



Research Article

## A Study on the impact of digital game addiction on the study habits of adolescents

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### Abstract

The games that people used to play in the fields and outside the house for thousands of years have now been replaced by digital games. Nowadays, people are losing interest in traditional games or outdoor games. Outdoor games strengthen not only the physical but also the mental development and social relationships of a person. Over the past few decades, digitisation has led to a rapid change in people. As a result, people increasingly prefer digital games, internet games, or indoor games, which seem to distance them from their society and family. Methodology: This study does not use any new or numerical data. It is based on a literature review in which the researcher examined over 20 research papers (from various sites such as Google Scholar, ResearchGate, ERIC, and Shodhganga), journals, and various theses to provide a novel analysis. Conclusion. By surveying various literature, it was observed that digital game addiction has both positive and negative effects on the study habits of adolescents. The positive impact is that children who played more games had better concentration, faster reaction times, decision-making, creativity, and learning abilities than those who did not play games or played fewer games. The negative result is that children's study habits are declining. They have shown a tendency toward irritability, aggression, and fighting. Children who play games excessively have become isolated and prefer to stay away from their community and family. These children often make friends online who are connected to their games. Suggestion: Various studies have shown that children who play excessive games are negatively impacted by them. Their parents and children lack digital literacy. Therefore, it is essential to raise awareness about digital games so that people can understand and utilise them.

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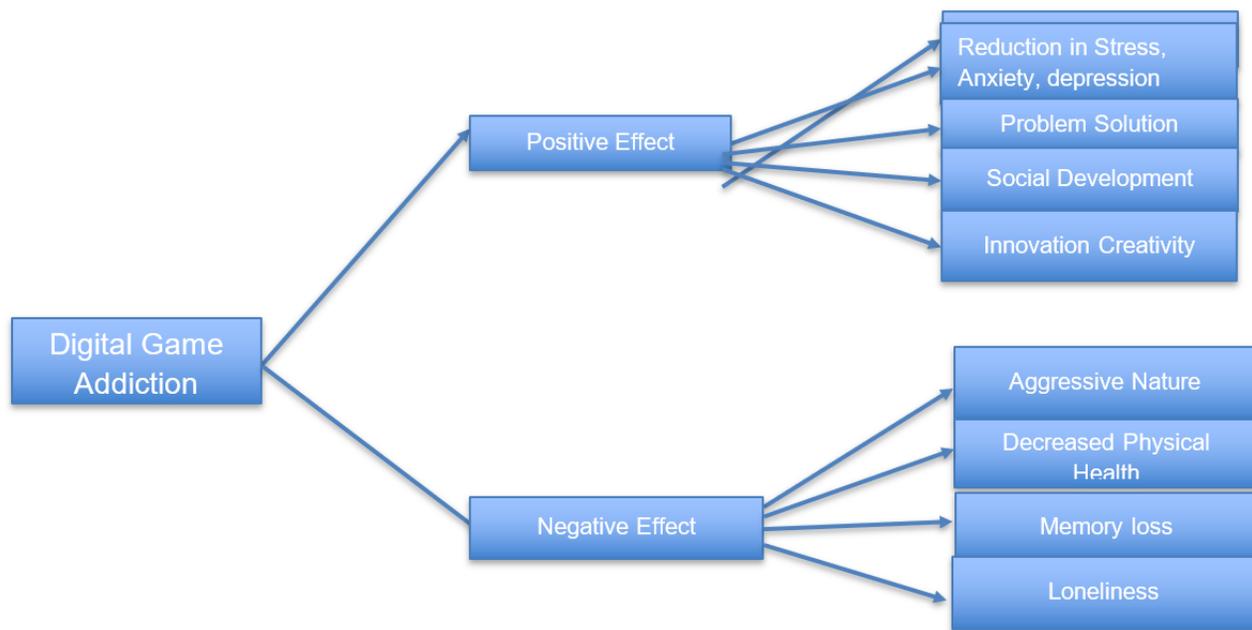
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**KEYWORDS:** Digital games, study habits, internet games, ADHD, gaming addiction, adolescents

**1. INTRODUCTION**

Games have been an integral part of human behaviour and experience since ancient times (e.g., hunting, playing cards, gambling, cricket, volleyball, hockey, etc.) But in the last few decades, computer technology digitisation has completely changed the game. Nowadays, playing digital games has become a common activity for children, teenagers and adults. People may be putting off activities from their daily lives, but playing digital games has become a daily activity. Several data reviews show that children spend about 8 to 9 hours, and adolescent children spend about 11 hours of their daily routine on other digital apps. (Like WhatsApp, Instagram, Facebook, Telegram, Snapchat, YouTube, etc.) Which is much more than the time spent with their home, society, school and friends. You never know when digital games turn from entertaining to lethal. Due to excessive use of digital games, problems like game

disorders (like ADHD, IGD, etc.) are rapidly emerging, which are becoming very complex to solve. Digital game addiction can be a serious problem. Due to this, the person does not pay any attention to his important work and is also unable to concentrate on his needs. Thus, where digitisation had come as a help in the life of a person, it is becoming a component. But even in today's time, it can be said that digitalisation has not only negative consequences but also positive consequences (like depression, anxiety, social participation, lack of memory, aggressive nature, etc.). If young children are addicted to digital games, their overall development—physical, mental, social, and language—is delayed compared to other children, and they behave somewhat differently. Digitalisation also has positive effects (such as sharper memory, faster decision-making, and problem-solving).



