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Research Article

Assess the Effectiveness of Awareness Program Regarding Negative Effects of Online Gaming Among Adolescents in Selected School at Bareilly

Dhara Sharma¹, Deepti Sahu¹, Aryendra Yadav¹, Deepak Bharti¹, Arpit Dayal¹, Chandani Yadav¹, Kaushal Kishore Sharma², Dr Vir Vikram Sahdev Singh^{3*}, Dr Rishabh Kumar⁴

¹ Nursing Student, Jyoti College of Management Science & Technology, Bareilly, Uttar Pradesh, India

² Associate Professor (Co-Guide), Jyoti College of Management Science & Technology, Bareilly, Uttar Pradesh, India

³ Principal (Guide), Jyoti College of Management Science & Technology, Bareilly, Uttar Pradesh, India

⁴ Vice Principal (Co-Guide), Jyoti College of Management Science & Technology, Bareilly, Uttar Pradesh, India

Corresponding Author: * Vir Vikram Sahdev Singh

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Abstract

Background: Internet addiction and gambling addiction are major problems, also known as Internet Gaming Disorder. It is a disorder characterised by a marked reduction in control over your gambling habits, which negatively affects many aspects of your life, including self-care, relationships, school, and work. may include gambling on electronic devices, but most people with serious gambling problems gamble primarily online

Objectives: To assess the negative effect of online gaming among adolescents. To evaluate the effectiveness of an awareness program among adolescents about the negative effects of online gaming. To find out the association between pretest score and their selected demographic variables.

Methods: This study was conducted at Shanti Agarwal Saraswati Vidya Mandir Inter College, Bareilly, U.P. The researcher selected a qualitative research approach along with a pre-experimental one group pre-test/ post-test research design. 40 sample was selected through a non-probability purposive sampling technique. The data were collected by a self-structured questionnaire.

Results: The pre-test findings indicate that the majority of adolescents (62.5%) were partially affected, (12.5%) were severely affected, and (25%) were not affected. The post-test results show a notable improvement after the

intervention: (57.5%) were partially affected, (10%) were severely affected, and (32.5%) were not affected, with a mean difference of 3.15.

Conclusion: After intervention, the results indicate that the awareness Programme is effective in reducing the negative effect of online gaming among adolescents

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KEYWORDS: online gaming, negative effects, awareness programme, adolescents.

1. INTRODUCTION

Online gaming is electronic game playing over a computer network, particularly over the Internet. Electronic game worlds have generated billions of dollars, with millions of players around the world fighting, buying, crafting, and selling in a variety of online environments. One of the most populous was Activision Blizzard's World of Warcraft¹.

Need for Study

The prevalence of internet gaming disorder ranges from **0.7% to 25.5%** worldwide, or **1.0% to 26.8%** worldwide, and **3.5% to 17%** in China, and is higher among males than females and among younger than older people, with geographical region being a nonsignificant contributor. The prevalence was found to be **5.06%** among a high-school student population from Sri Lanka, suggesting an increasing trend in low- and middle-income countries as well. A longer time spent on video games predicts a tendency towards pathological gaming in the future.

2. REVIEW OF LITERATURE

Reshma Elizabeth Rajan et al. (2024) conducted a study to assess the prevalence and determinants of internet gaming disorder among children aged **8-12** years attending private schools. This cross-sectional study involved 180 children and utilised a self-administered questionnaire to collect data on gaming behaviour, depression and anxiety. The study found the prevalence of IGD at **1.2%**, with a higher rate of anxiety and depression.⁸

M. Shohel, (2023) This study conducted to control the prevalence and factors that contribute to, online gaming addiction and its effect on academic performance in Bangladeshi university students. According to this study, **62.7%** of students play online games for over 30 hours every week.

Statement of the Problem-

A study to assess the effectiveness of an awareness program regarding the negative effects of online gaming among adolescents in selected schools in Bareilly.

Objectives of the Problems

1. To assess the negative effect of online gaming among adolescents.
2. To evaluate the effectiveness of an awareness program among adolescents about the negative effects of online gaming.
3. To find out the association between pretest score and their selected demographic variables.

