stress in user's.

Objectives :

The main objectives of study ware as under :

- I. To measure the loneliness on students.
- II. To measure the Internet gaming disorder on students.

Hypothesis :

To Related objectives of this study, null hypothesis ware as under.

- I. There will be no significant mean difference in loneliness of students.
- II. There will be no significant mean difference in internet gaming disorder in students.

METHOD

Participants :

According to purpose of present study total 60 participant's has been selected. There were 30 male and 30 female students were taken as a sample from particular area of Rajkot city (Gujarat).

Instruments :

Following instrument were used for data collection

1. Loneliness scale : The loneliness scale was developed by Russel (1986). This scale contains 10 items with 4 alternative response varying from never, rarely, sometimes and often, each to be rated on 4 point scale. Their reliability is 0.73.
2. IGD scale : The scale was developed by Griffiths and pontes (2015). The scale consisted of 9 items, each to be rated on 5 point scale. The minimum and maximum score obtained in the scale are 9 and 45 respectively. There reliability and validity are 0.82 and 0.75.

Procedure of Data Collection :

In this study random sampling method was used. Initial meeting with the participants was made at particular area of Rajkot city (Gujarat). Total 80 participants were taken as a sample. They were informed about the purpose of the study upon initial meeting, each participants was also explained the nature of the study, participants were informed about the confidentiality regarding information collected from them. A time for data collection was set up that was conducive for the participants before administering the scale, the purpose of the study was again explained to the participants. A good report was built with the participant for getting correct response. Some necessary instruction and guidelines were provided to them properly filling the scale. After this the both scale were provided to them and they were requested to fill up the both scale as per the instruction given in the scale. After completion of the scale participants returned the scale and they were thanked for their participation and co-operation.

Research Design :

The aim of present research was to a study of loneliness and internet gaming disorder in students. For these total 60 participants were taken with used random method to check significant difference between groups t-test was used.

Result and Discussion :

The main objectives of present study was to measure the loneliness and internet gaming disorder in students. In it t-test method is used, result discussion of present study is as under.

Table -1
[Showing t-value score of Loneliness in Female and Male]

Variables	N	Mean	SD	t	Sig.
Female	30	19.47	5.26	0.61	NS
Male	30	18.47	3.64		

Sig. level = 0.05 = 2.05

1.01 = 0.76

NS = Not significant

According to t-test table of loneliness (table-1) we said that t-value of loneliness variable was 0.61. The mean of male received 19.47 and female received 18.47. The standard deviation of male 5.26 and female 3.64. The t-value of loneliness variable was not significant difference at the both levels (0.01 and 0.05 level) so we can say that first hypothesis was un-rejected because significant difference can be not seen the t-value of loneliness was 0.61 possible reason. For may be there social interaction and relation will be strongest on male and female students.

Table -2 (Result)
[Showing t-value score of Internet gaming disorder in Female and Male]

Variables	N	Mean	SD	t	Sig.
Female	30	24.40	10.01	4.75	0.01
Male	30	38.07	4.89		

Sig. level = 0.05 = 2.05

0.01= 2.76

NS = Not significant

According to t-test table of internet gaming disorder (Table-2), we said that t-value of internet gaming disorder variable was 4.75. The mean of male received 24.40 and female received 38.07. The standard deviation of male 10.01 and female 4.89. The t-value of internet gaming disorder variable was significant different at the both level. (0.01 and 0.05 level). So we can say that first hypothesis was rejected / because significance difference can be seen/ the t-value of internet gaming disorder was 4.75, possible reason for may be outdoor games level day by day will very down on female and null students.

We can conclude by data analysis as follows :

There was no significant difference in loneliness of male and female students. There was significant difference in internet gaming disorder of male and female students.

Limitation of the Research :

This study had several limitations that can be addressed by future research. Firsts, the participants consist only students of the particular area of Rajkot city. So it is not representative of all other city. Hence, a more representative participants might yield different result for example a participant from different city of Gujarat might show significant interaction effects of different city.

Suggestion :

Endeavour can be executed to analyze more than 60 data of sample with efficacy to attain better result. For the accumulation of information, variegated methods except questionnaires can be adopted. Selection of sample can be accomplished with the intake of different city students, different state to ascertain in their loneliness and internet gaming disorder to crown the research work, other method of selecting sample can be appropriated.

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