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EFFECTIVENESS OF COGNITIVE BEHAVIORAL THERAPY IN THE PREVENTION OF ONLINE GAME ADDICTION AMONG ADOLESCENTS

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ABSTRACT

Online gaming is the most common leisure activity among adolescents. Excessive gamers and those experiencing problems due to gaming have lower life satisfaction scores and higher levels of negative symptoms like depression and anxiety. A study was conducted to assess the effectiveness of cognitive behavioural therapy in the prevention of online game addiction among adolescents in selected areas, Coimbatore. The approach was quantitative approach and design was quasi pre-test and post-test design. 60 samples were selected using convenient sampling technique on the basis of inclusion criteria. The level of online game addiction was assessed using a semi structured questionnaire. The data obtained were analyzed in terms of both descriptive and inferential statistics. While comparing the post-test level of online game addiction in experimental and control group, in experimental group, the mean score is 92.4 in pre-test and 82.7 in post test. The standard deviation value is 3.7 in pre test and 2.1 in post test. The paired 't' value is 29.8* at 5% level of significance. In control group, the mean score is 96.5 in pre test and 96.4 in post test. The standard deviation value is 4.1 in pre test and 3.0 in post-test. The paired 't' value is 1.1. The data analysis reveals that, there is a significant difference between the pre-test and post-test level of online game addiction among adolescents. There is an association between the pre test levels of online game addiction among adolescents with their selected demographic variables.

KEYWORDS

Online game addiction, Cognitive behavioral therapy and adolescents.

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INTRODUCTION

Gaming addiction is described in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) of the American Psychiatric Association, which is used by mental health practitioners to diagnose mental disorders. At the time the DSM-5 was published in 2013, there was insufficient information to identify

whether the condition is a unique mental disorder or the best criteria for diagnosing it. However, it included internet gaming disorder, along with caffeine use disorder and other illnesses, in the part recommending conditions for additional research. Substance-related addictive disorders, such as alcohol, cigarettes, stimulants, marijuana, and opioids, are included in the DSM-5. Gambling addiction is a serious problem.

Significance and need for the study

Internet Gaming Disorder is currently prevalent in the adolescent population, ranging from 1.3 percent to 19.9 percent, with males reporting a higher frequency than females. Even if computers and phones are available, internet usage in our country is lower than in wealthy countries, and it is gradually expanding.

A study done by Krishna, *et al* on the prevalence of internet gaming disorder in India: a technological hazard among adolescents. As a result of the study, the total prevalence estimate of Internet Gaming Disorder among school children was 3.50 percent, with male students (8.8%) having a larger prevalence than female students (0.8%), and the difference was statistically significant with a p value of 0.001. The prevalence disparities between age groups, gender, student class, and the availability of a smart phone with internet capability were found to be key risk factors for the incidence of Internet Gaming Disorder among adolescents.

Statement of the problem

A study to assess the effectiveness of cognitive behavioral therapy in the prevention of online game addiction among adolescents in selected areas, Coimbatore.

Objectives

To assess the pre test and post test level of addiction of online games among adolescents in experimental and control group.

To evaluate the effectiveness of cognitive behavioral therapy in the prevention of online game addiction among adolescents.

To find the association between pre test level of addiction of online game among adolescents with their selected demographic variables.

Hypotheses

H₁: There will be a significant difference between pre-test and post-test level of online game addiction among adolescents.

H₂: There will be a significant association between pre test levels of online game addiction among adolescents with their selected demographic variables.

RESEARCH METHODOLOGY

Research approach: Quantitative research approach

Research design: Quasi pre test and post test design was adopted for this study.

Sampling technique: Convenience sampling

Sample size: The sample size of this study was 60 adolescents in that 30 for experimental group and another 30 for control group

Setting of the study: The setting for the study is Ramanathapuram and Nanjundapuram areas in Coimbatore district.

Description of tool and scoring interpretation

The tool was divided into two sections, which consisted of Section A and B.

Section A: Demographic profile

This section consists of 12 items pertinent to adolescents who play online games such as age in years, gender, educational status, parent's education, number of siblings, type of family, residence, time spent in games, type of mobile, type of game, hours of sleep, how long you are playing.

Section B: Semi structured questionnaire

This section consists of 21 questions to assess online game addiction.

Score Interpretation

The tool consists of 21 items and each item consists of 5 ratings. The rating is as follows:

Never

Rarely

Sometimes

Often

Very often

Interpretation of scores

Above 90 indicates severe addiction

80-89 indicates moderate addiction

70-79 indicates mild addiction

Below 70 indicates no addiction

Inclusion criteria

Who are present at the time of data collection.

Who are playing online games.

Who are having mild -severe behavioral changes.

Who are willing to participate.

Exclusion criteria

Who are playing other games.

Who are taking other therapies for addiction.

Who are taking medications for addiction

Data collection procedure

Data was collected for a period of six weeks. The purpose of the study was explained to the concerned authorities. The medical officers of both the urban health posts of Ramanathapuram and Nanjundapuram areas were approached by the investigator. 60 samples were taken in which 30 samples in experimental group and 30 samples in control group.

The investigator introduced self and explained about the nature of the study and obtained consent from the authorities and the adolescents. A convenient time and date was fixed and 21 questions to assess online game addiction was given to those samples of experimental and control group, a time limit of 30 minutes was given to complete the questionnaire. After completion of questionnaire some of the pleasant activities which can be performed to divert them from online game addiction were taught and scheduled and the activities were followed for a time period of 6 weeks only by the experimental group. Control group was not given any interventions. After 6weeks post-test was conducted for both experimental group and control group with the same semi structured questionnaire. The data collected from the samples were grouped and analyzed.

