

Gaming Addiction, Sensation Seeking and Boredom Proneness Among College Students

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Abstract

Background: Gaming addiction is a leisure time activity that further leads to a behavioural addiction which cause or effect our daily living. The study helps to identify why people have an interest in gaming and also their peek interests in adventurous tasks or why they are easily prone to boredom. Mostly youngsters are the one who tries to experiment things even not caring about them, one such thing is gaming and also their boredom proneness and sensation seeking nature. By understanding the impact of gaming and their behaviours we can easily avoid the pathological conditions or abnormal behaviours that can be caused due to this. **Aim:** The present research aims at understanding the relationship between gaming addiction, sensation seeking and Boredom proneness among college students. **Method:** Gaming Addiction Scale (GAS), Arnett's Inventory of Sensation Seeking (AISS) and Boredom Proneness Scale (BPS) were administered to 100 individuals (50 male, 50 female). **Results:** Results revealed a positive correlation between gaming addiction, sensation seeking and boredom proneness. **Conclusion:** Gaming addiction has a great impact on sensation seeking and boredom proneness.

Keywords: Gaming Addiction, Sensation seeking, boredom proneness, adventurous tasks, college students.

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Introduction

Gaming addiction is nothing but a behavioural addiction which cause or effect our daily living. Gaming disorder is characterized by a pattern of persistent or recurrent gaming behaviour (also referred to as digital gaming or video gaming), that are mainly done over the internet. It creates not only significant distress in that person when they are not engaged in gaming, but also the person feels like he or she has little or no control over the time they play. (Grohol, John.M. 2018)². Any behaviour can become or leads to a problematic one when it is addictive that is the person suffers when he or she try to withdraw it. Computing can become problematic when it becomes addictive. Whether it is video games, social media, and internet usage whatever it is if it moves to an addictive condition it will later lead to any psychological disorder. (Golbeck, J.2017)

Sensation-seeking, also known as excitement-seeking, is that the tendency to pursue sensory pleasure and excitement. Sensation seekers are people who have the quality of being new, have intense sensations, love experience for its own sake, and who may take risks to have such experiences. Sensation-seekers are motivated by the immediate gratification sensory experiences can provide, so they may disregard the dangers that can accompany

risky behaviours such as gambling, drugs, or reckless driving. Despite the hazards of certain behaviours, risk-taking has value and serves an important evolutionary purpose.⁷ Marvin Zuckerman originally developed the concept of sensation seeking and has contributed the most important research and relevant theory. Zuckerman's basic proposition is that sensation seeking relies on individual variations within the optimum level of sensation caused by biological nervous system variations. People who are high in sensation seeking are individuals who have relatively low-level nervous system activation and therefore seek arousal from their external environment by looking for novel stimuli and engaging in varied experiences. In contrast, individuals who are low in sensation seeking have a naturally higher level of internal activation and thus do not tend to seek sensation from external sources.¹⁰ Huj,Z.S., Yuc,Z.Q. & Zhang,W.(2017) investigated a study on sensation seeking and online gaming addiction in adolescents: A moderated mediation Model of positive affective associations and impulsivity among N=375 Chinese male adolescents. The results obtained in the study shows that sensation seeking has positive affective associations with online games and impulsivity.

Both are positively associated with online gaming addiction in adolescents.⁴

Boredom is an emotional and psychological state experienced when an individual is not interested in his or her surroundings, is sitting simply or left without anything to work on or feels that a day or period is dull. It is a specific mental state that people find as a lack of stimulation with behavioural, medical and social consequences. Wen-jiun,C., Yu-pingvhang, Chen,F.(2018) conducted a study on Boredom Proneness and its correlation with Internet addiction and internet activities in adolescents with attention-deficit or hyperactivity disorder with 300 adolescents N=259 boys and N=41 girls. The results indicated that higher scores for lack of external stimulation on the BPSSF were significantly associated with higher risk of internet addiction.¹⁴

Methodology

Objective

To find out the impact of gaming addiction in sensation seeking among college students.

Hypothesis

H1: There will be a significant relationship between gaming addiction and sensation seeking.

H2: There will be a significant relationship between gaming addiction and boredom proneness.

H3: The level of gaming addiction will be high among college students

H4: The level of sensation seeking will be high among college students.

H5: The level of boredom proneness will be high among college students.

H6: There will be a significant difference between the effect of gaming addiction in sensation

Results and Discussion

seeking and boredom proneness with respect to their gender.

Population

The samples are collected from college students age ranged from 18-26yrs.

Sample

The sample consists of 100 college students (Male=50, Female=50).

