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A study of game addiction, aggression and parenting style among college students

Ameer Suhail K. S.

M.A. Clinical Psychology, Department of Psychology, Lovely Professional University, Punjab,

Dr. Rubina Fakhr

Assistant Professor, Department of Psychology, Lovely Professional University, Punjab

Abstract--The current study aims to examine the relationship between game addiction, aggression, and parenting style among college students to gain insight how these variables affect the samples. Correlational design was used. Total sample of 100 participants (male 50, female 50) age ranging from 18 to 25 from Lovely Professional University, Punjab were participated in the study, selected through judgement sampling method. Three scales including Game Addiction Scale (GAS) questionnaire by Lemmens et al. (2011), Aggression Questionnaire developed by Bussand Perry (1992), and Parenting style scale is developed by Divya and Manikandan (2013) were used to collect data on three variables. The results indicated that there is no significant relationship between game addiction and parenting style. There is a significant relation between aggression and parenting style, as well as between aggression and game addiction. Additionally, gaming addiction also found to have gender differences. It was found that there was no relation between parenting style and game addiction, but different parenting styles can lead to aggressive behaviour. Moreover, increase in the level of game addiction can cause increase in aggression, and game addiction varies with gender as males display higher game addictive behaviour than females.

Keywords--parenting style, game addiction, aggression.

Introduction

Addiction is a physical and psychological disability to prevent overwhelming a chemical, drug, activity, or substance, although it is inflicting psychological and physical damage. Some addictions conjointly involve an inability to prevent

partaking in activities, like gambling, gaming, eating, or working. Addiction generally involves excessive use of substance or possessed with certain activities resulting in potentially hazardous behaviour and lead to persistent social, psychological, occupational or health problems.

Game addiction is habitual or uncontrolled utilization of computer games, such that messes up different areas of the individual's life. computer game addiction has been an expanding worry for parents as computer games have got more attraction and are regularly focused on children. There seems, by all accounts, to be proof that computer games can be harmful, can expand hostility, aggression and can be addictive. However, these impacts are exceptionally individual and may include a lot a greater number of components than basically the measure of time spent on games. Similarly, as with all addictions, it is significant while thinking about a computer game addiction on not just think about the measure of time spent gaming, yet in addition the capacity it is serving the person. Computer game playing, as one of a scope of sporting exercises, may not be damaging or indicate an addiction.

Psychologists explain aggression as “behaviour which is intended to do harm or danger to another person who does not wish to be get harmed” (Richardson & Baron, 1994). Freud and many psychologists consider aggression by instinctive and global force which is known as death instinct. Freud instinct theory of aggression say’s aggression is physical and inherited and is expressed overtly and covertly- outwardly and internally. The frustration-aggression hypothesis proposed by Miller and Dollard States aggression is always a consequence of frustration (Miller & Dollard, 1939). Intentional harm is worse than unintentional harm even both harms are same (Ames & Fiske, 2013). There are four different types of aggression: Accidental, impulsive, Instrumental and Hostile.

Accidental aggression

Accidental aggression is just an accident, which occurs unknowingly.

Impulsive aggression

Aggression that occurs with only a small amount of thinking and that occur due to mainly by impulsive emotions.

Instrumental aggression

This type of aggression is focused on hurting people to gain attention, political power, or monetary reward. It is intentional or planned.

Hostile aggression

Hostile aggression is aggression done on purpose to cause threat to another person physically or psychologically.

Parenting

The way toward bringing up kids and giving them assurance and care to guarantee their healthy development into adulthood. Parents are the Centre of children's social world, and many psychologists have focused on the importance of the early experience's children have with their parents. Positive parenting is centred around the arrangement that child appear on the world as prepared with the abilities and capacities to follow a way of ideal development and improvement. The parenting styles normally utilized in psychological research today is introduced by Diana Baumrind, she noticed that children show distinct types of behaviour which is largely correlates with different types of parenting styles. Theory states that there exists close relationship between different types of parenting styles and their child's behaviour. Bad parenting is likely to produce low self-control and breaking of social norms and aggressive behaviours. Every parent will have one dominant style of parenting which mostly the one which they experienced when parent's childhood. The Baumrind parenting styles:

- Authoritative parenting style.
 - Authoritarian parenting style.
 - Permissive parenting style.
- Authoritative parents are warm and sensitive to child's needs. These parents are nurturing Parents. They make reasonable demands and encourages appropriate autonomy. They treat their children with respect, the associated outcomes in children were high in self-esteem, cooperativeness, self-control, and social maturity.
 - Authoritarian parents are often cold and rejecting. They make corrosive demands and frequently critical of child. Interaction is mainly one way: Parent to child. Associated outcomes in children where they will have low self-esteem, anxious, unhappy, often angry, and aggressive. Parents make high psychological control over the child without any close loving relation with the child. Parents follow strict orders and punish the child verbally and physically when they misbehave. They expect their child be better than other children's.
 - Permissive parents are warm and accepting but over independent and inattentive. The associated behaviour outcome in the child is aggressive, disobedient, over dependent on others and low leadership. Parents give no guidance or limitations to child. This parenting style is not healthy.

