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## **Relationship of internet addiction and online gaming with peer pressure personality, general health among adolescents and young adults during COVID-19**

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**Abstract**---Objective: The present study has been done to understand the relationship of internet addiction and online gaming with peer pressure, personality and general health between adolescents and young adults. The objective of this study is to find if there is any relationship between internet net addiction and online gaming with peer pressure openness to change and general health along with levels of internet addiction among young adults and adolescents. Method: correlational design was used. The sample consisted of a total of 155 subjects with adolescents (75) and young adults (80) within the age group of 14-25 years old out of which 82 are females and 73 were males. Data was collected mostly from school, college, and working groups, through the Simple Random Sampling technique. Tools: behaviour tools was used Internet addiction scale IAS by Kimberly Young 2016, General Health Questionnaire GHQ by Goldberg and Hiller 1979, Neurotic, Extroversion, and Openness to Change Personality Inventory Revised, (NEOPIR) by Paul Costa and R.R. McCrae, 1978, Online Gaming (open-ended) and Peer Pressure Scale by Kiran – Esen 2002. Result: The result revealed that there was a significant mean difference in psychological variable (openness to change (feeling) and online gaming) with regards to the demographic variable (age). There is a negative correlation between internet addiction and online gaming with personality, general health, and peer pressure. However internet addiction has 33% high levels and 8% of online gaming. Conclusion: The increasing levels of internet addiction can also give rise to mental health issues and

simultaneously get inclined to online gaming, although peer pressure has its least influence there are further areas that could be explored

**Keywords**---general health, internet addiction, online gaming, peer pressure, personalty.

## Introduction

In the recent era, we begin to have many emerging scientific technologies with greater expansion in this field. Surprisingly technology has become a daily routine in our day-to-day life, for instance, a hand device (mobile phone) is the first thing that is noticed right after we open our eyes. Isn't it unnatural for everyone to be so inclined to gadgets? Well, that's the catch of the developing world or development in technology. Yes, it can be agreed that it is having its pros and cons but, it can also see the healthy routine is being hampered. Dependency on gadgets was found to be high among the subject group aged about 21-24 with the class I socioeconomic status. The addiction triggered many issues some of which are found to be difficulty in the day-to-day performance, sleep disturbance, and lack of concentration (Kumar & Sherkhane, 2018). Among many medical students, the gadgets dependency was also found to be more (Gupta, Krishnamurthy, Majhi, & Gupta, 2013) Gaming is one of the biggest platforms for game lovers no wonder some of them have chosen it as their career. But even choosing such thing as their career is also a great difficulty for them to convince their family. It is good that some of them want to showcase their talent but surviving in such competition is also a great task. If we start to talk about online gaming it is a virtual interaction among the players involved in the game. Not to mention people having body image issues also satisfy themselves with the role-play characters which look perfect yet, we cannot deny the fact of reality. Virtual interactions are good at some point as they interact with each other when in the same team but when it comes to the opposition there will be dominance and might increase the anger levels which might be a concerning issue. Depending upon the individual personality we never know what might be the outcome if a person is much inclined to this gaming. We also need to know in these cases is a concerning thing that there might be peer pressure among the players. The adolescent stage might be a targeted issue as this age is very crucial for the identification of self. There is a risk at this age for the individuals to get addicted to the internet. Most of the respondents of age 18 to 26 use gadgets for atleast 6 hours a day with earphones plugged in which ultimately lead to hearing issues. Not only hearing there are also problems like issues with logical thinking, headache, depression, anxiety, etc (Jyoti Ranjan, 2014). As discussed internet is a major part of human life these days in different aspects such as education, work and even socializing with people via social media. Addiction in other words describes how a person is inclined toward something that they cannot live without it. In that way internet addiction also stated that few members possess some addictive qualities and become addicted. Some studies stated that urges or few behaviors to use the internet or computer with access to the internet leads to distress or impairment (Shaw & Black, 2008)

### **Significant of the study**

Online gaming is the recent interaction and a platform to spend their leisure time operating the device where online or community interactions are available. However, there is a benefit of the doubt as does this application has any further influence on the users and if so does the influence is affecting the behavior or supporting the psychological thinking of an adolescent. A study revealed that the correlation and regression analyses confirmed that the more and intensive frequent online gaming experience was significantly and negatively related with the mental health of the gamers (Chan & Cheung, 2020). This study should reveal how the peer or community influences an individual. A player has been subjected to the exploration but does that identify how it is influencing an individual to play consistently whether it is Adolescents or Young Adults it should differentiate how these two age groups have been affected by having their challenges in their day-to-day life. Gaming addiction is listed in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) of the American Psychiatric Association, which is used by mental health providers to diagnose mental disorders. At the time the DSM-V was released in 2013, there was insufficient research to establish if the disease is a particular psychiatric illness or the best criterion to identify it. However, it included internet gaming disease, along with caffeine use disorder and other disorders, in the section prescribing conditions for further study.

