

Examining Gender Disparities In Adolescent Online Gaming Addiction

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KEYWORDS

Adolescence, Online gaming, Addiction, Gender

ABSTRACT

This study examines the disparities between gender and online gaming addiction among adolescents. Adolescence is a period of significant change between childhood and adulthood, typically occurring between 10 and 19 years of age (WHO,2024).The sample of this study's respondents is between 14 and 16 years. The study population comprised 460 adolescents using a simple random sampling method. The samples were drawn from 210 adolescents comprising 93 females (44.5per cent) and 116 males (55.5per cent). The self-prepared questionnaire will be used to collect the sociodemographic data of the respondents, and the 7-item shorter version of the Gaming Addiction Scale (Lemmens et al., 2011)will be used to collect the level of online gaming addiction among adolescents. The results indicate that there is no longer a gender gap in adolescent online gaming and that gender differences are largely influenced by game type and hourly spending. Also, The discoveries uncover that in opposition to normal discernments, there is no critical orientation hole in the degrees of web-based gaming dependence among the youths examined. In any case, the outcomes demonstrate prominent contrasts in the kinds of games played and how much time is spent gaming between sexual orientations. Guys are figured out to spend greater opportunity playing and favor more cutthroat and system-based games, while females lean towards less tedious and socially intelligent games. These bits of knowledge highlight the intricacy of gaming conduct and challenge the customary comprehension of gaming compulsion as consistently influencing people to pay little mind to orientation.

1. Abstract:

This study examines the disparities between gender and online gaming addiction among adolescents. Adolescence is a period of significant change between childhood and adulthood, typically occurring between 10 and 19 years of age (WHO,2024).The sample of this study's respondents is between 14 and 16 years. The study population comprised 460 adolescents using a simple random sampling method. The samples were drawn from 210 adolescents comprising 93 females (44.5per cent) and 116 males (55.5per cent). The self-prepared questionnaire will be used to collect the sociodemographic data of the respondents, and the 7-item shorter version of the Gaming Addiction Scale (Lemmens et al., 2011)will be used to collect the level of online gaming addiction among adolescents. The results indicate that there is no longer a gender gap in adolescent online gaming and that gender differences are largely influenced by game type and hourly spending. Also, The discoveries uncover that in opposition to normal discernments, there is no critical orientation hole in the degrees of web-based gaming dependence among the youths examined. In any case, the outcomes demonstrate prominent contrasts in the kinds of games played and how much time is spent gaming between sexual orientations. Guys are figured out to spend greater opportunity playing and favor more cutthroat and system-based games, while females lean towards less tedious and socially intelligent games. These bits of knowledge highlight the intricacy of gaming conduct and challenge the customary comprehension of gaming compulsion as consistently influencing people to pay little mind to orientation.

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Introduction:

Online gaming has become increasingly popular among adolescents, raising concerns about its potential for addiction. A survey revealed that almost 55 per cent of parents admit that their children between ages 9 and 13 have access to a smartphone for all or most of the day. Online gaming has become a popular pastime among adolescents, with millions of users worldwide. While the overall appeal of gaming transcends gender boundaries, there is evidence to suggest that there are significant differences in online gaming habits between males and females. This introduction explains the gender differences in the severity of online gaming addiction in adolescents. Online gaming addiction has become a growing concern, particularly among adolescents. Research has shown that there are gender differences in the severity of online gaming addiction and motives for playing. Males who had previously played online games reported higher levels of addiction than females. In addition, older age, lower self-esteem and satisfaction with daily life were associated with more severe addiction among males but not among females. Further investigation has demonstrated that externalizing behaviors, such as entering serious fights, may be more prevalent in female who play online games. On the other hand, Eastin's research suggested that women tend to experience higher involvement in the game and more aggressive thoughts when their game character is of the same gender as themselves. These outcome proposed that gender plays a crucial part in online gaming addiction and its associated factors. Also, This makes way for an itemized investigation into how web based gaming, an inexorably well known movement among young people, displays unmistakable examples across sexual orientations. This flood in ubiquity brings up relevant issues about the potential for compulsion, which has turned into a developing worry among guardians, teachers, and medical services experts. With the World Wellbeing Association formally acknowledging 'gaming jumble' in its Global Characterization of Illnesses, the need to grasp the subtleties of this peculiarity, especially among weak age bunches like teenagers, has never been more basic. The review expects to reveal insight into whether the dangers and ways of behaving related with web based gaming enslavement contrast essentially among male and female youths, a region that remains underexplored in spite of the rising pattern of gaming across the two sexes. Besides, the presentation examines how web based gaming fills in as a computerized jungle gym where youths engage themselves as well as take part in friendly collaborations, foster critical thinking abilities, and oversee pressure. However, during a developmental phase marked by emotional and psychological development, the risk of excessive gaming leading to addiction is significant. By zeroing in on distinctions in sexual orientation, the review tries to reveal whether cultural and mental variables impact gaming propensities diversely across sexual orientations, possibly prompting shifting degrees of habit. This center is pivotal as it could direct more custom-made mediations that address the particular requirements and dangers related with every orientation, eventually adding to more successful counteraction and treatment systems for web based gaming habit.

