

DETERMINING THE LEVEL OF GAME ADDICTION AMONG THE UNDERGRADUATES IN SRI LANKA

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Implications of previous researches within the global context and the media reports on tragic incidents as consequences of game addiction, highlighting it as a topical issue, prompted researchers to conduct a study on game addiction. A comprehensive research gap was identified in this sphere of research in the local setting. Therefore, a systematic observation on a selected population progressed through an initial survey, which contributed to identifying the motive of the present study, i.e. to validate existence of game addiction by determining the levels of Game addiction within the Sri Lankan context. An online questionnaire derived from the Diagnostic and Statistical Manual (DSM scale) of Mental Disorders-IV (DSM-IV) criteria was created upon a 'Game addiction scale' for pathological gambling and validated by past researchers to use as the tool for collecting data. The questionnaire contained 15 questions representing the 'Game addiction scale' and seven other demographic questions to extract data from an independent sample of 320 undergraduates. Collected data were analysed using SPSS Software. The addiction levels have been determined through the weighted scores in Assessment of Internet and Computer game Addiction (AICA-S) as Regular usage, Problematic usage and Addictive usage. Furthermore, this study ascertained the relative amount of time spent daily by the respondents to play video games. Thus, the study confirmed the existence of game addiction among Sri Lankan undergraduates by determining 31.9% of the analysed sample (N=320) fall under the Problematic and Addictive categories of game addiction. Hence this study has been able to validate the concept of game addiction respective to the Sri Lankan context, laying a foundation for fellow local researchers to conduct further studies in a broader scope on the related concept.

Keywords: *Game addiction; Screen time; Undergraduates*
