

Effect of Exercise on Pain and Depression in Mobile Gaming Addiction: A Randomised Controlled Trial

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ABSTRACT

Introduction: There is a growing behavioural issue among youth population that is addiction to mobile gaming. The youth have to suffer several significant psychological and physical consequences due to excessive gaming such as musculoskeletal pain that often results from prolonged static posture and repetitive strain and depression that often results from social isolation and disturbances in sleep. Keeping them little bit apart from mobile gaming and inclusion of aerobic and anaerobic exercises in their schedule can be helpful in reducing pain and improving mental health by triggering release of endorphins, by promoting blood circulation and enhancing muscle strength.

Aim: The purpose of this study is to find out the effect of structured aerobic and anaerobic exercises on pain intensity and the severity of depression in individuals with mobile gaming addiction with the help of Numeric Pain Rating Scale (NPRS) and Hamilton Depression Rating Scale (HDRS) as our assessment tool.

Materials and Methods: A total of 20 participants of age ranging from 21– 26 years (11 males and 9 females) had participated in the study out of which 10 candidates (6 males and 4 females) were categorised under control group and rest of the 10 candidates

(5 males and 5 females) were categorised under exercise group. Randomised Controlled Trials (RCT) with 20 participants was conducted for 5 weeks in which the exercise group was getting the structured exercise programme comprising of aerobic and anaerobic activities whereas the control group was not getting any such intervention. The scores of NPRS and HDRS were then recorded before and after intervention.

Results: This study supports the fact that structured exercise programmes effectively reduces pain and depressive symptoms in the population as the exercise group shows a significant reduction in pain intensity and depression severity as found in NPRS and HDRS scores ($p < 0.0001$) whereas the control group shows no significant or notable changes.

Conclusion: The potential of the structured exercise programmes intervention for the management of pain and depression in individuals with mobile gaming addiction is clearly highlighted in this study. Intervention of aerobic and anaerobic exercises into rehabilitation programmes can be proven as one of the significant approach towards addressing these modern life health challenges.

Keywords: Aerobic exercises, Behavioural addiction, Mental health, Structured exercise programme

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