Oral presentations
Theme 3: Health and Wellbeing   OP24

Online video gaming and associated personal and academic factors among G.C.E. A/L students of Jaffna Educational Division

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Background and objective: The prevalence of internet gaming disorder is known to be high in Asian countries and among male adolescents. This study aims to determine the prevalence of online video gaming and describe associated personal and academic factors among GCE A/L students in Jaffna Education Division.

Methods: This is an institution-based descriptive cross-sectional study done among G.C.E A/L (year 2021) students in Jaffna Education Division. Thirty-four classes from 13 schools were selected by cluster sampling. Data were collected using a self-administered questionnaire. Presence of internet gaming disorder was assessed by the Internet Gaming Disorder Scale 9 – Short Form (IGDS9-SF) that contains nine questions on a 5-point Likert scale according to DSM-5 diagnostic criteria. Mean, standard deviation, and percentages were used to summarize data. Chi-square test, t-test and Pearson correlation were used to test for significance ($p=0.05$).

Results: Among 821 participants, 31.4% (n=258) played online video games, spending, on average, 2.36 hours (±2.13 hours) per day. Among them, majority were male (79%, n=204). Being male ($p<0.001$), residing in a boarding ($p=0.012$) and parents' or guardian's monthly income being over Rs. 80,000 ($p=0.021$), were significantly associated with online gaming. Those who played online games spent more time with friends ($t=3.09$, $p=0.002$) and on leisure activities ($t=2.38$, $p=0.018$,) compared to those who did not play online games. Time spent on learning activities was significantly negatively correlated with online gaming ($r= -0.12$, $p=0.046$). According to IGDS9-SF, 5 students (0.6%) had internet gaming disorder.

Conclusion: Online video gaming is widely prevalent among male GCE A/L students in the Jaffna Education Division, although less than 1% have internet gaming disorder. Education authorities should raise awareness among parents and students regarding this public health issue to control time spent on online games by students.

Keywords: Online Video Games, Internet Gaming Disorder, High School Students, Jaffna