

“Prevalence of Internet Gaming Disorder among Nursing Students ”

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ABSTRACT

INTRODUCTION : In 11th revision of international classification of disease (ICD-11) by World Health Organization (WHO) recognized internet gaming disorder as a mental health condition. “Gaming disorder is characterized by impaired control on gaming over any other activities, increase priority for gaming.” On the basis of available evidence by various experts, technical consultations undertaken by WHO make the decision for inclusion of Gaming disorder in ICD 11. Researchers are going on for standardized the gaming disorders criteria.

AIM: The aim of the study is to assess the prevalence of excessive use of internet games among nursing students.

Methods: Qualitative Research approach was used with descriptive research design. The study was conducted among 110 B.Sc. Nursing students of College of Nursing Padhar Hospital, for sampling convenient sampling technique was used

Results: Out of 110 Nursing students 12(11%) had considered as Gamer (Internet Game Disorder), which indicate an area of concern. And give a great need to be study in this.

Conclusion: Majority 98(89%) of the participants have comes under Non Disorder Gamer , whereas 12(11%) had comes under Internet Game Disorder, and 35(31%) nursing students spent more than 5 hour for playing internet game, which can be lead to Gaming Disorder.

Key Words: Internet Game Disorder, Nursing Students, Game Disorder Scale.

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I. Introduction

Games are essential part of our life. It is important for everyone to use their leisure time in some playful activity which fills us with freshness and energy. The games make us active and healthy and health is true wealth. But everything in excess causes damage. Similarly spent a lot or maximum time in playing internet /mobile games cause gaming disorder. As a game player there is no harm in spending your time to play your any favourite game such as candy crush, Fortnite, Warcraft etc. but in gaming disorder the difference is the fun is transforming to hobby and slowly in need to survive that impact negatively in your life.¹

In 11th revision of international classification of disease (ICD-11) by World Health Organization (WHO) recognized internet gaming disorder as a mental health condition.²

“Gaming disorder is characterized by impaired control on gaming over any other activities, increase priority for gaming.” On the basis of available evidence by various experts, technical consultations undertaken by WHO make the decision for inclusion of Gaming disorder in ICD 11. Researches are going on for standardized the gaming disorders criteria.²

In other words gaming disorders is a compulsion to play video game which avoid other important work area such as school work, personal and occupational works. It affects the personal and professional life of individual.³

American Psychiatric Association DSM-5 TR (Diagnostic And Statistical Manual Disorders) referred gaming disorder as Internet Gaming Disorder (IGD), with symptoms such as lack of control on time spending in playing internet game, giving priority to game over all other task and responsibility, avoid all other activity for family, work, social life, using game to avoid or escape from any negative situation or emotions etc. lasting longer than 12 month.³

Mihara et.al (2017) reported 0.7- 27.5% worldwide prevalence of Internet Gaming disorder (IGD). Whereas Stevens et.al. (2020) found it to be 3.05% worldwide. According to study in Mexico, china and Italy the prevalence rate was 5.2% , 5.5%, & 14.9% respectively.⁴

According to study by Undavalli V K et.al (2020) found the overall prevalence of Internet Gaming disorder was 3.50% in school going children, where 8.8% were male and 0.8% was female.⁵

STATEMENT OF THE PROBLEM:

A study to assess the prevalence of excessive use of internet game among nursing students at selected nursing college, Betul Madhya Pradesh.

OBJECTIVES:

1. To assess the prevalence of excessive use of internet games among nursing students.

II. Materials And Methods:

1. Research Approach – Qualitative Research Approach
2. Research Design – Descriptive
3. Setting – College of Nursing Padhar Hospital
4. Sample – B.Sc. Nursing students 1st to 4th year
5. **Sampling Technique:** convenient sampling technique was being adopted for the present study.
6. Sample Size – 110 B.Sc. Nursing Students

DESCRIPTION OF THE TOOL

Section A: Demographic profile

Demographic variables consist of age, gender, course, parents occupation, age of getting mobile/internet facility, time spend on internet

Section B: Internet Gaming Disorder Scale –Short-Form (IGDS9):

A standard tool was used to assess the prevalence of gaming disorder; The Internet Gaming Disorder Scale–Short-Form IGDS9-SF developed by Dr.Halley Pontes, Psychologist. IGDS9 SF is a psychometric assessment tool consists of 9 items. It’s a 5 point likert scale comprising response never, rarely sometimes, often, very often. Score ranges between 9- 45. Higher indicate more use of internet gaming prone to IGD.⁶

PLAN FOR DATA ANALYSIS

- The data were tabulated and analyzed using descriptive statistics like mean, standard deviation, frequency distribution and percentage.