Scope of the study

Game addiction is a serious condition in which an affected individual cannot control his/her behaviour and engage in highly compulsive usage of video games which can cause physical and psychological damages like attention issues, anxiety, impulsivity, and mood swings. Game addiction may cause an increase in aggression in individuals due to playing violent games excessively or engaging in games for hours which can reduce an individual's social life and interaction. Both the variable of study, game addiction and aggression have tendency to being associated with the third variable parenting style. However, based on review of the literature, there are no studies which relates these two factors together to

parenting styles. In addition, some studies established the relationship between parenting style to aggression and game addiction. However, there is an absence of sufficient evidence that directly examine the relation between these three variables. Therefore, the main motive of this study is to fill this research gap that currently exists as well as to examine the nature of the relationships between game addiction and aggression in relation to parenting styles.

Research Objectives

- To ascertain the relationship between parenting style and game addiction.
- To find the relationship between parenting style and aggression.
- To examine the relationship between game addiction and aggression.
- To examine the role of gender in game addiction and aggression.

Research Hypothesis

- H1: There is a significant relationship between parenting style and game addiction.
- H2: There is a significant relationship between parenting style and aggression.
- H3: There is a significant relationship between game addiction and aggression.
- H4: There will be significant gender differences in game addiction.

Methodology

Research Design

Correlational research design was used in this study.

Sample

The participants of current study include 100 students (male = 50 and female = 50) of Lovely Professional University, Punjab. The age ranges between 18 to 25 years of age, both male and females are included in the sample. The sample of study is collected by judgement sampling method.

Tools

- Perceived Parenting Styles Scale (PPSS) by Divya, T. V and Manikandan K, (2013)
This Questionnaire measures parenting style of the subject based on three dimensions they are Authoritative, Authoritarian and Permissive. It consists of 30 items and responses are based on five-point Likert scale. Authoritative style is having an Alpha coefficient of 0.79, authoritarian 0.81 and permissive 0.86. The developers claim that scale have face validity.
- Aggression Questionnaire by Buss, A. H., and Perry, M.(1992)
It includes 29 items grouped into 4 factors, Physical Aggression (PA), Verbal Aggression (VA), Anger (A) and Hostility (H). The total score of the subject in

aggression is the sum of all these factors. Questionnaire's test-retest reliability was 0.78. and the high correlation of the factors with the total score of the questionnaire, the weak correlation of factors with each other and alpha coefficient scores is an indication that Buss and Perry's Aggression Questionnaire has significant validity and reliability.

- Game Addiction Scale (GAS) developed by Lemmens et al. (2011)
Each item on the gaming addiction scale (GAS) is preceded by the statement "During the last six months, how often..." it is scored based on a 5-point Likert scale. The Test-retest reliability coefficients range from 0.78 and 0.86, strongest associations were found on validity measure it had excellent internal consistency, good criterion-related validity with reliable external criteria.

Procedure

Prior to data collection, the individual consent of participants was made as the priority to seek their voluntary participation in the test. The sample was collected by judgement sampling method, only those participants who agree to participate in this study were included in the sample. Subjects were informed about the study and its purpose. Participants were given instructions on how to respond to the scales and asked to respond by their own without skipping any questions. Respondents were assured that their response will be kept under high confidentiality and used for research purpose only.

Results

Table 1
Showing demographic details of the samples (n=100). Based on gender (male and females)

Gender	N	Total
Male	50	100
Female	50	

Table 2
showing correlation among parenting Style and game addiction

	Parenting Style	Game addiction
Parenting Style	1	$r = 0.074, p = 0.816$
Game addiction	$r = 0.074, p = 0.816$	1

The Primary aim of the study was to examine the relation between game addiction, aggression, and parenting style. Table 2 shows correlation between parenting style and game addiction, and it was found that there is no correlation between game addiction and parenting style ($r = .074, p > .05$) significance level is higher than .05 and indicate that we reject the alternative hypothesis, so there is no correlation between game addiction and parenting style.

Table 3
showing correlation among parenting style and aggression

	Parenting Style	Aggression
Parenting Style	1	0.437** , P = .000
Aggression	0.437** , P = .000	1

**Correlational value is significant at .01 level, (2-tailed)

Other key objective of study was to understand the main difference between parenting styles and aggression. Table 3 shows that there is a significant relation between aggression and parenting style ($r = .437^{**}$, $p < 0.001$) which indicate that the different types of parenting styles can cause aggressive behaviour in students. In simple terms, there exists a significant relationship between aggression and parenting style, so we accept our alternative hypothesis.

Table 4
showing correlation among Aggression and Game addiction

	Aggression	Game addiction
Aggression	1	$r = 0.244^*$, $p = 0.14$
Game addiction	$r = 0.244^*$, $p = 0.14$	1

*Correlation value is significant at .05 level, (2-tailed)

As far as the objective number 3 is concerned, table 4 shows that there is a strong significant relation between aggression and game addiction ($r = 0.244^*$, $p < 0.001$). This suggests that students who scored high on game addiction scale tend to be higher on displaying aggressive behaviour, thus alternate hypothesis which says there exist a significant relationship between game addiction and aggression is accepted.

