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COMBATING ONLINE ADDICTION USING DATA ANALYTICS

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ABSTRACT: Online addiction is the primary trouble in our society, if we no longer properly limit our online presence or proper timing it will create a negative effect and grow to be an addiction. Online video games have emerged into a million-dollar business and eight out of 10 phone customers have at least one sport hooked up on their gadgets. The long-time period and short-time period effects of game addiction and the tremendous wide variety of customers makes it an applicable location of information technological know-how research. This paper tries to deal with the basic research happening in this location and proposes a data analysis approach to fight this trouble by means of using an algorithmic approach in deriving the cut-off dates and other restrictions.

Keyword: Online Addiction, Psychological Disorder, Psychological Characteristics, Mental and Physical Conditions.

I. INTRODUCTION

Games are a means of entertainment. playing games is an enjoyable and often a form of relief and entertainment. people love to play games. It is why, so there are many varieties of games and still new innovations are evolving.

Game addiction is the main problem can be seen in our society. So many peoples spend lot of money for the games and some of them lost their life. If we do not use the games in proper manner or in proper timing it will create negative impact and addiction people will easily addicted to the games as they play again and again.

For example, a 20-year-old man from Saddar Bazaar (Lahore) committed suicide. He was a sophomore at Foreman Christian College.[1] According to reports, he was addicted to PUBG and played video games almost constantly. The day before he killed himself, he argued with his father about how many games he played. His father scolds him and prevents him from playing the game. He resented his father for this behavior and committed suicide by hanging himself from a fan in his bedroom.

Game addiction creates many health problems such as eye strains, muscle issues, mental issues, psychological disorder etc.[2]

By imposing restrictions or time limitation in games while developing them can reduce almost the growing addiction in people. This paper covers various problem behind the gaming addiction.

II. LITERATURE SURVEY

The paper “Online Social Networking and Addiction-A Review of the Psychological Literature” By Daria J. Kuss and Mark D. Griffiths. The mass appeal or social networks on the internet could potentially be a cause for concern, particularly when attending to the gradual increasing amounts of time people spend online. On the internet, people engage in a variety of activities some of which may be potentially addictive. Rather than becoming addicted to the medium, some users may develop addiction to specific activities they carry out online. Specifically young argus that there are five different types of internet addiction, namely computer addiction (i.e., computer game addiction), information overload (i.e., web surfing addiction), net compulsions (i.e., online shopping addiction), cyber sexual addiction (i.e., online pornography or online sex education) and cyber relationship addiction (i.e., an addiction to the online relationships.) The online addiction may further lead to dangerous clinical conditions. Clinical psychologists described it as SNS addiction disorder [Social Networking site Addiction Disorders] which can cause neglect of personal life, mental preoccupation, escapism, mood modifying experiences, tolerance, concealing the addictive behavior, etc.

For this reason, in 2007, Facebook, the most successful social networking website, was created as a closed digital community. The web site has grown unexpectedly and now has over 500 million fb customers, 50% of whom are a part of each day. Furthermore, the overall time spent on facebook accelerated by 566% between 2007 and 2008. These data display that the use of SNS has accelerated.[8]



Online addiction is particularly seen in youths. Because excessive use of new technologies mostly females use these social platforms for communication with their peer groups, social identity, learning etc. For a person his behavior depends on the extend of use of social networks. People with the character of self-loving tends it spend more time in social media platforms in order to present themselves favorable online because the virtual environment empower them to construct their ideal selves. Not only in adults in children too we can find the effect of addiction.

If a child get exposure to inappropriate content, he may get trapped by becoming a contributor and a consumer of obscene content. Like pornography or get booked it violent content. Like drug addiction, internet addict also starts showing behavioral disorder. A child addicted to playing violent games may tempted to behave rules also pay way to post violent contents on social media platforms. These uses may further cause a situation where children cannot relate to their age groups, friends, lack of confidence, lack other ways for self-expression. Children who feel loneliness vulnerable, who have underdeveloped social skills, may be at higher risk for devolving inappropriate relationship or spending excessive amount of time online.

