

# A Critical Study and Analysis on the Impact of Online Gaming among Children

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**Abstract:** *In this modern era, technology plays an important role in every walk of human life. People are using the latest technologies for information and entertainment which are providing wide ranges of benefits to the human community. For infotainment people are depending on social media and online gaming in advanced models. In this virtual world online gaming touches its highest level. Online game is a video game that is played with the help of the internet or any other computer network available. Some people consider online gaming as a mode of entertainment. In this generation the development of the mobile industry and network industry has helped in the growth of the online gaming industry. Online Gaming is also used as a tool to escape from stress in life. As everything has an opposite side online gaming also has. Due to excessive usage of online gaming people get addicted to it which will cause many health issues like vision problems, headache, and neck pain etc and also mental issues which lead to many gaming disorders. So our study is done to check whether there is any impact of online gaming and its addiction among children. This paper is based on Doctrinal Research Methodology using Descriptive study. The researcher finds they can use gaming detoxification as a solution. The aim of the study is to analyse the impact of online gaming among children.*

**Keywords:** Online gaming, Addiction Level, Infotainment, PUBG, children.

## I. INTRODUCTION

Nowadays Online gaming is a major trend all over the world. One can play games if he/she has internet access. There are games which give us an opportunity to compete with people that I haven't met yet and also it is very possible to develop talent. Through online gaming the members can also keep in touch with our friends. Online games are splendid because there are games that it can earn from. Even though online gaming is a very pleasurable experience for many but it may also have pros and cons. Online gaming is constructive because it can evade people especially youths from getting involved in dangerous behavior such as drugs and joining youth gangs.<sup>1</sup> Online gaming exhilarates people and galvanizes them to compete with others. And also it makes the player mentally vigorous and sharper too. At the same time online gaming may have more harmful effects than good. New generations may face lots of health issues mainly due to lack of physical movements. Online gaming may cause addiction and can consume time that is meant for other activities.<sup>2</sup> Online games may lead to online abuse. Mainly children playing are cornered in this. They may also download games from sites that may contaminate computers with viruses. The aim is to study the level of online gaming addiction among children.<sup>3</sup> By solving this problem, can regain our younger generation and make them more socialized with society. Now because of this new invention, the teenagers are more addicted to the system which includes online games and they just get into their own world of fantasies and then they become less socialized.

<sup>1</sup> (Choi et al. 2020)

<sup>2</sup> (Green, Delfabbro, and King 2020; Murphy 2002)

<sup>3</sup> (Green, Delfabbro, and King 2020)



## OBJECTIVES

- (1) To study the impact of online gaming among children.
- (2) To know the addiction level of online games among children

## II REVIEW OF LITERATURE

**Lakshmi, Raja, Pujam, Nandha Kumara; Indian Journal of Health & Wellbeing.2015, Vol. 6** .Internet has become a part of our life for the last one decade. In India use of internet gaming is more among students and there is a question whether it leads to addiction and depression due to internet gaming addiction.<sup>4</sup> **Sudha R; The effect psycho physiological of playing violent video games among children, January, 2012** ,.Among adolescents and youth online gaming has become more addicted and its continuous usage has made individuals intention to harm others. Most researchers also focused the same. Over the past 3 decades, violent online games have become socialized with children and its effects have made aggressive thoughts, angry, psychological problems in the real world.<sup>5</sup> **Bong-Won Parka and Jae-Hyeon Ahn ; System Dynamics Review 26(2):117- 138 ,April 2010**.The study reveal that by worldwide popularity of online games, its addiction became social issue and this addiction caused growth of gaming industry; they were evaluated 2 policies, that is self-regulation policy and tax rebate policy. They found that tax and rebate policy is a more effective measure. It's implementation increases total revenue and image of the gaming industry and reduces the number of addicted users.<sup>6</sup> **Bonk, Curtis J Dennen, Vanessa P; Report Date: Mar 2005**.They studied that Massive multiplayer online gaming has first popularized in the ISSN: 2249-0558&Impact Factor: 7.119 311 International journal of Management, IT and Engineering entertainment world and now it became interested in education and training environments. Gaming technology has developed higher thinking skills, problem solving areas and decision making. At the end research represented that industry has been focused on new technologies to meet the attitudes, preferences and expectations of the users.<sup>7</sup> **Jayalakshmi,RanganathanChidambaram,Ramasundaram Sreekumar,Vijayakumar(2017)**. The study was done to determine the effects of online games on adolescent's .From the study it was found that 29% adolescents are considered as addicted to online games. The results also showed that there was a relation between online games addiction and less physical activities. It also affects the sleep of gamers. It is concluded that online games have caused changes in the way adolescents interact<sup>8</sup>. **Muezzin, Emre; Turkish online journal of educational technology-TOJET, Jul (2015)**. The study was to compare the online games addiction in students with the computer usage and online gaming. The results showed that there was a huge difference between the addiction and computer usage.<sup>9</sup> **Park, Hyun Sook; Kwon, Yun Hee; Park, Kyung-Min (2007)**. This study was done to find out the factors related to internet games addiction for adolescents. From the study it was found that the risk of being addicted to games is 2.2 times higher in males than females. It also says that people with low academic performance also are addicted to online games. The study suggests that these factors are related to internet games addiction like gender, academic performance etc. <sup>10</sup>