Literature Review:

World Health Organization. (2024) In the 11th revision of the International Classification of Diseases, published in 2019, the term "gaming disorder" was defined for the first time, recognizing both online and offline forms. Scientific studies have also confirmed that the addiction associated with online gambling is similar to drug abuse. One urgent reference in writing is the acknowledgement of the 'gaming problem' by the World Well-being Association in the eleventh amendment of the Global Arrangement of Illnesses (ICD-

11) in 2019. This consideration denotes a critical stage in recognizing the expected habit-forming nature of gaming, both on the web and disconnected. The WHO's definition gives a structure to distinguishing and exploring gaming compulsion, stressing the requirement for additional concentration in this rising area of psychological well-being.

Ha, Y. M., & Hwang, W. J. (2014). Self-assessed academic achievement, online behaviour, and internet addiction all showed gender disparities. The most popular online activity for males was playing games (56.3per cent), while women were more likely to use the internet for blogging (20.5per cent) and chatting (21.5per cent). A little over 95per cent of students were categorized as average Internet users, 2.4per cent as potentially addicted users, and 2.8per cent as addicted users. Males were more likely than girls to be addicts (3.6 percent for males against 1.9 percent for girls) and to be at risk of addiction (3.3 percent for boys versus 1.6 percent for girls). Likewise, this digs into the distinctions in sexual orientation in web-based exercises and their connection to self-appraised scholastic execution and web enslavement. They discovered that girls were more interested in social activities like blogging and chatting than boys were in video games. This study gives proof that web compulsion — and likewise, gaming fixation — could show the contrast between sexual orientations impacted by the kind of internet-based commitment.

Muezzin, E. (2015) this study found gender differences in terms of online gaming addiction, with males using online games more than females. Additionally, this discussion focuses specifically on the online game addiction of high school students. The review uncovers huge orientation inconsistencies, with guys displaying a higher inclination towards web-based gaming enslavement. This finding is consistent with the larger narrative that male adolescents are typically more attracted to and affected by online game addiction.

A Dong, G. H., & Potenza, M. N. (2022) Despite the developmental stage, excessive impulsivity, poor inhibitory control, and aggressive behaviour were seen more often in males than in females, indicating potential risk factors for the emergence of IGD. Women with IGD were reported to experience loneliness and other forms of emotional dysregulation more frequently than men. During the maintenance phase, men might have been more treatment-responsive to gambling-related rewards than women, and acute gambling procedures would place greater demands on the inhibitory system in males than females. Afterwards, females with IGD experience more harmful mood states than males, along with its relevance to affective disorders in the gambling of women. This investigates how formative stages, impulsivity, and profound guidelines contrast among sexual orientations and add to the gamble of Web Gaming Issues (IGD). They propose that guys are more inclined to be impulsive and use forceful ways of behaving, which could incline them toward habit. Interestingly, females with IGD might encounter more profound dysregulation and negative mindset states, showing various pathways to compulsion that require particular mediation draws near.