Online gaming has also been a concern to the developers as they consistently need to improve the game and grab the attention of the players. Putting the triggered points so that the game could be played at least for some duration. At the beginning of the game, it will be easy and many rewards and missions will be completed easily but gradually when the game levels are increased it becomes difficult to gain a few rewards. Certain motivation factors grab the attention of the players. Since it is an MMORPG there is a minimum of 90-100 players playing in that game and every player tends to compare themselves with the other players and craves for the same to be theirs. In need of those rewards, they tend to spend more time ("Understanding MMORPG Addiction" by Nicholas Yee, 2002).

The level of openness to change in a personality includes Fantasy, Aesthetics, Feelings, Action, Ideas, and Values. These characteristics tend to be suitable for an individual who is inclined to gaming. A study also reveals that the level of openness, conscientiousness, and extroversion qualities are more in people who play games than in people who do not play (Ching-I Teng, 2008). In light of the specified literature, we identify objective of the study. Objective of the study are given below:

### **Research Objectives**

- To assess the impact of internet addiction and online gaming on the general health of adolescents and young adults.
- To examine the relationship between peer pressure Openness to change, and general health with internet addiction and online gaming in adolescents and young adults.
- To study the relationship between internet addiction and online gaming.

## Research Hypothesis

1. Internet addiction and online gaming would significantly impact the general health of adolescents and young adults
2. Peer pressure, openness to change, and general health would have a significant relation to internet addiction and online gaming.
3. There will be a significant difference between internet addiction and online gaming

## Methodology

### Design

corrleational design was used in this study.

### Sample

The sample consisted of a total of 155 subjects with adolescents (75) and young adults (80) within the age group of 14-25 years old out of which 82 are females and 73 were males. Data was collected mostly from school, college, and working groups. Simple Random Sampling technique was used in this study.

### Tools

- NEO-PI-R personality inventory by Paul Costa and R.R. McCrae, 1978. In this only one personality traits have been selected Openness to change consist of 48 items with 6 subscales including Fantasy ( F- 8 items), Aesthetics (A- 8 items), Feelings (Fe-8 items), Actions (Ac-8 items), Ideas (I-8 Items) Values (V-8 Items) On a Five-point scale ranges from 0(Strongly Disagree) to 4 (Strongly Agree). Reliability of the testis 0.90 and Validity of the test is 0.87
- Peer Pressure Scale by Kiran – Esen, 2002. This scale consists of 34 items and it is a five-point Likert scale using the rating of 1 (never) to 5 (Always). Reliability of the test is 0.88 and Validity of the test is 0.68
- GHQ general health questionnaire by Goldberg and Hiller, 1979. In this questionnaire, the 12 items scale has been selectedusinga 4-point scale from 0 to 3 with total scores ranging from 0 to 36.Relaibility of the test is 0.93 and Validity of the test is 0.83
- IAT internet addiction test by Kimberly Young, 2016. This test consists of 20 items using a five-point Likert scale ranging from 0 (Not Applicable) to 5 (Always). ). Reliability of the test is 0.85 and Validity of the test is 0.93
- Self-developed question on Online Gaming consist of 20 items using a five-point Likert scale ranging from 0 (Not Applicable) to 5 (Always)

### Procedure

The sample was collected by following a purposive sampling strategy. All participants were Adolescents and Young adults and all those who were invited to participate agreed to do so. They were briefed about the study's nature, purpose,

and procedure. Permission was obtained from the participants and they were assured that the information collected from them will be kept confidential. Consent was taken from the participants and was assured that the data will be kept confidential. The questionnaires were administered as per the instructions given in the manual. The participants were asked to respond on their own. The participants were asked to respond to all the items on the scale without skipping any. The queries of the participants, if any, were properly clarified. The collected data were statistically analyzed by mean, standard deviation, t-test, and correlation to gather the association of dependent, independent variables and to find out whether personality and general health are effective between internet addiction and online gaming, utilizing IBM Statistical Package for Social Sciences (SPSS, 16). Personality and general health is the dependent variable, internet addiction, and online gaming is the independent. Conclusions and implications were made based on the obtained results.

