

Prevalence of Online Gaming Addiction and its Impact on Psychological Well-being among Nursing Students: A Cross-sectional Correlational Study

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ABSTRACT

Introduction: The proliferation of digital gaming worldwide has sparked rising concern over online gaming addiction, formally recognised as Internet Gaming Disorder (IGD) by Diagnostic and Statistical Manual of Mental Disorders (DSM-5) and later Gaming Disorder in International Classification of Diseases, 11th Revision (ICD-11). IGD is associated with negative outcomes such as anxiety, depression, sleep disturbances, and poor academic performance.

Aim: To assess the prevalence of online gaming addiction and its impact on psychological well-being among nursing Students in selected college of Ambala, Haryana.

Materials and Methods: A cross-sectional correlational research design was used in this study. A sample of 250 B.Sc. Nursing Students was selected by convenient sampling technique from Maharishi Markandeshwar College of Nursing, Mullana-Ambala. The tool used for data collection were selected variables, Internet Gaming Disorder Scale (IGDS9-SF) and Psychological Well-Being (PWB) scale. The data was analysed and interpreted by using

descriptive and inferential statistics. The data was analysed using SPSS version 20.

Results: The study findings revealed that 16.4% were having no addiction, 36% were having low addiction, 35.2% were having moderate addiction, 9.2% were having severe addiction followed by 3.2% were having profound addiction. The findings showed that 94.80% were having moderate psychological well-being followed by 5.2% were having high psychological well-being. Furthermore, there was a negative correlation found between online gaming addiction and psychological well-being. The mean of online gaming addiction and psychological well-being was 2.47 and 2.05 respectively.

Conclusion: The study concluded that online gaming addiction was moderately prevalent among nursing Students and majority were having moderate psychological well-being. Thus, there was a negative correlation found between online gaming addiction and psychological well-being.

Keywords: 11th Revision, Diagnostic and statistical manual of mental disorders, Digital gaming, International classification of diseases, Nursing students, Psychological well-being.

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