Ananda, M. A. R. (2024), 242 students from one of Jakarta's public high schools participated in a survey that was used to gather data for this investigation. The study's findings indicated that while there were no gender differences in Internet addiction, there were in the consequences of Internet addiction on exposure to pornography and Internet gaming problems. The results of the MANOVA demonstrated a connection between the Internet gaming problem and exposure to pornography and Internet addiction. Compared to female adolescents, male adolescents are more likely to be exposed to pornography and to acquire an internet gaming disorder. This study offers an alert on the potential consequences of excessive Internet use on problematic online behaviour in the future.

This gives a more nuanced view by looking at the effect of web fixation on other unsafe ways of behaving, finding no distinction in sexual orientation in enslavement levels yet huge contrasts in what compulsion means for openness to erotic entertainment and gaming issues. This study features the more extensive social and conduct outcomes of web habit, accentuating the significance of resolving these issues inside the setting of explicit orientation.

Methodology:

Aim: To describe the level of online gaming addiction from a gender perspective in adolescents.

Objectives:

- To evaluate the sociodemographic characteristics of the adolescents.
- To determine the significant difference in online gaming addiction between genders.
- To determine the difference between gender and time spent playing online games.
- To determine the difference between gender and the types of games.

Hypotheses:

1. There is a significant difference between gender and online gaming addiction.
2. There was a significant difference between gender and time spent on online games.
3. There was a significant difference between gender and the types of games.

Research Design:

This study describes the level of online gaming addiction and gender; hence, a descriptive research design was adopted. Sampling: A simple random sampling method was adopted.

Tools for data collection:

A self-prepared questionnaire will be used to collect the sociodemographic details of the adolescent, while the 7-item shorter version of the Gaming Addiction Scale (Lemmens et al., 2011) will be used to collect the intensity of an online gaming addiction among adolescents.

Results:

- More than half of the respondents 55.2per cent were male.
- Majority of the respondents 64.8per cent were from 7th standard.
- 38.6per cent of the respondent's father's qualifications.
- 44.8per cent of the respondent's mother qualifications were undergraduate.
- Nearly half of the respondent's 51.00per cent father occupation is daily wages.
- The majority of the respondents' 70per cent mothers were working in private jobs.
- Majority of the respondents 60per cent have single siblings.
- Majority of the respondents 66.7per cent were from government schools.
- Majority of the respondents 77.6per cent were from nuclear families.

- Majority of the respondents 59.5per cent have own mobile phone.
- Nearly half of the respondents 51per cent prefer online mode of education.
- More than half of the respondents 58.1per cent were spending more than one hour on online games.
- Majority of the respondents 65.2per cent preferred shooting games.
- Majority of the respondents 62.4per cent were playing game for fun and entertainment.
- Above half of the respondents 56.2per cent were often played on the internet longer than planned.
- Above half of the respondents 61.0per cent were played games or spent time on the internet to forget about real life.
- Nearly half of the respondents 50.9per cent were not successfully accepting others trying to decrease your time spent on games on the internet.
- Above half of the respondents 62.4per cent were felt upset when they could not play or spend time on the internet.
- Nearly half of the respondents 47.1per cent were involved in disagreements with both family and friends on the amount of time devoted to online gaming.
- Nearly half of the respondents 49.0per cent neglected important activities to play online games.
- Above half of the respondents 59.0per cent were thought all day long about playing games.
- Most respondents 45.2per cent were falls under the category of “At-risk Gaming” and nearly 42.9per cent were classified as “Problematic Gaming” which shows that majority of the respondents followed the problematic gaming pattern. In addition, 10.5per cent of respondents fell under the category of “Severe gaming addiction”. Only a small group of respondents were categorized as “Normal Gaming”.