The speed of cognitive development refers to the ability of a person/child to think, understand, be creative and discover new things. In the present times, in families where both parents are working, the children or the family are facing a different kind of stress. Stress, anxiety, fear, etc., start arising in their mind, and they want to divert their mind somewhere else. At that time, the family/child wants to get rid of the problem by any means so that their stress can be relieved.

It is said that the more you use any object, the sharper it becomes. The human brain also becomes sharper. Many studies have found that children who play digital games have greater problem-solving abilities. Children who play digital games also have faster communication skills.

A review of the literature found that children with digital addiction do not differ significantly in their educational attainment compared to children without digital addiction. Aggressive effects are seen in children playing digital games.

Deterioration in physical health is also seen in problems like insomnia, obesity, dementia, etc., loss of memory, and forgetting things very quickly, which is called dementia. Children playing digital games start liking loneliness very much. ADHD problems can also be seen due to digital game addiction. It is a chronic neurological disorder characterised by decreased attention and hyperactivity. Difficulty concentrating and difficulty performing tasks easily and for extended periods of time, leaving the individual restless and anxious.

**2. OBJECTIVE**

- To review an article on the impact of digital game addiction on the study habits of adolescents.
- To find the relationship between digital game addiction and the study habits of adolescents.

### 3. METHODOLOGY

This research adopted a qualitative approach to explore the relationship between digital game addiction and study habits among adolescents. This study did not use numerical data. Based on various literature reviews, it attempted to understand the relationship between the two. This research is based on secondary data, which has been reviewed through various digital sites like Shodhganga, Research Gate, Google Scholar, ERIC, etc. and journals. The presented research has been analysed based on a review of the literature, and the research paper provides a holistic and new perspective on knowledge.

### 4. REVIEW OF RELATED LITERATURE

Kumari Sweta (2025). This experimental study examined the effects of pre- and post-gaming on 100 adolescents from Telangana. They developed a self-guided program and evaluated it on both groups of adolescents, with positive results. They reported a reduction in gaming addiction in the post-gaming phase due to the program's impact. Maves, A. Tuzcu Ince (2025) "A study was conducted on 938 students, and it was found that among teenagers with high digital literacy, high levels of digital game addiction have a positive impact on their lifestyle, but among teenagers with low digital literacy, high levels of digital game addiction have a negative impact on their educational activities, lifestyle and health. Therefore, it is necessary to increase digital literacy in schools and also to make parents aware of digital literacy. Bhakta, A & Das, A. C. (2025). They conducted a study on 200 secondary and higher secondary school children in Bengal and found a positive attitude towards digital games in their minds. But they believe that games waste a lot of time in the lives of students. Bhakta (2025) said on the basis of his suggestion and observation that children who have access to Wi-Fi internet spend most of their time in digital or online games. They ignore their study time and play games, which is becoming a serious problem. Alifianyoh Hanif Muhmmad, Fauzia Yunia Ika (2025). The impact of online game addiction on financial behaviour (case study of Gen Z in suburban Islamic economic perspective). He conducted a case study and found that people who played games for four to five hours a day were unable to participate in their studies, educational activities, work and religious activities. He said that Islamic economics does not hinder these activities. Bano Shehr & Sharjeet et al. (2025) "Digital game addiction and social skill in teenagers: a correlation study" A study found a negative correlation between digital game addiction and social well-being. A gender disparity in digital game addiction was observed, with men reporting higher numbers of digital game addictions than women. Solve Giovanni & Benvenuttiet. all (2025). This tool can strengthen health and literacy and has been shown to have a significant positive impact on pediatric cancer. Kaman Safak, Bulit Aydin (2024) The relationship between student's digital game addiction and their attitude and habits toward Reading In this study, 324 secondary schools were studied and it was found that as the level of digital game addiction increases in children, their reading and writing ability decreases and they suffer from

