

A REVIEW ON THE ADDICTION TO THE INTERNET AND THE ONLINE GAMES

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Abstract

As the use of computers and the Internet becomes a feature of daily life, the potential for overuse is developed, which can lead to addiction. Internet addiction research has shown users can become addicted to it. Internet addiction shares some of the detrimental characteristics of drug addiction and has been shown to lead to outcomes such as school failure, family difficulties and relationship issues. In this online world offline games rarely finds a place and so there is the trend of the online gaming but too much play on the online game leads to the addiction to the games and which ultimately affects the other areas of the user like for the students it affects the study and concentration of the students and their mental health and for the working professionals it affects their concentration on the work and thus producing undesirable results.

Keywords: Concentration, Internet Addiction, Offline games, Mental Health.

I. INTRODUCTION

INTERNET ADDICTION is not yet a diagnosis of DSM IV, but its description has been extracted from the addiction and obsession criteria for DSM IV. The word "Internet Addiction Disorder" was coined by Young, listing medical criteria that are applied to by many researchers as a starting point[1]. Researchers like Young are replacing the term "substance" in their "Internet" with Internet addiction study, which concludes that similar symptoms are present in Internet addiction as well, such as tolerance, withdrawal, craving, and negative life effects. Walker study will mark Internet addiction an addictive and compulsive condition based on the similarity to gambling addiction and compulsive shopping, because there is no chemical dependency for these conditions. Still, as a whole, very little is understood about Internet addiction. Shotton conducted early studies, concluding that addicted computer users were mostly male introverts. Studies by Griffiths, O'Reilly, and

Young find radically different findings a couple of years later[2][3]. Their findings found that dependent users were mostly middle-aged women on home computers, and anyone with Internet access could become addicted[4][5]. Examples of applications used on the Internet are email, talk, and the web. The essence of which has addictive properties. Young noticed that the most addictive were interactive "real-time" services such as internet relay chat (IRC; live chat where users socialize and discuss common subjects) and multi-user domains (MUDS; text-based virtual worlds where social interaction is necessary). Moody found that high internet use (on IRC or email) is correlated with high emotional isolation. Regular IRC users "consider online relationships as real as face-to-face relationships." In the behaviors and interactions that exist in them, MUDS users are consumed." When examined as an addictive substance, applications such as IRC and MUDS can be used to "remove or avoid negative judgments and the burden of interpersonal stress. Relationships, resulting in loss of time spent on the internet in charge. Users who wanted to minimize the time they spent on the Internet to prevent these issues associated with addiction did not. Young concluded that consumers are being addicted and that there is a room in the future for more addictive software.

Three-dimensional with the availability of (3D), it became possible to create 3D visual representations of the once text-only MUDS for graphics in games. Today, in virtual worlds, users are able to see and communicate with others. "Some of its users have described these massively multiplayer online role-playing games (MMORPGs), such as "Everquest" and "Ultima Online," as "heroinware," as they include all of the addictive features of IRC and MUDS. Continuously running in real time, MMORPGs feature social and competitive elements, making commitment to the game mandatory. Although typical videogames end at some point or become repetitive and dull, MMORPGs are endless, since their system of goals and achievements is the key feature of MMORPGs. As you play, your character progresses by earning "level up" experience points from one level to the next, while accumulating valuables and weapons, becoming richer and stronger. In MMORPGs, social interaction is extremely necessary, as you have to cooperate with other players in the game to achieve more complicated goals. Eventually, to progress further in the game, a player must join a "guild" or "clan" of other players.