Table 1: Difference between the Level of Online Gaming Addiction and Gender

Gender	Level of Online Gaming Addiction (n=210)		
	\bar{x}	SD	Statistical Inference
Male	2.16	0.908	df=208 t = -4.699 0.46 > 0.05 Not significant
Female	2.69	0.727	

Table 1 shows this study investigated the difference in online gaming addiction levels between males and females. There were 210 participants divided by gender (male and female). On average, males had a lower addiction level (2.16) compared to females (2.69). Standard deviation for addiction scores was slightly higher for males (0.908) than females (0.727). A statistical test (t-test) found no significant difference in addiction levels between

genders. This means the observed difference (females having slightly higher addiction) could be due to chance and not a true difference between males and females.

Table 2: Difference between Hours Spent on Online Games and Gender

Gender	Hours Spent on Online Games		
	\bar{x}	SD	Statistical Inference
Male	1.38	.570	df=208
Female	1.60	0.696	t = -2.471 0.03<0.05 Significant

Table 2. describes the mean (\bar{x}) and standard deviation (SD) of hours spent on online games provided for each gender group. For females, the mean hours spent on online games is 1.38, with a standard deviation of 0.570. For males, the mean hours spent on online games is 1.60, with a standard deviation of 0.696. A statistical test (t-test) was conducted to compare the mean hours spent on online games between male and female participants. The calculated t-value is -2.471, with degrees of freedom (df) equal to 208. The significance value (p-value) is provided as 0.03, which is less than the frequently employed significance level of 0.05. Since the significance value (0.03) is less than the significance level of 0.05, the difference in mean hours spent on online games between male and female participants is deemed statistically significant. This propose that there is a significant difference in the average amount of time spent on online gaming between males and females in the sample.

Table 3: Difference between Type of Games and Gender

Gender	Type of online game		
	\bar{x}	SD	Statistical Inference
Male	1.33	1.046	df=208
Female	1.79	0.586	t = -4.019 0.00<0.05 Significant

Table 3 shows a statistical analysis comparing the types of online games played by male and female participants. The mean game type for females is 1.79, while for males it is 1.33. A t-test was used to compare the average types of games played, revealing a significant difference in preferred games. This suggests significant disparities in online game preferences between genders.

Discussion:

The outcome of this investigation gives important data about the digital life of the adolescents. This study examines the gender differences in online gaming addiction among adolescents. Previous studies shows there is a significant disparities in gender and online gaming addiction. But this study reveals that there is no significant disparities in gender and online gaming addiction. This shows that the number of female gamers are also increasing

nowadays which is reflected in the findings of this study. But there is a major difference between the hours spent on online games and gender in this criteria the males are spending more time than females in online games. This study also found that the disparities between the types of games and the gender have significant differences. This study shed light that adolescent gamers are now not separated by their gender but there is a difference between the hours spent and the types of games between the genders.

The conversation part of the review offers a nuanced investigation of the intricacies hidden distinctions in sexual orientation in web based gaming ways of behaving among young people. It includes that while the inescapability of gaming propensity doesn't basically move between genders, there are extraordinary differentiations in the sort and length of gaming, which warrant further assessment. This difference proposes that male and female web based game play is impacted by orientation explicit variables, perhaps affected by private interests, cultural standards, and associations with peers. For instance, the way that folks overall contribute more energy gaming could be influenced by friendly perceptions that embrace gaming as a more 'good' interruption for folks, conceivably provoking higher responsibility levels without basically growing impulse possibilities. Also, the qualifications in such games loved by different sexual directions could similarly reflect greater social examples and publicizing techniques, which much of the time center around specific sorts of games to express genders. Mediations should consider these nuances since this division could prompt the improvement of unmistakable gaming designs that could contrastingly affect compulsion levels. Understanding these models can uphold causing enlightening and preventive approaches that to resonate even more effectively with the specific experiences and troubles looked by each direction. Additionally, the survey features the meaning of keeping an eye on the psychological and social pieces of gaming. For example, it is influential for consider how points like challenge, achievement, and interpersonal organization influence gaming conduct and the potential for oppression. Programs highlighted decreasing gaming oppression could benefit from solidifying procedures that show sound challenge, direct achievement suppositions, and work with positive social affiliations both inside and outside gaming conditions. By and large, the discussion requires a nice method for managing understanding and having a tendency to electronic gaming conduct among youngsters. It highlights the necessity for persistent assessment that not simply tracks the headway of gaming designs across sexual directions yet likewise plunges into the psychosocial parts of gaming. Such complete pieces of information are basic for making effective, extensive, and prudent frameworks for supervising electronic gaming conduct in our unquestionably modernized world.