## Results

The data was collected post which statistically analyzed by mean, standard deviation, t-test, and correlation to gather the association of dependent, independent variables and to find out whether personality, peer pressure, and general health are effective between internet addiction and online gaming, utilizing Statistical Package for Social Sciences (IBM SPSS, 2016 version). Personality, peer pressure, and general health are the dependent variables, and internet addiction and online gaming are the independents. Conclusions and implications were made based on the obtained results.

## Descriptive statistic

Table 1 represents the demographic data of the sample (N = 155) further divided into categories. Gender is divided into male and female yet, age has been divided into 6 groups. The age of these groups ranges from 14 to 25 including adolescents and young adults.

Table 1 Demographic Details Of Participants (N = 155)

Gender	Total	Average Total	
Male	73	77.5	
Female	82	77.5	155
Age		Average Age	
1 (14 - 15)	26	25.83	
2 (16 -17)	19	25.83	
3 (18 - 19)	30	25.83	
4 (20 - 21)	23	25.83	
5 (22 - 23)	26	25.83	
6 (24 - 25)	31	25.83	155

The result of table 1 reveals that out of 155 respondents 82 (53%) were females and 73 (47%) were males. Out of which a maximum number of the respondents fall under the age group of 24-25 years old whereas the least respondents were from the age group of 16-17 years old.

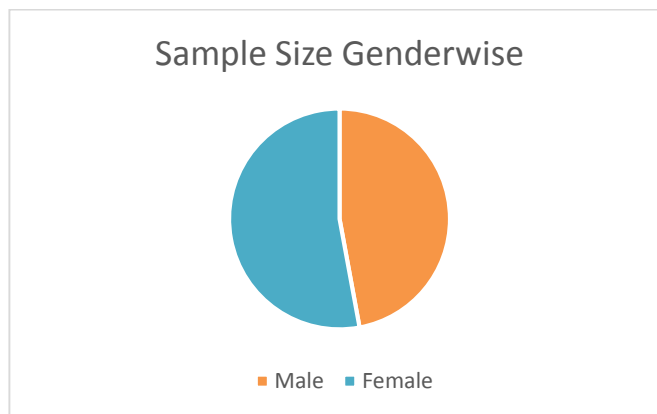


Table 2 Description of the respondent openness to change with regard to age

	Age	N	Mean	Std. Deviation	t	df	p
Openness to change	14-15	26	1.35	0.48	-.448	153	.183
	16-17	19	1.53	0.51			
	18-19	31	1.61	0.49			
	20-21	22	1.64	0.49			
	22-23	26	1.32	0.48			
	24-25	31	1.51	0.47			

The table shows average openness to change with respect to age found to be (M = 1.35, 1.53, 1.61, 1.64, 1.32, and, 1.51) for age groups 14-15, 16-17, 18-19, 20-21, 22-23, and, 24-25. There is no significant p-value ( $p > .05$ ) it indicates that openness to change is not significantly differ by age. Further, the research indicates that 14-15, 16-17, 18-19, 20-21, 22-23, and, 24-25 years are similar in Openness to change.

Table 3 Description of the respondent of dimensions of openness to change with respect to age groups

	Age	N	Mean	Std. Deviation	t	df	p
Fantasy	14-15	26	1.35	0.48	.282	153	.218
	16-17	19	1.53	0.51			
	18-19	31	1.61	0.49			
	20-21	22	1.64	0.49			
	22-23	26	1.32	0.48			
	24-25	31	1.51	0.47			
Aesthetics	14-15	26	1.35	0.48	-.541	153	.129
	16-17	19	1.53	0.51			
	18-19	31	1.61	0.49			
	20-21	22	1.64	0.49			
	22-23	26	1.32	0.48			
	24-25	31	1.51	0.47			