Inclusion criteria

- All college students were included apart from their courses.
- Both genders
- Age group 18-26yrs.
- Both gamers and non-gamers.
- Students from both urban and rural area.

Exclusion criteria

- Age group below 18 and above 26 yrs.
- Illiterates.
- Other than college students.

Tools Used

- Gaming Addiction Scale (GAS) developed by Lemmens, Valkenburg & Peter (2009).
- Arnett's Inventory of Sensation Seeking (AISS) developed by Arnett,J. (1994).
- The Boredom Proneness Scale (BPS) by Norman D. Sundberg and Richard F. Farmer (1986).

statistical Analysis

The data was coded for SPSS-20 analysis. The Karl Pearson coefficient of correlation and t-Test was used to assess the relationship among the 2 variables.

TABLE 1

Shows the Mean and standard deviation for the variables Gaming Addiction, Sensation seeking and boredom proneness of college students as a group

Variables	N	Minimum	Maximum	Mean	SD
Gaming Addiction	100	0	20	8.16	5.270
Sensation Seeking	100	38	66	52.61	6.470
Boredom Proneness	100	74	174	123.24	18.269

Table 1 shows the mean and standard deviation for the variables Gaming Addiction, Sensation seeking and Boredom proneness. From the table it is clear that the population has an average score of 8.16 in gaming addiction which can be interpreted as game playing addicts. In sensation seeking the individuals have an average score of 52.61, which can be interpreted as high sensation seekers and in Boredom proneness their

average score is 123.24 which can be interpreted as a high boredom proneness. The maximum and minimum obtained by the individuals in gaming addiction is 0 and 20 respectively and in sensation seeking is 38 and 66 as their maximum and minimum scores. Whereas in Boredom proneness the maximum and minimum score obtained are 174 and 74 respectively.

TABLE 2

Shows the Pearson correlation coefficient for gaming addiction and sensation seeking

Variables	N	Coefficient of correlation	Significance
Gaming Addiction	100	0.229	0.022*
Sensation Seeking	100		

*Correlation is significant at 0.05 level.

Table 2 shows the Pearson correlation coefficient for gaming addiction and sensation seeking. From the table the correlation score between gaming addiction and sensation is 0.229 which indicates that sensation seeking is positively correlated with gaming addiction. This

shows that there is an increase in sensation seeking when gaming addiction increases.

Hence hypothesis no: 1 stated as “There will be a significant relationship between gaming addiction and sensation seeking” is accepted.

TABLE 3

Shows the Pearson correlation coefficient for gaming addiction and boredom proneness

Variable	N	Coefficient of correlation	Significance
Gaming Addiction	100	0.323	0.001**
Boredom Proneness	100		

**Correlation is significant at 0.01 level.

Table 3 shows the Pearson Correlation coefficient for Gaming addiction and boredom proneness. From the table correlation score between Gaming addiction and boredom proneness is 0.323 which indicates that boredom proneness is positively correlated with gaming

addiction. This shows that there is an increase in boredom proneness when gaming addiction increases. Hence the hypothesis no: 2 stated as “There will be a significant relationship between Gaming addiction and boredom proneness” is accepted.

TABLE 4

Shows the t-value in terms of gender for the study variables

Variables	Males N=50	Females N=50	t	significance
Gaming Addiction	M=10.12 SD=5.220	M=6.20 SD=4.585	3.990	0.000
Sensation seeking	M=53.66 SD=6.359	M=51.56 SD=6.472	1.637	0.105

Table 4 shows the t-value in terms of gender for the study variables. From the table N=50 males and females. Among male

participants gaming addiction has a mean value equal to 10.12 and standard deviation 5.220 respectively. Sensation seeking has a mean value equal to 53.66 and standard deviation of 6.359

respectively. Among female participants gaming addiction has a mean value equal to 6.20 and standard deviation 4.585 respectively. Sensation seeking has a mean value equal to 51.56 and standard deviation of 6.472 respectively. The t value obtained is 3.990 for gaming addiction, 1.637 for sensation seeking. Since the critical value is higher than the t value of gaming addiction, the results show that there is a significant difference in gaming addiction among males and females. The critical value is lower than that the t value of sensation seeking hence there is no significant difference in sensation seeking among male and female college students.

Conclusion

- There is a significant relationship between Gaming addiction and Sensation seeking.
- There is a significant relationship between Gaming addiction and Boredom proneness.
- The level of Gaming addiction is high among college students.
- The level of Sensation seeking is high among college students.
- The level of Boredom proneness is high among college students.
- There is no significant difference in the effect of gaming addiction in sensation seeking and boredom proneness with respect to their gender.

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