## III. RESEARCH METHODOLOGY

This paper is based on Doctrinal Research Methodology using Descriptive study. This paper depends on secondary sources. The data for the present study is collected using random sampling technique. The secondary data are collected from various sources like books, journals, articles, e-sources. The researchers have also utilised commentaries, books,

<sup>4</sup> ("Online Gaming," n.d.)

<sup>5</sup> (King et al. 2020)

<sup>6</sup> (McNeill et al. 2020)

<sup>7</sup> (Schneider 2013)

<sup>8</sup> (Chung and Fung, n.d.)

<sup>9</sup> (Li, Wang, and Liu 2020)

<sup>10</sup> (McNeill et al. 2020)



articles, notes and other writings to incorporate the various views of the multitude jurists, with the intention of presenting a holistic view.

#### **IV. IMPACT OF ONLINE GAMING AMONG CHILDREN**

Children's right to non-discrimination (article 2) is an umbrella principle, confirming that children should not be distinguished, excluded, restricted or given preference on any ground, including race, color, sex, language or religion. This encompasses exposure to unsafe or unfriendly environments that discourage participation, including in games. The Convention also calls for protection of children from sexual abuse (article 34). As with all types of online communication, gaming platforms and communities may be misused by adults to connect anonymously to and groom children for sexual abuse or even for radicalization<sup>11</sup>. Respect for the views of the child (article 12) calls for children's views to be given due consideration in all matters affecting them, according to their age and maturity. However, Respect for the views of the child (article 12) calls for children's views to be given due consideration in all matters affecting them, according to their age and maturity. However, children are rarely consulted in studies on gaming-related harms as other than research subjects, nor are they consulted on policies to restrict gaming activities.<sup>12</sup> The child's right to freedom of expression (article 13) further includes the right "to seek, receive and share information and ideas of all kinds, regardless of borders, through speech and writing, in print, in the form of art, or through any other media of the child's choice." Participation in online gaming may facilitate children's enjoyment of their right to freedom of expression, enabling children to explore creative and communicative opportunities, form cross-cultural bonds with other gamers, and learn through educational gaming environments.<sup>13</sup> Protection of the privacy and personal information (article 16) of children is a relevant consideration for all online service providers. Article 16 states that children have "the right to protection from interference with their privacy, family, home and correspondence, and to protection from unlawful attacks on their honor and reputation". This is particularly relevant given challenges around new monetization practices that may infringe on children's right to privacy or selling their personal information. The Convention also calls for children to be protected from all types of exploitation (article 36), including commercial exploitation. Forms of economic exploitation relevant to online gaming may include stealth advertising, such as product placement, sponsorship of streamers or use of other influencers, excessive data collection for the purpose of profiling child consumers, and forms of in-app purchases. Although this paper does not specifically discuss educational games, online gaming is increasingly providing an avenue to explore innovative ways of teaching and learning, thereby presenting a valuable opportunity, supporting children's right to education (articles 28 and 29). Because gaming is fun and engaging, it can in theory serve as an effective learning platform.<sup>14</sup> All of these rights are interlinked, and no one right supersedes another – all rights of children need to be considered together. Some of the relationships among these rights are highlighted in the next section. The World Health Organization (WHO) has recently included unhealthy engagement in gaming in the International Classification of Diseases as a 'Gaming Disorder', a classification intended to support those who suffer severe life impairments as a result of their gaming habits. It is defined as a pattern of gaming behavior characterized by impaired control over gaming, increasing priority given to gaming over other activities to the extent that gaming takes precedence over other interests and daily activities, and continuation or escalation of gaming despite the occurrence of negative consequences.<sup>15</sup> 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. Such a diagnosis can support actual "problem gamers" if implemented correctly. It will be important, however, to monitor how the WHO proposal is implemented and what

<sup>11</sup> (Colder Carras, Carras, and Labrique 2020)

<sup>12</sup> (Wi Jong 2009)