RESULTS AND DISCUSSION

The study was done to assess the effectiveness of cognitive behavioral therapy in the prevention of online game addiction among adolescents. The mean score is 92.4 on the pre-test and 82.7 on the post-test. The standard deviation value is 3.7 in the pre test and 2.1 in the post test. The paired 't' value is 29.8* at 5% level of significance. It shows that pleasant activity scheduling in cognitive behavioral therapy is

effective in reducing online game addiction among adolescents.

Discussion

Before intervention, in the experimental group, 24(80%) had severe addiction and 6(20%) had moderate addiction. Whereas in the control group, 27(90%) had severe addiction and 3(10%) had moderate addiction.

After intervention, in the experimental group, 19(63%) had moderate addiction and 11(37%) had mild addiction. Whereas in the control group, 27(90%) had severe addiction and 3(10%) had moderate addiction.

While comparing the post test level of online game addiction in the experimental and control groups, in the experimental group, the mean score was 92.4 in the pre test and 82.7 in the post test. The standard deviation value is 3.7 in the pre test and 2.1 in the post test. The paired 't' value is 29.8* at 5% level of significance. It shows that pleasant activity scheduling in cognitive behavioral therapy is effective in reducing online game addiction among adolescent.

PLEASANT ACTIVITY SCHEDULING WORKSHEET		
DAYS	TIME	ACTIVITY
SUNDAY	9:30am 8:45P.m	Went out with friends Worked in a garden
MONDAY	10:00am 11:45am 4:00P.m	Visited a park Read a book. Went out to play with friends
TUESDAY	11:00am 3:30P.m 5:00P.m	played an instrument Did a puzzle visited a park
WEDNESDAY	8:00am 1:00P.m 4:00P.m	went out for a walk Did some exercise Painting.
THURSDAY	9:30am 12:00P.m 7:00P.m	Went out for a coffee watched a movie. Cooking.
FRIDAY	10:00am 11:45am 5:00P.m	Listened to a new music Spent time with family Read a book.
SATURDAY	8:45am 3:15P.m 11:00P.m	Rearranged my home. Tried a new food. Did a puzzle.

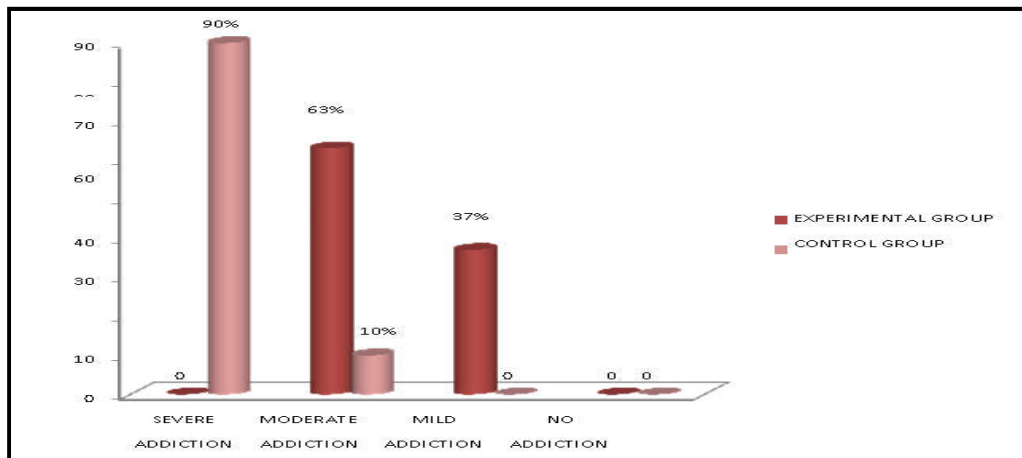


Figure No.1: Distribution of adolescents according to the level of online game addiction after intervention

IMPLICATIONS

Implications for nursing practice

Nurses should develop an in-depth knowledge of the physical and psychological changes of people addicted to online games. Nurses should be knowledgeable regarding the benefits of therapies, including cognitive behavioral therapy, in reducing the level of addiction to online games, which should be done in a community setting. Nurses should educate and encourage adolescents to do pleasant activities.

Implications for nursing education

Nurse educators need to be equipped with in-depth knowledge and skills regarding pleasant activity scheduling in cognitive behavioral therapy. Nursing students should receive adequate training in cognitive behavioral therapy. They should conduct workshops or conferences for students regarding cognitive behavioral therapy, its benefits in day-to-day nursing practice, and strengthen the curriculum for nurses to excel in knowledge and skills in the areas of various cognitive behavioral therapies.

Implications for nursing administration

Nurses should assist in implementing public health awareness campaigns aimed at reducing online game addiction. Nurses should provide knowledge, resources, and leadership to establish some policies that focus on cognitive behavioral therapy to reduce online game addiction. Public information programs should be designed by nurses to encourage adolescents to do various cognitive behavioral therapies.

Implications for nursing research

Nursing research is to be done to find out the various innovative methods to reduce the addiction to online games. The finding of the study would help to expand the scientific body of professional knowledge upon which their research can be conducted.

RECOMMENDATIONS

A similar study could be conducted with an increased sample size.

A similar study could be conducted with different age groups.

CONCLUSION

The study was done to assess the effectiveness of cognitive behavioral therapy in the prevention of online game addiction among adolescents. The mean score is 92.4 on the pre-test and 82.7 on the post-test. The standard deviation value is 3.7 in the pre test and 2.1 in the post test. The paired 't' value is 29.8* at 5% level of significance. It shows that pleasant activity scheduling in cognitive behavioral therapy is effective in reducing online game addiction among adolescents. Therefore, the researchers felt that more importance should be given to adolescents with online game addiction to decrease the level of addiction.

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CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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