Recommendation

Recommendations Educational Activities:

Schools and public settings should complete informative tasks that expose issues about the signs and risks of web gaming impulse. These tasks should be direction sensitive, perceiving that while reliance rates may not differentiate on a very basic level between genders, the nature and level of gaming conduct do. Such projects could incorporate conversations about sound gaming propensities, the significance of offsetting gaming with different exercises, and ways of perceiving while gaming is becoming risky.

Parental Association:

Empowering more prominent parental contribution in checking and directing their kids' gaming exercises could be significant. Guardians can assist them with figuring out the

allure of gaming, perceive undesirable gaming designs, and discuss successfully with their kids about gaming without distancing them.

Therapeutic Interventions:

It may be more effective to prevent and treat gaming addiction to develop therapeutic interventions that cater to the distinct requirements of men and women. For example, intercessions for guys could zero in more on overseeing time spent on gaming and impulsivity control, while for females, the emphasis could be on tending to close to home guideline and the social parts of gaming.

Strategy Advancement:

Policymakers ought to consider guidelines that urge game engineers to consolidate highlights that deter delayed play and forestall compulsion. This could remember required breaks for games after specific periods or alarms about extreme gaming.

Conclusion:

In conclusion, the findings of this study highlight there are no gender disparities in adolescent online gaming addiction. We have demonstrated that male respondents are spending time and the type of games differ from the female respondents but there are no gender disparities in terms of online gaming addiction, with factors such as social influence, gaming motivations, and coping mechanisms playing crucial roles in this disparity. The implications of these findings are important for the development of targeted interventions and strategies aimed at preventing and treating online gaming addiction among adolescents. By understanding the unique vulnerabilities and risk factors faced by males adolescents, interventions can be tailored to address their specific needs and promote healthier gaming habits. Additional investigation is needed to examine the underlying mechanisms driving gender differences in online gaming addiction and to develop effective prevention and intervention strategies for at-risk populations.

The discoveries from this study make a critical commitment to how we might interpret the elements of web based gaming among young people, especially with regards to distinctions in sexual orientation. While the review affirms that guys will generally invest more energy playing web based games and show inclinations for specific sorts of games contrasted with females, it essentially calls attention to that there are no critical orientation differences in the degree of fixation itself. This suggests a shift in the gaming landscape, with an increase in female participation in online gaming, possibly bringing their exposure and actions into line with those of men. The review's suggestions are diverse. First, it suggests that gender differences in gaming behavior, not addiction levels, should be taken into consideration when designing interventions to reduce online gaming addiction. Such a comprehension can assist with fitting preventive measures and restorative methodologies that are more powerful and orientation responsive. For example, taking into account that guys are attracted more to specific kinds of games and go through longer hours gaming, methodologies could zero in on directing recess and advancing a better offset with other everyday exercises. For females, understanding the substance and setting of their gaming experience could give bits of knowledge into establishing steady gaming conditions that forestall habit. Besides, this exploration energizes a more extensive assessment of the social, mental, and natural factors that add to web based gaming ways of behaving in young people. Future investigations could investigate how variables like companion impact, relational intricacies, and individual mental versatility connect with orientation to impact gaming propensities and habit chances. By plunging further into these viewpoints, we can foster a

more extensive procedure to battle the unfavorable impacts of gaming compulsion among youthful populaces while cultivating a protected and charming gaming society. In general, the review underlines the significance of progressing research and designated mediations in the space of juvenile web based gaming. Public health strategies, educational programs, and parental guidance practices that support the well-being of all young gamers can be made more effective by having a better understanding of the evolving trends and implications of gender differences in gaming.

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Ethical Approval: The study complies with the current laws of the country in which it was performed.

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