Actions	14-15	26	1.35	0.48	-.978	153	.145
	16-17	19	1.53	0.51			
	18-19	31	1.61	0.49			
	20-21	22	1.64	0.49			
	22-23	26	1.32	0.48			
	24-25	31	1.51	0.47			
Feelings	14-15	26	1.35	0.48	-.482	153	.056
	16-17	19	1.53	0.51			
	18-19	31	1.61	0.49			
	20-21	22	1.64	0.49			
	22-23	26	1.32	0.48			
	24-25	31	1.51	0.47			
Ideas	14-15	26	1.35	0.48	.082	153	.179
	16-17	19	1.53	0.51			
	18-19	31	1.61	0.49			
	20-21	22	1.64	0.49			
	22-23	26	1.32	0.48			
	24-25	31	1.51	0.47			
Values	14-15	26	1.35	0.48	-.913	153	.953
	16-17	19	1.53	0.51			
	18-19	31	1.61	0.49			
	20-21	22	1.64	0.49			
	22-23	26	1.32	0.48			
	24-25	31	1.51	0.47			

The above table reveals dimensions of openness to change among adolescents and young adults. It is found that average Fantasy with respective age is  $M = 1.35, 1.53, 1.61, 1.64, 1.32,$  and,  $1.51$  for age group of 14-15, 16-17, 18-19, 20-21, 22-23, and, 24-25. It indicates that there is no significant p-value ( $p > .05$ ) it indicates that fantasy is not significantly differ by age. In Aesthetics is average is found to be  $M = 1.35, 1.53, 1.61, 1.64, 1.32,$  and,  $1.51$  for age group of 14-15, 16-17, 18-19, 20-21, 22-23, and, 24-25. It indicates that there is no significant p-value ( $p > .05$ ) which indicates that aesthetics is not significantly differ by age. In Actions the average indicates  $M = 1.35, 1.53, 1.61, 1.64, 1.32,$  and,  $1.51$  for age group of 14-15, 16-17, 18-19, 20-21, 22-23, and, 24-25. It shows there is no significant p-value ( $p > .05$ ) indicating Actions do not significantly differ by age. In Feelings the average with respective of age is  $M = 1.35, 1.53, 1.61, 1.64, 1.32,$  and,  $1.51$  for age group of 14-15, 16-17, 18-19, 20-21, 22-23, and, 24-25. It indicates that there is a significant p-value ( $p = .05$ ) indicating that feelings do significantly differ by age. In Ideas the average with respective of age is  $M = 1.35, 1.53, 1.61, 1.64, 1.32,$  and,  $1.51$  for age group of 14-15, 16-17, 18-19, 20-21, 22-23, and, 24-25. It indicates that no significant p-value ( $p > .05$ ) indicates that ideas do not significantly differ by age. In values the average with respective of age is  $M = 1.35, 1.53, 1.61, 1.64, 1.32,$  and,  $1.51$  for age group of 14-15, 16-17, 18-19, 20-21, 22-23, and, 24-25. It indicates that there is no significant p-value ( $p > .05$ ) it indicates

that Values do not significantly differ by age. Further, the research indicates that 14-15, 16-17, 18-19, 20-21, 22-23, and, 24-25 years are similar in Fantasy, Aesthetics, Actions, Ideas and, Values. Whereas, the research indicates that 14-15, 16-17, 18-19, 20-21, 22-23, and, 24-25 years are not similar in Feelings.

Table 4 Description of the respondent of Peer pressure with respective age

	Age	N	Mean	Std. Deviation	t-value	df	p
PeerPressure	14-15	26	1.35	0.48	-.422	153	.651
	16-17	19	1.53	0.51			
	18-19	31	1.61	0.49			
	20-21	22	1.64	0.49			
	22-23	26	1.32	0.48			
	24-25	31	1.51	0.47			

The table shows that the average Peer pressure with respective ages was found to be 1.35, 1.53, 1.61, 1.64, 1.32, and, 1.51 for age groups 14-15, 16-17, 18-19, 20-21, 22-23, and, 24-25. There is no significant p-value ( $p > .05$ ). It indicates that peer pressure does not significantly differ by age. Further, the research indicates that 14-15, 16-17, 18-19, 20-21, 22-23, and, 24-25 years are similar in Peer pressure.

