

The effect of online video games on the stress of adolescent students. A study based on the Vavuniya district

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Abstract

Stress is a major psychological problem among school students. Stress affects the physical and mental well-being of students. There are many factors that influence students' stress. This study was carried out on the topic of the effect of online video games on the stress of adolescent students in order to find out the impact of online video games on the stress of adolescent students and to propose solutions to them. This research is based on the purpose of the study, 180 students were selected at a rate of 15% out of 2680 students between the ages of 12 to 19 years. Primary data and secondary data collection methods were used in the study. A self-made questionnaire was used for the primary data and a stress questionnaire prepared by Cohen and other psychologists in 1988. As secondary data, divisional secretariat documents, press reports, website articles, books and previous research were used. The obtained data were analyzed through Microsoft excel and clarified through charts and tables. There is a difference in online games. Children from single families are more likely to engage in online video games than those from joint families. The hypothesis that students play violent and non-violent games is proved by the study that 66% of the selected sample experienced severe stress from games and 34% experienced moderate stress. Males have been identified as playing more video games than females. 57% of students play violent video games. 43% play non-violent video games Children of single families are more likely to be stressed by video games than children of joint families. Thus, many adolescents' students are stressed by online video games and face many physical and mental challenges as well as setbacks in learning. In order to prevent this kind of situation from continuing, it is necessary to conduct various awareness seminars for the students and to inform the parents about this, and by giving them psychological counseling and encouraging playground games, this kind of situation can be prevented.

Keywords: adolescents, psychological stress, internet and video games.