ORIGINAL RESEARCH PAPER

Psychology

INTERNET GAMING, STRESS AND LONELINESS DURING LOCKDOWN

KEY WORDS: Internet Gaming, Stress, Loneliness

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ABSTRACT

In the corona period, excessive internet use and internet gaming have increased Stress and loneliness. Overuse of the internet, withdrawal symptoms and relapse has been diagnostic criteria for internet game addiction. The games that adults used to play on the grounds with friends have been replaced in the pandemic period with internet games played in front of the mobile on the internet. This article discussed the relationship between gaming habits which lead to stress, depression, loneliness. If an adult is addicted to gaming, they would only desire loneliness to play the online game. If a person is addicted to gaming, they would have more stress than others. This article highlighted how the internet gaming increased in the pandemic situation and the overuse of internet gaming expand the stress and loneliness. This thematic article applies content review methodology and had gone though the contents related to the topic and analytically summarized the ideas. The conclusion of the thematic paper states that there has been a significant increase in internet gaming among the world population during the lockdown period. Stress and loneliness also increased due to internet gaming and parent's support can protect young people from developing problematic gaming behavior. And this paper discussed the possible remedies such as family therapy, animal-assisted therapy, CBT etc., for overcoming gaming addiction.

INTRODUCTION

The Corona virus (COVID-19) is answerable for thousands of deaths and hospitalizations. It was first recognized in December 2019 in Wuhan, Hubei, China. As of 5 July 2020, further than 11.1 million cases have been reported across 188 countries. The entire world population presently faces enormous challenges (i.e., social, environmental, health, and profitable) due to the impact of COVID-19. During this period, the rate of playing online game has been increased. Game habit has been described in the psychiatry literature as an impulse control complaint characterized by symptoms analogous as "the incapacity to control the time spent on gaming", "lack of interest in other activity", "continuing to play despite the adverse goods" and "feeling psychologically deprived when not suitable to play. Experimenters agree that Internet gaming is a dangerous or addicting exertion. Numerous people, including parents, believe that Internet games expand the imagination, give children the occasion to work collaboratively, and edge cognitive chops. Yet when youthful people spend utmost of their time playing Internet games at the expenditure of practice, physical exercise, family events, or social conditioning, the benefits of gaming feel less certain. Experts say the reason why people get addicted to online games has actually got commodity to do with the way our brain response to them. Have you ever played a game and felt that tingling excitement, when you go to next position or won a game. At that time your brain releasing a chemical called the dopamine. That is the chemical that makes us perceive happy. The online gamers develop a rugged drive to seek out that same enjoyment again and again. Literature has shown that internet gaming addicts reported more loneliness, depression, lack of positive thinking and cerebral well- being. Literature has also shown that internet mobile gaming addiction is related to poorer emotional health, in particular depression, loneliness and stress.

In 2012, one billion people played online games, which fuelled the 8% growth of the internet gaming industry in the same year. In 2017, online games have been the major pillar of the Chinese gaming industry. With about 660 million online gamers, China is one of the fastest growing markets for internet gaming. During corona period, the mobile gaming market in China surpassed 209 billion Yuan, and the market would remain a double- digit growth in the coming periods driven by innovative technologies similar as 5G networking and cloud services. A cast by Mordor Intelligence has prognosticated that the worldwide gaming market will be worth$314.4 billion by 2027, over from 173.7 billion in 2021, and registering a composite periodic growth rate (CAGR) of 9.64 between 2022 and 2027. According to the study by WAT Consult, digital marketing agencies, 70% gamers felt more time to spend on playing internet games and 68% lived that it was a result of having further time in hand.

During lockdown period, most of the students turned to the online interpretation of the fashionable board game, Ludo this period. Ludo King was begun in 2016, but people installed the game after the government announced strictly lockdown. According to data by sensor tower, the ludo king was one of the topmost installed games in pandemic period. Rise of Among Us began in 2018; Among Us is a multiplayer game that shined during the lockdown period. While several games took off in 2020, enrolling record active members, PUBG's was a fully different story as the Indian government banned the pubg game in September amid border pressures between India and China. The PUBG was banned under Section 69A of the Information Technology Act.

STRESS

Stress can be defined as a kind of change that causes bodily, emotional and inner tension. Stress is your body's and mind's reaction to everyday demands that requires attention or action. While a many pressure might also produce feelings of slight pressure or frustration, extended pressure also can beget collapse, pressure diseases and depression. If a person is addicted to gaming, they would have more stress than others. Most of the online gamers feel stressed when not able to good progress due to playing internet games.

