

عنوان مقاله:

An Evaluation of the Factors Related to Internet Gaming Disorder in Young Adults

محل انتشار:

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نویسندگان:

Egemen Ünal - Department of Public Health, Faculty of Medicine, Ankara Yildirim Beyazit University, Ankara, Turkey

Mehmet Enes GÖkler - Department of Public Health, Faculty of Medicine, Ankara Yildirim Beyazit University, Ankara, Turkey

Şenol Turan - Department of Psychiatry, Cerrahpaşa Faculty of Medicine, Istanbul University-Cerrahpasa, Istanbul, Turkey

خلاصه مقاله:

**Background:** Game addiction is a growing problem all over the world. The present study aimed to evaluate the prevalence and psychological, social, and behavioral effects of internet gaming disorder (IGD) on young adults. **Methods:** A preliminary study was conducted and the game types most commonly played on the internet were determined. Then, approximately ۶۰ gaming site managers were contacted. After obtaining consent, the questionnaires were sent to gaming site members and they were asked to complete the questionnaires. Data were collected through a sociodemographic form, Internet Gaming Disorder Scale-Short Form (IGDS<sup>s</sup>-SF), Strengths and Difficulties Questionnaire (SDQ), and State-Trait Anxiety Inventory (STAI). **Findings:** The study was conducted with ۶۱۳ participants. The age of the participants ranged from ۱۵ to ۳۰ years, with a mean age of  $۲۰.۸۰ \pm ۴.۶۳$  years. The prevalence of IGD was ۱۰% (n=۶۷). Those with low-income families and low academic performance were identified as more likely to develop IGD. Moreover, IGD was revealed to be more likely in individuals with fewer close friends, playing games from an early age, and those with a habit of devoting extensive time to watching online game videos on Twitch or YouTube. In addition, the risk of gaming disorder was approximately two times higher in individuals who preferred First Person Shooter (FPS) games and Massively Multiplayer Online Role-Playing Games (MMORPG). **Conclusion:** The results of this study could be useful for estimating the level of IGD and carrying out more comprehensive studies to possibly be able to control IGD.

کلمات کلیدی:

Internet gaming disorder, Social media, young adults

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