The paper "Addiction to the Internet and Online Gaming" by BRIAN D.NG and PETER WIEMER-HASTINGS. One of the major types of online addiction is online gaming. Now a days graphics in games, shows better representations and the multiplayers games which provide live chats are largely available and are widely used as they contain many addictive elements. These types of games are predominant over traditional video games because these provides some goals and achievement. Once we reached the goal it provides other opportunities and achievements better than the first one and by these gamers automatically gets a mindset to achieve more. Gradually the compelled to invest anything to that game even if that is his life also. Findings confirm that multiplayers online game users can spend hours without deviating their mind and they are more pleasant and satisfying than what occurs in the real world.[9]

The paper "problems with the concept of video game addiction" by Richard T.A Wood. This paper effectively describes the need to understand the reasons behind the addiction problem.it argues that game addiction is mostly analyzed by the media hysteria and not on the actual reasons. He presents this concept by detailing four case studies. The first one shows that people sometimes become addicted to the games by the unwanted labeling of "addict" by parents or society when they have no such behavior. The second one is about that some people choose games to escape themselves from problems. The last two studies conclude that some people are choosing to play again and again is because of insufficient to utilize their time effectively for productive things.

The paper "Gaming addiction: long term & short-term effects" by Akansha Massey. This paper describes that game addiction can cause short-term and long-term effects both mentally and physically. That I why game addiction is considered a disease by WHO till from 2019.it can be defined as a disorder which changes people habits and disturbs personal relationship and responsibilities.

"The Problem of Video Game Addiction Concepts" by Alex Blaschinsky. A lot of confusion surrounds video game addiction. People always try to see it as an addiction and its consequences, not the proper reason. Otherwise, it can lead to mental disorders. The paper "The relationship between online game addiction and aggression, self-control and narcissistic personality traits" by Hana Jang. Game addiction is closely related to psychological characteristics such as aggression, self-control, and narcissistic personality traits. Identification and controlling of these characteristics can contribute to the prevention of game addiction greatly

The paper "Effects of games and how parents overcome addiction to children" by Tuty Rosyati, Muhammad Roy Purwanto, Gumgum Gumar, Rehmani Timorita Yulianti, Tamiz Mukharrom. Children can be easily influenced by games. The childhood stage is the time in which brain functioning can be greatly used and developed. Many games can contribute to the brain development of children. On other hand, some games negatively influence them and cause addiction. So, parents are responsible to choose the best games for their child which can improve their children's mental ability.

The paper "Addiction to the internet & online games" by Brian D.NG, M.S., and Peter Wiemer-Hastings. In the new era, people can't live without the internet. the usage of the internet sometimes leads to overuse. the internet provides access to anything within a second anywhere at any time. Addiction misleads people from keeping relationships, social contribution, etc.

III. CONCLUSION

Initially SNS (Social Networking Sites) were defined as virtual communities offering their members the possibility to make use of their inherited features such as networking and sharing media content. But with the emergence of SNS such as Facebook, Instagram, overall SNS usage has accelerated in such a way. That they are considered a global consumes phenomenon. Today more



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INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY EDUCATIONAL RESEARCH

ISSN:2277-7881; IMPACT FACTOR :7.816(2022); IC VALUE:5.16; ISI VALUE:2.286

Peer Reviewed and Refereed Journal: VOLUME:11, ISSUE:8(4), August: 2022

Online Copy of Article Publication Available (2022 Issues): www.ijmer.inDigital Certificate of Publication: <http://ijmer.in/pdf/e-Certificate%20of%20Publication-IJMER.pdf>

Scopus Review ID: A2B96D3ACF3FEA2A

Article Received: 2nd August 2022Publication Date: 10th September 2022

Publisher: Sucharitha Publication, India

DOI: <http://ijmer.in.doi./2022/11.08.67>

than 70% of the teenagers and youths actively using these online platforms. If a person who is addicted to online activities such as online gaming is forced to quit it for some reason may show withdrawal symptoms. The usage of SNS creates a problem if and only if and only if it crosses the limit. Hence, we could say that the majority of the population that indulge in activities such as extreme usage of social networking sites may face threat of being addicted to these in future. However, care should be taken to make sure that the survey is conducted for a large population so as it increases the validity of the search.

Video games and online games are often a type of media that has a negative impact on health. However, games played in moderation and mindfully are a viable source of stress relief and a catalyst for improving mental health and developing social skills. Children are easily influenced by games.[3] Childhood is a time of highly developed brain. Video games themselves are a relatively modern form of entertainment. They are fun and engaging on a different level than traditional board games and other forms of entertainment. Gamers are more willing to invest and engage in video game elements because they actively contribute to the level of satisfaction derived from this environment. The amount of playing time is also an important factor in the impact of a game.

Excessive gambling can have negative consequences. Gaming addiction can have both short- and long-term effects, both mentally and physically.[4] Gaming addiction was defined as a disease by the WHO until 2019 [5]. It can be defined as a condition that changes people's habits and interferes with interpersonal relationships and responsibilities.[6] You can reduce your gaming addiction by setting time limits, limiting the number of replays, and blocking the game for hours or days. Moderate games can be healthy, fun and educational.

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