LONELINESS

Loneliness is depressing emotional reaction felt solitude.

Loneliness is also defined as social ache-an inner medium that motivates people to quite social connections. It's commonly related to an unwanted lack of social connection and closeness. The reasons of loneliness are varied. These causes are social, internal, emotional and environmental factors. Loneliness is that the state of torture or discomfort that results formerly one perceives a spot between one's requirements for social connection and factual experience of it. Loneliness is marked by passions of insulation despite wanting social connections. It's frequently perceived as an involuntary separation, rejection, or abandonment by other people. If an adult is addicted to gaming, they would only desire loneliness to play the online game. Mostly online gamers preferred loneliness to play online games due to lockdown period. So they avoided other activities and family functions.

The advanced symptoms of internet gaming Addiction include:

• Obsession with gaming.
• Withdrawal symptoms when unable to make great progress (sadness, loneliness).
• Tolerance, the need to spend further time gaming to satisfy the appetite.
• Incapability to reduce playing, unprofitable attempts to quit gaming.
• Loss of interest in already enjoyed things due to internet gaming.
• Internet gamers preferred loneliness to play online games.
• Feeling pain in the wrist and back due to gaming.
• The use of gaming to relieve negative moods, similar as guilt or forlornness.
• Threat, having jeopardized or lost a job or relationship due to gaming.

OBJECTIVE OF THE STUDY
The main objective of this thematic study was internet gaming, loneliness and stress during lockdown.

METHODOLOGY
This thematic article applies content review methodology and had gone though the contents related to the topic and analytically summarized the ideas.

DISCUSSION
HOW TO OVERCOME
Behavioral therapies and other types of psychotherapy can help people enhance their managing skills, develop substitute behavioral patterns, and remake the supporting studies that frequently contribute to Gaming addiction. Different types of remedy that may help include:

COGNITIVE BEHAVIOR THERAPY (CBT): CBT is a path that focuses on relating and modifying the thoughts and behaviors that play a part in Gaming addiction. It has been shown to be veritably effective in helping people overcome all kinds of addictions. But CBT isn't for everyone. Other approaches may be more suited for those who don't relate well to analyzing their thoughts, feelings, and actions.

MINDFULNESS THERAPY: Mindfulness- based approaches like awareness- based cognitive remedy (MBCT) can be easier to relate to for numerous people. As with CBT, awareness is helpful for people with underpinning internal health problems, similar as stress or depression.

MOTIVATIONAL ENHANCEMENT THERAPY (MET): this is most common approach that helps increase people's readiness to change. It can be helpful for enhancing the commitment and boost to positive thinking.

FAMILY THERAPY: Family remedy approaches can be helpful, particularly with teens and youthful grown-ups. This type of remedy can help families learn further about how to support their loved one's recovery and can be effective for improving overall family functioning.

ANIMAL- ASSISTED THERAPY: It is used for numerous issues, including helping people with psychological diseases, convicts, people with diseases like cerebral paralysis and Alzheimer's, and people floundering with Substance abuse or addiction diseases. Interacting with animals reduces sensibilities of aggression, stress, depression, and loneliness, and makes participants feel happier and quiet.

CONCLUSION
The conclusion of the thematic paper states that there has been a significant increase in internet gaming among the world population during the lockdown period. Stress and loneliness was associated with gaming addiction behaviors. .In conclusion, online gaming addiction has the capability of dismembering one's cerebral and social health. When played for a dragged quantum of time, online games may take a hold on its Gamers. School students and college students are attracted to the online games because numerous mental health issues, physical health issues and social problems for them. These effects lead to wrathfulness and stress, tension, social insulation, and other physical and internal damages. Some psychologists and psychology researchers have paid attention to the effects of these games. The overuse of online games among youngsters and adolescents has made numerous psychologists to determine the effects of these games on gamers. The results of this study displayed that there's a direct relationship between stress and loneliness with internet game addiction. In other words, playing further online games beget adolescents to stay home, which leads to their lack of interest in other activities and getting fat in body. It is one of the biological problems in online gaming. In mental dimension, it seems that online games have a negative relationship with internal health of adolescents and have a direct effect on their anxiety, depression and insulation of those adolescents who play these games. Internet gaming is also associated with increased anxiety, social phobia and depression, with adults and young adults being more affected than adolescents. So, families and parents support can protect young people from developing problematic gaming behavior. Setting time limit for playing internet games. Keep phones and other things out of the bedroom so you won't play into the night time. Does other exercise every day, including yoga. These steps are control the overuse of internet gaming. The article shows the signs of internet gaming addiction and discussed the possible remedies for overcoming gaming addiction.

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