Table 5
showing correlation among subfactor of parenting style with aggression and game addiction

	Authoritative	Authoritarian	Permissive
Game addiction	$-.277^{**}$	$.300^{**}$	$.072$
Aggression	$.164$	$.285^{**}$	$.346^{**}$

Table 5 shows that the subfactor Authoritative parenting style has significant negative correlation with game addiction ($r = -.277^{**}$). This suggests that the use of authoritative parenting style reduces game addiction among students because it is negatively correlated. Moreover, there is no correlation between aggression and authoritative type of parenting ($r = .164$). Authoritarian parenting style has significant positive correlation with game addiction ($r = .300^{**}$) which suggests that this type of parenting style can induce game addiction in individuals. Additionally, aggression has significant positive correlation with authoritarian parenting style ($r = .285^{**}$) which means authoritarian parenting style can lead to aggressive behaviour and game addiction. Permissive parenting style has no correlation with game addiction in individuals ($r = .072$) and for aggression there is a strong positive correlation ($r = .346^{**}$) this indicates that permissive parenting style cause aggression in individuals.

Table 6
showing Means, Standard deviations and t ratios between males and females

	Category	Mean	SD	t value	p value
Aggression	Males	78.66	20.18	-1.192	0.238
	Females	75.24	18.17		
Game addiction	Males	15.9	5.92	3.261	0.002
	Females	12	4.81		
Parenting Style	Males	85.90	14.15	-1.394	0.166
	Females	87.14	13.37		

Table 6 provide the information about mean, t ratios and standard deviations between males and females, to determine the gender differences in showing aggressive behaviour due to game addiction. From the table we can see that for aggression ($p=0.238$, $p>.05$) there is no significant relation between males and females. For game addiction ($p=0.002$, $p<.05$) there is a significant relationship between males and females. For parenting style ($p=0.166$, $p>.05$) there is no relationship between males and females. Consequently, males and females do not have any noticeable relationship on aggression and parenting style. As far as game addiction is concerned, there is a significant mean difference between males and females (male=15.7, female-12) respectively. From the mean difference it is clear that males have more tendency to play games and to get addicted to it than females.

Discussion

The objectives of the study were to examine the relationships between gameaddictionand parenting style, between parenting style and aggression, game addiction and aggression and to find out gender differences in game addiction and aggression among college students. From the study findings, it is clear that there is no relationship between parenting style and game addiction among participants of study, therefore, parenting styles does not have any effect on an individual's game addiction. Also,study reveals that there is a significant relationship between parenting style and aggression so parenting style can emit aggression in students,this result is supported by the study conducted by Kim (1998) which show harsh parenting can lead to aggressive behaviour in students. From the main three subfactor of parenting style, the authoritative parenting style shows a negative correlation with game addiction.So, it can be concluded that authoritative parenting style can reduce the game addictive behaviour, because in authoritative parenting style, parents treat their youngster with care, nurturance and required discipline, students raised with this parenting style tend to more energetic, achievement oriented.And authoritative parenting style has no relation with aggression. And the second subfactor Authoritarian parenting style shows positive correlation with game addiction and aggression so this type of parenting style can lead to more game addition and aggressive behaviour in students becausein authoritarian parenting style parents are stricter, they make their ward more obedient to them, yelling and punishments are practised. The third subfactor permissive parenting style has significant correlation with aggression and no relation with game addiction so this parenting style induce aggression. If worst parenting was faced by the ward then he/she may develop aggressive behaviour and game addictive behaviour.

Based on study findings there is a significant relation was found between game addiction and aggression so game addiction could lead to aggressive behaviour. Addicted individuals spend more time on playing rather than his/her social life also playing game to ease the bad mood and emotions, so they are losing the power to control themselves. If the individual gets addicted to more violent type of games, then there is more chance of showing aggression. Further gender difference was found for game addiction, males show more game addiction than females and there was no relationship was found for aggression and parenting style based on gender.

Conclusion

To conclude, there was no relationship was found between parenting style and game addiction even though some subfactors of parenting style show some relation with game addiction. One of the subfactor, authoritative parenting style has negative correlation, this type of parenting style can reduce the game addiction, which suggests that parents need to follow more of authoritative style to regulate addiction behaviour of their wards. On the contrary, authoritarian subfactor has positive correlation with game addiction, which can increase game addiction among individuals, due to its harsh way of parenting. From the result, the parenting style correlate with aggression, the authoritarian and permissive parenting style will induce aggressive behaviour in young individuals and authoritative parenting style has no relation with aggression. It is also evident from the study that game addiction does increase the aggressive behaviour, caused by lack of connection with external world among addicted individuals. Although, females are also engaged in game addiction, but findings of the present study show that gaming addiction is more for males than females.

Limitations

- Less number of previous research study on this topic.
- Sample was restricted to 18 to 25 of age groups.
- Time constrains.

Implications

- There is need for individuals to control the time spending on playing games.
- Parents need to treat youngsters with warmth, nurturance and administering fair discipline and care.

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