<sup>13</sup> (Schneider 2013)

<sup>14</sup> (Schneider 2013)

<sup>15</sup> (Warmelink 2014)



consequences and possible unintended spill-over effects it will have for children and parents around the world.<sup>16</sup> There is some concern that a disorder classification may result in undue limitations to children's agency and their right to freedom of expression, participation and play, or make parents of children who play games more worried than warranted. Researchers have cautioned that children who play games and identify as gamers may feel increasingly stigmatized or ostracized by their parents, schools or communities as a result – and be falsely seen as suffering from a mental disorder. However, other researchers claim that the classification is strict enough to avoid over-diagnosis, arguing that WHO's decision constitutes an important step towards ensuring adequate insurance coverage for those in need of treatment.<sup>17</sup>

### **V. ADDICTION LEVEL OF ONLINE GAMING**

Gaming addiction is a compulsive mental health disorder that can cause severe damage to one's life. It's common for a video game addict to spend over 10 hours a day gaming, usually well into the night, and many suffer from sleep deprivation. Immersed in their experience, gamers are known to have poor diets consisting mainly of energy drinks full of caffeine and sugar. Many are dehydrated and malnourished. In more severe cases, gaming addicts report agoraphobia, a type of anxiety disorder in which they fear leaving the house and others identify with hikikomori a term popularized in Japan as reclusive adolescents or adults who withdraw from social life. Gaming addicts tend to be moody and irritable, depressed, physically aggressive, and refuse to go to school or work due to gaming. To be addicted to games is to experience functional impairment in multiple areas of your life, and the long-term effects can be devastating. Gaming addicts fail out of college. They get divorced. And they struggle with unemployment. In the debate around video game addiction, you often hear the objection that gaming is better understood as a coping mechanism for underlying mental health problems such as anxiety, depression, or attention-deficit hyperactivity disorder (ADHD), and not a disorder in its own right. It is widely established in the addiction field that comorbidity and the simultaneous presence of two chronic diseases or conditions in a patient is common, and gaming disorder is no exception. For some, gaming excessively will be a form of coping with another condition and may progress to a gaming addiction comparable to the behavior of substance-related disorders, and for others gaming excessively will be a function of impairment. Whether problematic gaming came first, or as a result of underlying mental health problems, therapeutic goals should include treatment of the gaming disorder itself because this disorder can be the underlying agent of functional impairment, and its treatment might be a prerequisite for effective treatment of comorbid conditions. In the debate around video game addiction, you often hear the objection that gaming is better understood as a coping mechanism for underlying mental health problems such as anxiety, depression, or attention-deficit hyperactivity disorder (ADHD), and not a disorder in its own right.

### **VI. DISCUSSION**

- In order to reduce the addiction on online gaming among adolescents the Government should initiate some awareness programs and counseling.
- Engage oneself more in outdoor games such as football, cricket, badminton etc...other than sticking in front of an electronic device like mobiles, laptop, tabs etc...
- Instead of playing continuously, start tracking your gaming time and set a limit for yourself. It can be done by choosing games wisely or else go on gaming detox.
- One can also include yoga and meditation in daily routine which is an amazing way for stress relief and also it lends a hand to improve your concentration so that you can diminish your level of addiction.
- Evade the gambling games like online casino games which cause monetary loss.
- Elude extremely violent games like PUBG, because it can trigger aggressive thoughts, emotions, behavior that ultimately affects the mental health of the player.

<sup>16</sup> (Warmelink 2014; Campbell 2008)

<sup>17</sup> (Tripoli 2007)



## VII. CONCLUSION

The genre of online game affects the young people in both positive and negative ways. There is a huge opportunity for educators here educational content, values, and attitude modification can be delivered to the youth in the mode of their choice. Lesson contexts can be gamified and student's involvement in the learning process can be enhanced.<sup>18</sup> Awareness regarding the issues causing the misuse or overuse of resources available for playing games and hence limiting the overuse for a better planet in future should be created. Online gaming is popular with young people, and it is one of the top activities they engage in. Online gaming is also more popular than social networking.<sup>19</sup> Online Game Industry is witnessing a massive evolution silently. Young people get introduced to online gaming through Advertisements, friends, family, and peer groups. Traditionally, games could be bought from shops, often in the form of a disk for use on a PC or console. But online games can also be downloaded. Games are played on many platforms, with those bought in shops often having an online component to them. Internet connectivity in a game adds a new opportunity for gamers as it allows players to find and play against, or with, other players from around the world (in a multiplayer game)<sup>20</sup>

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<sup>18</sup> (Tripoli 2007; Paterson, Whitty, and Boyer 2020)

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