Table 5 Description of the respondent of general health with respective age

	Age	N	Mean	Std. Deviation	t	df	p
General Health	14-15	26	1.35	0.48	-	153	.768
	16-17	19	1.53	0.51			
	18-19	31	1.61	0.49			
	20-21	22	1.64	0.49			
	22-23	26	1.32	0.48			
	24-25	31	1.51	0.47			

The table shows that the average of General Health with respective ages was found to be 1.35, 1.53, 1.61, 1.64, 1.32, and, 1.51 for age groups 14-15, 16-17, 18-19, 20-21, 22-23, and, 24-25. There is no significant p-value ( $p > .05$ ). It indicates that General Health does not significantly differ by age. Further, the research indicates that 14-15, 16-17, 18-19, 20-21, 22-23, and, 24-25 years are similar in General Health.

Table 6 Description of the respondent to Internet Addiction with respective age

	Age	N	Mean	Std. Deviation	t	df	p
Internet Addiction	14-15	26	1.35	0.48	-2.806	153	.889
	16-17	19	1.53	0.51			
	20-21	22	1.64	0.49			
	22-23	26	1.32	0.48			
	24-25	31	1.51	0.47			

The table shows that the average Internet addiction with respective ages was found to be 1.35, 1.53, 1.61, 1.64, 1.32, and, 1.51 for age groups 14-15, 16-17,

18-19, 20-21, 22-23, and, 24-25. There is no significant p-value ( $p > .05$ ). it indicates that Internet Addiction does not significantly differ by age. Further, the research indicates that 14-15, 16-17, 18-19, 20-21, 22-23, and, 24-25 years are similar in Internet addiction.

Table 7 Description of the respondent of online gaming with respective ages

	Age	N	Mean	Std. Deviation	t	df	p
Online Gaming	14-15	26	1.35	0.48	.759	153	.001
	16-17	19	1.53	0.51			
	18-19	31	1.61	0.49			
	20-21	22	1.64	0.49			
	22-23	26	1.32	0.48			
	24-25	31	1.51	0.47			

The table shows that the average of Online Gaming with respective of age found to be 1.35, 1.53, 1.61, 1.64, 1.32, and, 1.51 for age groups 14-15, 16-17, 18-19, 20-21, 22-23, and, 24-25. There is a significant p-value ( $p < .05$ ). it indicates that Online Gaming does significantly differ by age. Further, the research indicates that 14-15, 16-17, 18-19, 20-21, 22-23, and, 24-25 years are not similar in Online Gaming.

Table 8 Description of respondents of all variables with respective of Gender.

Gender		Fantasy	Aesthetics	Feelings	Ideas	Actions	Values	Openness Total	Peer Pressure	Internet Addiction	General Health	Online Gaming
Male	Mean	20.55	17.41	18.21	19.18	18.39	15.99	91.34	82.22	33.70	11.82	37.01
	N	76	76	76	76	76	76	76	76	76	76	76
	SD	3.00	3.02	3.41	3.97	3.21	3.30	11.02	6.10	11.94	7.22	20.47
Female	Mean	20.41	17.71	18.52	19.13	18.96	16.47	92.23	82.63	28.28	15.97	33.91
	N	79	79	79	79	79	79	79	79	79	79	79
	SD	3.49	3.83	4.45	4.71	3.95	3.25	13.44	5.95	12.08	7.04	29.41
Total	Mean	20.48	17.56	18.37	19.15	18.68	16.23	91.79	82.43	30.94	13.94	35.43
	N	155	155	155	155	155	155	155	155	155	155	155
	SD	3.25	3.45	3.97	4.35	3.61	3.27	12.28	6.01	12.28	7.40	25.39

This table represents the mean and standard deviation of openness to change and their dimensions, peer pressure, internet addiction, online gaming, and general health concerning males and females.

Table 9 Relationship between Dependent and independent variable

	Internet Addiction	Online Gaming	Peer Pressure	General Health	Fantasy	Aesthetics	Actions	Feelings	Ideas	Values
Internet Addiction	1	.052	-.090	-.100	.005	.008	.045	-.071	-.032	.011
Online Gaming		1	-.091	.047	-.015	.027	-.041	.014	.148	.005
Peer Pressure			1	-.015	-.073	-.157	.079	.060	-.041	-.072
General Health				1	-.054	.036	-.039	.072	.044	-.145
Fantasy					1	.148	.130	.010	.424**	.213**
Aesthetics						1	.605**	.496**	.287**	.473**
Actions							1	.629**	.346**	.459**
Feelings								1	.253**	.394**
Ideas									1	.379**
Values										1

\*\* Correlation is significant at the 0.01 level (2-tailed).

