



EXPLORING GAMING ADDICTION: THE RELATIONSHIP BETWEEN SENSATION SEEKING, BOREDOM PRONENESS, AND COLLEGE STUDENTS

Rakesh Parihar

Assistant Professor Department Of Psychology, Psg College Of Arts And Science, Coimbatore, India

ABOUT ARTICLE

Key words: gaming addiction, sensation seeking, boredom proneness, college students, relationship.

Received: 06.05.2023

Accepted: 11.05.2023

Published: 16.05.2023

Abstract: The purpose of this study was to investigate the relationship between sensation seeking, boredom proneness, and gaming addiction among college students. The study aimed to examine whether individuals with higher levels of sensation seeking and boredom proneness are more susceptible to developing gaming addiction. The research involved a sample of college students who completed self-report measures assessing their sensation seeking tendencies, boredom proneness, and gaming addiction symptoms. The findings indicated a positive correlation between sensation seeking and gaming addiction, as well as a positive correlation between boredom proneness and gaming addiction. These results suggest that certain personality traits and psychological factors may contribute to the development of gaming addiction among college students.

INTRODUCTION

Gaming addiction has emerged as a significant concern, particularly among the younger population. College students are particularly vulnerable to the negative consequences associated with excessive gaming, including academic problems, social isolation, and mental health issues. Understanding the factors that contribute to gaming addiction is crucial for developing effective prevention and intervention strategies. This study aimed to investigate the relationship between sensation seeking, boredom proneness, and gaming addiction among college students. Sensation seeking refers to the tendency to seek out novel and stimulating experiences, while boredom proneness is characterized by an individual's susceptibility to feeling bored and the need for constant stimulation.

METHODS

Participants

The study recruited a sample of 300 college students from various universities. Participants were between the ages of 18 and 25 and were actively engaged in gaming activities.

Measures

Sensation Seeking Scale (SSS): The SSS was used to assess participants' sensation seeking tendencies. This scale consists of 40 items measured on a Likert-type scale ranging from 1 (strongly disagree) to 5 (strongly agree).

Boredom Proneness Scale (BPS): The BPS was employed to measure participants' proneness to boredom. It comprises 28 items rated on a Likert scale ranging from 1 (strongly disagree) to 5 (strongly agree).

Gaming Addiction Scale (GAS): The GAS was administered to assess participants' levels of gaming addiction. This scale consists of 20 items rated on a Likert scale ranging from 1 (strongly disagree) to 5 (strongly agree).

Procedure

Participants were recruited through online advertisements and campus announcements. Interested individuals were directed to an online survey where they provided informed consent and completed the measures. The data were collected anonymously to ensure confidentiality.

Data Analysis

Data analysis was conducted using statistical software. Descriptive statistics were calculated to determine the mean scores and standard deviations for sensation seeking, boredom proneness, and gaming addiction. Correlation analysis was performed to examine the relationship between sensation seeking, boredom proneness, and gaming addiction.

RESULTS

The results indicated a positive correlation between sensation seeking and gaming addiction ($r = 0.45$, $p < 0.001$). Higher levels of sensation seeking were associated with increased symptoms of gaming addiction. Similarly, a positive correlation was found between boredom proneness and gaming addiction ($r = 0.37$, $p < 0.001$), indicating that individuals with higher boredom proneness were more likely to exhibit symptoms of gaming addiction.

DISCUSSION

The findings of this study suggest that sensation seeking and boredom proneness are related to gaming addiction among college students. The positive correlations indicate that individuals with higher sensation seeking tendencies and boredom proneness are more susceptible to developing gaming addiction. These results align with previous research highlighting the role of personality traits and psychological factors in addiction development. Understanding these relationships can inform preventive efforts and interventions targeting college students at risk for gaming addiction.

CONCLUSION

In conclusion, this study investigated the relationship between sensation seeking, boredom proneness, and gaming addiction among college students. The findings revealed a positive correlation

between sensation seeking and gaming addiction, as well as a positive correlation between boredom proneness and gaming addiction. These results suggest that college students with higher levels of sensation seeking and boredom proneness may be more susceptible to developing gaming addiction. Understanding the role of these personality traits and psychological factors in gaming addiction can help inform prevention and intervention strategies targeting at-risk college students. Further research is warranted to explore additional factors that contribute to gaming addiction and to develop comprehensive approaches to address this growing concern among college students.

REFERENCES

- Griffiths, M. D., & Hunt, N. (1998). Dependence on computer games by adolescents. *Psychological Reports*, 82(2), 475-480.
- Lemmens, J. S., Valkenburg, P. M., & Peter, J. (2009). Development and validation of a game addiction scale for adolescents. *Media Psychology*, 12(1), 77-95.
- Rehbein, F., Kliem, S., Baier, D., Mößle, T., & Petry, N. M. (2015). Prevalence of Internet gaming disorder in German adolescents: Diagnostic contribution of the nine DSM-5 criteria in a state-wide representative sample. *Addiction*, 110(5), 842-851.
- Carbonell, X., Guardiola, E., Beranuy, M., & Bellés, A. (2009). A bibliometric analysis of the scientific literature on Internet, video games, and cell phone addiction. *Journal of Medical Internet Research*, 11(3), e28.
- Wang, H. R., Cho, H., & Kim, D. J. (2018). Prevalence and correlates of comorbid depression in a nonclinical online sample with DSM-5 Internet gaming disorder. *Journal of Affective Disorders*, 226, 1-5.
- Błachnio, A., Przepiorka, A., & Pantic, I. (2019). Association between Facebook addiction, self-esteem, and life satisfaction: A cross-sectional study. *Computers in Human Behavior*, 93, 364-370.
- Hussain, Z., Williams, G. A., & Griffiths, M. D. (2015). An exploratory study of the association between online gaming addiction and enjoyment motivations for playing massively multiplayer online role-playing games. *Computers in Human Behavior*, 50, 221-230.
- Billieux, J., Van der Linden, M., & Rochat, L. (2008). The role of impulsivity in actual and problematic use of the mobile phone. *Applied Cognitive Psychology*, 22(9), 1195-1210.
- Liu, J., Nie, J., & Wang, Y. (2019). The relationship between sensation seeking and adolescent internet gaming disorder: A moderated mediation model. *Journal of Media Psychology*, 31(1), 35-44.
- Ream, G. L., Elliott, L. C., & Dunlap, E. (2011). Playing video games while using or feeling the effects of substances: Associations with substance use problems. *International Journal of Environmental Research and Public Health*, 8(10), 3979-3998.