anxiety and depression and gradually they like loneliness and they start getting away from their family and society. And the educational activities and lifestyle of children whose addiction to digital games is decreasing are improving. In his suggestion, he said that it is necessary to control the time spent by students playing digital games; otherwise, many problems may arise in the future. Yarali Kavser (2024). In their study, they selected children between 7 and 14 years of age and selected 14 games among the games liked by the children and tried to see which game the children played the most. A study by Yarali Kevser (2024) found that the three games children play most often are digital games. It was also observed that the most commonly used gym equipment for gaming was mobile phones. That is, it can be said that children mostly use mobile phones to play games, and most of the children buy games and spend money on them. When they do not get money, activities like stealing, showing anger, getting irritable, etc., are seen. Analtun Fuk & Lleri Meltem (2024) in his research, he studied the digital gaming habits of teenagers and observed that teenage boys had more gaming habits than girls. Also, he used to play games that were beyond his age and were harmful to him. By playing this game, they were found to have fighting and aggressive tendencies. He gets cut off from his family and society and starts making friends with strangers who play games on the internet. Another study by Analtun Fuk & Lleri Meltem (2024) looked at adolescents' reported screen time and found that more than 50% reported less than 2 hours of screen time. And more than 30% of teens spend more than 5 hours on screen time. Approximately 13% of people spend no screen time at all. Their study also found that girls' screen time increases as they age. Asha Rani (2024). This research found that stress, anxiety, depression, dissatisfaction and behavioural problems mostly trouble secondary school children, which greatly affects their academic performance and learning ability. Asha Rani (2024) suggested in her study that it is the duty of teachers to understand these problems and prepare and implement various programs to improve them. Patel Pooja (2024) "Effect of yoga intervention on academic anxiety and study habits among adolescents" An experimental study was conducted, and it was found that yoga affects the study habits of teenagers. Pooja Patel (2024) conducted the experiment and found that teenagers whose academic habits were not good due to stress, anxiety or any other reason were made to do yoga pranayama, and a significant positive improvement was seen in their study habits. Atabay Melek, Simsek Murvet et all (2023). The impact of students' gaming habits on game addiction and related factors. They conducted a study on about 300 secondary school students and observed that boys play more games. They play games for more than 5 hours, and most of the children use smartphones instead of computers. Girls mostly like to play strategy games, and boys mostly like to play action games. Most of the children said that they played the game on the recommendation of their friends, and there are some factors in it that increase the interest of the children and force them to play the game. Bando, B.C. (2020) "Relationship of online gaming addiction and study skills and habits of college students" However, studies have

found that college students are unable to limit their gaming time, and this time is increasing. A study by Bando (2020) also found that they steal time to play games and lose focus. However, it was also observed that college students have a positive attitude toward learning new things and their work, and that digital games have no relationship to their habits, studies, or creativity. Navaneetham, Janardhana, et al (2018) "Video game use among school children and its impact on the study habits" The study found that playing digital games has become a major part of their lives, which hurts their academic performance, family relationships, social relationships and their interpersonal relationships. Navaneetham (2018) stated that digital game addiction is becoming more and more prevalent. He suggested that parents should maintain discipline over time in schools and at home. Sohrab Zeinali (2018) "An evaluation study of socio-political impact of digital gaming on youth Studied on this and found that as the era progresses, digital games will attract everyone towards themselves, hence the need to pay attention. And told that this education can also have an impact on the family and society. Mozelius Peters, Weslin Thomas et al (2016) studied gaming habits, study habits and compulsive gaming among digital gaming natives. They asked 28 students from the Computer Science department to write essays about digital gaming habits. Most of those students wrote that the game interferes with their daily activities and schoolwork. When he plays games late at night, he is unable to complete his other work. Some students said that even though games interfere with some of our work, those moments are very enjoyable for us. Mozelius, p, Westin et al (2016) "Gaming Habits, Study Habits, and Compulsive Gaming among digital gaming natives". Studies have found that middle school children are more likely to be addicted to digital games than those with college or higher education. Secondary school children reported that they play games when they are bored because regular school work is more boring. Chakrawary Sashapra (2015) "Study Habits and Aggressive Behaviour of school students in relation to their playing different electronic games" The study found that as gaming habits increase, there is a relative increase in the performance of school students, while some habits also show a decrease. In their study, they found that students who use more digital games have increased attention capacity. Children who play games early and children who play more games, comparatively, higher-level children respond better. They said that the attention and memory capacity of those who play computer games increases.

## 5. CONCLUSION

The purpose of this research is to find out the relationship between digital game addiction and study habits. After studying various related literature, the researcher observed that both are related to each other. Digital game addiction has positive effects on memory, decision-making, and digital literacy, and negative effects on anxiety and health. Most research has shown that. Maves et al. (2025). Children who had higher digital literacy showed positive effects on digital game addiction, such as improved attention span, memory, and social relationships.

However, children and families lacking digital literacy experienced negative consequences of digital game addiction, such as lower academic achievement, isolation, and loneliness.

### Suggestion

Providing digital literacy is essential to reducing or eliminating digital game addiction. It is not only the children but also their parents who should be made aware of digital literacy. So that they know that all the digital devices we have are not only used for playing games but also for other important uses, which are an integral part of human life in the present times. After reviewing the literature, it is always concluded that digital game addiction has both positive and negative effects.

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