The coefficient of correlation from the above-given table infers that internet addiction and Online gaming is not significantly correlated with peer pressure, general health, dimensions of openness to change. The not significant correlation reveals that no significant correlation among these variables. Relationship of internet addiction with Online Gaming ( $r=.05$ ,  $p>0.05$ ) with Peer pressure ( $r=.09$ ,  $p>0.05$ ), General Health ( $r = -.100$ ,  $p>0.05$ ), Fantasy ( $r=.00$ ,  $p>0.05$ ), Aesthetics ( $r=.00$ ,  $p>0.05$ ), Actions ( $r=.04$ ,  $p>0.05$ ), Feeling ( $r=-.07$ ,  $p>0.05$ ), Ideas ( $r=-.03$ ,  $p>0.05$ ), Values ( $r=.01$ ,  $p>0.05$ ). However, the coefficient of correlation is significant on dimensions of openness to change. The Significant relationship between fantasy on Idea is (.424\*\*  $p<0.01$ ) and Values (.213\*\*  $p<0.01$ ). The significant relationship between Aesthetics on Actions (.605\*\*  $p<0.01$ ), Feelings (.496\*\*  $p<0.01$ ), Ideas (.287\*\*  $p<0.01$ ) and, Values (.473\*\*  $p<0.01$ ). The Significant relationship between Actions on Feelings (.629\*\*  $p<0.01$ ), Ideas (.346\*\*  $p<0.01$ ), Values (.459\*\*  $p<0.01$ ). The significant relationship between Feelings on Ideas (.253\*\*  $p<0.01$ ), Values (.394\*\*  $p<0.01$ ). The significant relationship between Ideas on values (.379\*\*  $p<0.01$ ). therefore it is verified that internet addiction and online gaming is not significantly correlated with Peer pressure, General Health and Openness to change.

## Discussion

The objective of the research was to study the openness to change personality, peer pressure, internet addiction, the impact of internet addiction and online gaming on general health, the relationship of openness to change, general health with internet addiction and online gaming, and the relation between internet addiction and online gaming between adolescents and young adults. The purpose of the study was to find the relation between personality and general health with online gaming and internet addiction. From the above results, it depicts that there is no difference concerning the demographic data such as age, gender, and years online and young adults or adolescents were included in this study.

Based on the statistical findings the present study reveals that overall internet addiction has 33.50% high while 10.30% of moderate level and online gaming has 7.70% moderate while 10.90% falls under severe levels of inclination. Out of which 81% of the respondents fall under the openness to change personality trait and 100% low levels of peer pressure. 54.10% of the respondents have borderline mental health issues.

The study reveals that the maximum of the respondents falls under the openness to change personality traits including fantasy, Aesthetics, feelings, actions, ideas, and values. This indicates that the respondents that fall under this trait have a level of acceptance towards the change in certain scenarios and would be adapted consciously to the change. The risk of internet addiction but have shown an association with the levels of Extraversion and Openness to experience (Candan, Murat, Dijle, Beste, & Dilek, 2015). Maximum of the studies have reveals that there is a relationship between respondents having neurotic personalities have a higher inclination toward the internet gaming as they feel the real world is more threatening which would lead to stress and divert them to the digital world (Müller, Beutel, Egloff, and Wölfling, 2014).

The study revealed that there is no significant impact of online gaming and internet addiction on General health. It is also evident that there is no relationship found between peer pressure general health and openness to change with internet addiction and online gaming. The relationship between internet addiction and online gaming was found to be negative. This depicts the null hypothesis

### **Conclusion**

To conclude the relationship of internet addiction and online gaming with peer pressure, personality, and general health between adolescents and young adults has been found to be negative. From the results, it can be said that though the variables do not correlate with the desired variables but the individual variables have their vast differences. The increasing levels of internet addiction can also give rise to mental health issues and simultaneously get inclined to online gaming, although peer pressure has its least influence there are further areas that could be explored. It is also evident that internet addiction does give rise to the increasing levels of online gaming. However, psychological variables have significant owing to the demographic variable.

### **Limitations**

- Lack of proper communication between the researcher and participants might have affected the respondents' responses.
- The sample has been restricted solely to a certain age group the obtained results were generalized to those groups that hold similar demographic details.

### **Implications**

- Based on the limitations further, exploration can be initiated.
- The present study can be taken as an example to identify the risk of addiction fits in which personality traits would help the counselors or therapists.

### **Research Conflicts**

The authors claim that they have no conflict of interest

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