III. Result

Analysis and interpretation of data collected from 110 samples to find the prevalence of excessive use of internet games among nursing students.

Table 1 Frequency and percentage distribution of sample characteristics with selected demographic variables. (N =110)

S.No		Frequency	Percentage
1.	Age (in years)		
	17-20	83	75%
	21-25	25	23%
	25-30	2	2%
2.	31-38	0	0%
	Gender		
	Male	17	16%
	Female	93	84%
3.	Others		
	Year		
	B. Sc Nursing 1 st year	32	29%
	B. Sc Nursing 2 nd year	40	36%
	B. Sc Nursing 3 rd year	20	18%
4.	B. Sc Nursing 4 th year	18	17%
	Game play mostly		
	Pub g or similar	22	19%

	Candy crush	53	49%
		12	12%
	No game	23	20%
5.	Time spent for game		
	<1 hr	18	17%
	1-2 hr	50	46%
	2-5 hr	7	6%
	5 and more hr	35	31%

The data presented in the Table 1 show that out of 110 subjects majority 83 (75%) nursing students belonged to age group of 17-20 years, whereas majority 93 (84%) were females, mostly 40(36%) of students belong to B.Sc. Nursing 2nd year, Majority 53(49%) students plays candy crush game and 50(46%) nursing students spent 1-2 hour for playing internet game, where as 35(31%) nursing students spent more than 5 hour for playing internet game.

Table 2 Frequency and percentage distribution of prevalence of excessive use of Internet Games among nursing students

N=110

S.No	Score interpretation by IGDS9-SF	Frequency	Percentage
1	Non disorder gamer	98	89%
2	Gamer	12	11%

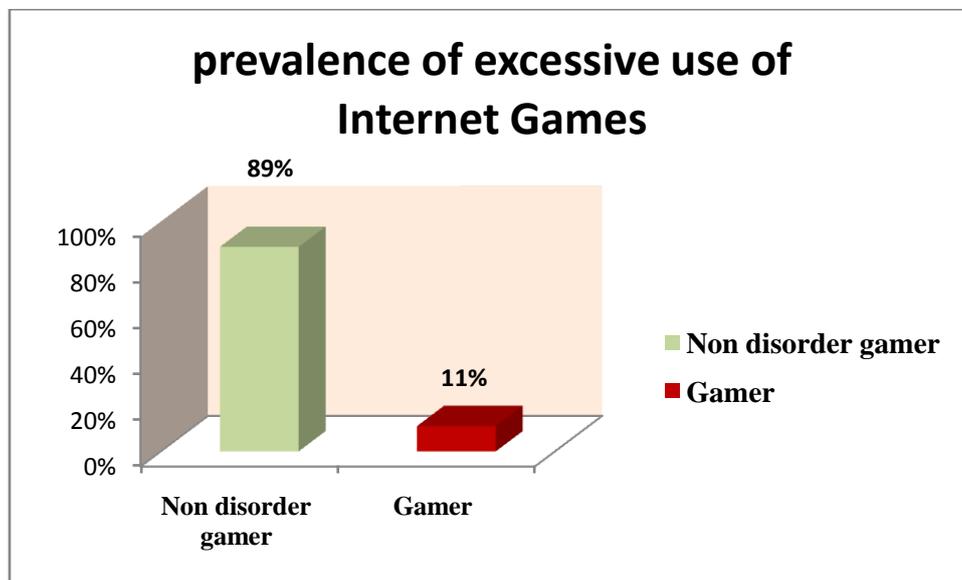


Figure 1 shows that out of 110 B.Sc. Nursing Students 98(89%) of the participants have consider to be Non Disorder Gamer, whereas 12(11%) had considered as Gamer (Internet Game Disorder), which indicate an area of concern.

IV. Recommendation

- Similar study can be review worldwide.
- Similar Study can be conducted among adolescence group .
- Similar study can be reviewed on large no of studies

V. Conclusion

Majority 98(89%) of the participants have comes under Non Disorder Gamer , whereas 12(11%) had comes under Internet Game Disorder, and 35(31%) nursing students spent more than 5 hour for playing internet game, which can be lead to Gaming Disorder.

VI. Summary

The present study was undertaken by the investigator to evaluate the prevalence of excessive use of internet game among nursing students. A standard tool was used to assess the prevalence of gaming disorder; The Internet Gaming Disorder Scale–Short-Form IGDS9-SF developed by Dr. Halley Pontes. Out of 110 nursing students 12 were found to be considering as Internet Game Disorder. Study was limited to Nursing students only and need to be conducted in broader aspect.

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