Everquest (or Evercrack, as a lot of players do Nicknamed it) is a fantasy game, based on ideas similar to the Middle Earth work of Tolkien. Everquest has gotten the most coverage and the most criticism for MMORPG addiction because of its success. "The game almost ruined my life, it was my life," News.com quoted one recovering Everquest player. I ceased to be me; I became Madrid, the Northern Great Shaman. I almost cringe about thinking about it now; it's so sad." Another player explained his addiction, "I'd say the most addictive part was probably the gain of power and status for me. ." Young presented study that demonstrates such studies Users are addicted to unique web programs[5]. Griffiths concluded the same, with findings showing that online chat or fantasy role-playing games are commonly addicted to addicts (MUDS). Griffiths also stressed that these applications allow privacy for users, enabling them to establish anonymity. Their own social identity, raising the self-esteem

of the consumers. It is this anonymity that gives the desire to build a virtual life for themselves on the Internet to those with low self-confidence and lacking social skills. The Internet is a replacement for real-life social contact in these situations, giving the user an escape from reality[6]. The Internet addict was stereotyped as a male computer hobbyist in the early 1990s, but recent research indicates that everyone can become addicted, as it is a combination of personality type and Internet application that causes addiction to overuse.

A. Study Method:

A contrast will be made in this analysis between online users of MMORPG games and offline users of video games to find elements that separate the two types of users and factors that lead to overuse. Factors that cause internet overuse are suggested to be close to those that cause MMORPG overuse. The tests took place online in the form of evaluations two surveys which were used to compare the two user groups. The surveys are based on a survey conducted by Pratarelli et al. in 1999 to collect information on the behavioral habits of heavy Internet users[7]. This survey was updated to examine people who are predominantly players of MMORPG or video games (respectively, online and offline players of a game). The same survey was used for the assessment of both user groups to promote the comparative analysis, with the exception of the terms "MMORPG" and "video games." [8]. In the sense of his respective research, these two terms were replaced; this retained the questions, but modified the context.

The survey questions were secretly obtained through an online survey promoted on numerous gaming forums hosted on well-known gaming sites: www.eqvault.ign.com, www.everlore.com, and www.fohguild.org. To those who volunteered to participate, prizes were not given. Questions are generalized in order to respond to any sample user from the general population who has played or is playing MMORPGs or video games. If a user was mainly an MMORPG player, the completion of the MMORPG survey was demanded, and similarly for users of video games. Data on demographic information, game usage trends, social activities of users, and the user's game buying preferences were obtained through individual survey items[9]. Sex, educational level, professional level, hours per week spent playing games, and time of day spent playing were the demographic information collected. All remaining questions were Likert-scaled responses asking users to rate each question on a scale from 1 to 5 with their agreement or disagreement. Game usage questions focused on how much time users spent on games, how long a normal session would last, whether their daily schedules were influenced by usage time, and assessed for signs of spending too much time using games. Questions of social behaviour gathered data on the user's dependency, companionship, self-image, and attitude when gaming. Finally, users responded to questions about their game-buying habits.

II. CONCLUSION

The results confirm the history that has the gaps between the two groups were presented and illustrated. It is obvious that users of MMORPG appear to spend several more hours

committed to their game and find the social elements of the in-game environment more fun and rewarding than what is happening in the real world. MMORPG users, however, do not pursue in-game self-confidence, would find fun elsewhere if there were no MMORPGs, and would not feel annoyed if they did not have the ability for day to play. This would mean that, just as MMORPG users enjoy the time they spend, they are not addicted to in-game spending, much more so than real-life activities with friends. I would say that users of MMORPG have a different outlook on social life, which others would classify as anti-social or introverted, and as such tend to spend their social time and energy in-game instead of socializing in the real world. It is the social aspects inherent in MMORPGs that attract players who exhibit addiction tendencies in the "hard-core". It would appear that MMORPGs are an alternative to other forms of social entertainment for most users. If there were no or no MMORPGs available, these same users would not be searching for friends or

In the form of email, chat rooms, or instant messenger, social situations such as parties, bars, or clubs, but perhaps other ways of socializing online. Since it is obvious that most users are not addicted, but rather want to spend their time on MMORPGs than elsewhere, it could explain their attraction to the games by deciding how they spend their time in the game. These social dimensions and in-game behaviors should be discussed in-depth for future studies. In conclusion, users are drawn into MMORPGs by the social elements that occur in-game. These gamers seek social opportunities that are not accessible anywhere in their lives, just like people who are addicted to the Internet. MMORPG users should not be labeled as addicted even with high use times, since they do not display the habits of addicts.

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