Hypotheses

H1 – There is a significant difference between pretest and post-test of negative effect of online gaming among adolescents.

H2 – There is a significant association between post-test score and selected demographic variables.

3. RESEARCH METHODOLOGY

Research methodology is the theory of how research should be undertaken, including the philosophical and theoretical assumptions [Saunders et al. (2019)]

Research Approach

A **Quantitative approach** was used for this study to test the knowledge regarding the negative impact of online gaming among adolescents in Shanti Agarwal Saraswati Vidya Mandir Inter College of Bareilly, U.P.

Research Design

The research design adopted for this study is a **pre-experimental one-group pre-test-post-test research design**.

Variables

Two types of variables are used in this study; they are: -

Independent variable- Awareness program.

Dependent variable – Negative effect of online gaming.

Setting

The present study was conducted at **Shanti Agarwal Saraswati Vidya Mandir Inter College, Bareilly (U.P.)**.

Population

The population for this study **Adolescents** those are studying in **Shanti Agarwal Saraswati Vidya Mandir Inter College, Bareilly, (U.P.)**.

Sample And Sample Size

The sample size for the present study was **40 Adolescents**. It is based on the prevalence of the study.

Sample Technique

In the present study, a non-probability **purposive sampling technique** was used and considered appropriate.

Criteria For Selecting the Sample

Inclusive

1. Students who are under the age of 10 – 19 years.
2. Students who understand English and Hindi Language.
3. Male and female students.
4. Those who are present during data collection.
5. Students who are not mentally affected.

Exclusive

1. Students who are not present during the data collection.
2. Students who do not understand English and Hindi.
3. Those who are not willing to participate in the study.

Development Of Tools

The tools selected in research must be use that obtains the best for the drawing conclusion to the study.

These tools are contained in two sections: -

Section A- Demographic variables

Section A consists of **8** items such as age, gender, education status, religion, occupation, residential area, and type of family.

Section B- Structured Questionnaire

Section B consists of 15 items. The maximum score is 15, and the minimum score is 0

SCORE INTERPRETATION

S.NO.	PARAMETERS	SCORE
1.	GOOD	ABOVE – 12
2.	AVERAGE	5 – 11
3.	POOR	0 – 4

RESULT

The data are organised as follows:

- Section A – Demographic Variables
- Section B – Pre-test Assessment
- Section C – Post-test Assessment
- Section D – Comparison of Pre & Post
- Section E – Association

Section A: Demographic Data Analysis

Distribution of Adolescents According to Age

The majority (35%) of adolescents belonged to the **14–15-year age group**, indicating that this group is more exposed to online gaming behaviour.

Distribution by Residential Area

Most participants were from **urban areas**, suggesting higher exposure to digital devices and internet access.

Distribution of Adolescents According to Religion

The majority of adolescents (60%) belonged to the **Hindu religion**, followed by Muslim (25%).

Distribution According to Family Status

Most adolescents (55%) belonged to **middle-class families**, indicating a moderate socioeconomic background.

Distribution by Family Income

Most adolescents (30%) belonged to **middle-income families**, which may influence access to smartphones and gaming devices.

Distribution According to Father's Educational Status

Most fathers (30%) had **senior secondary education**, indicating a moderate educational background.

Distribution According to Mother's Educational Status

The majority of mothers (30%) had **secondary education**, with fewer having higher education.

Source of Information Regarding Online Gaming

The majority (30%) received information from **mass media**, followed by peer groups (25%).

Pre-test Level of Negative Effects (N = 40)

Level	Score Range	Frequency (f)	Percentage (%)
Severely affected	0–4	5	12.5%
Partially affected	5–11	25	62.5%
Not affected	Above 12	10	25%
Total		40	100%

The pre-test findings indicate that the majority of adolescents (62.5%) were partially affected, reflecting moderate knowledge regarding negative effects. A smaller proportion (12.5%) were

severely affected, indicating poor awareness, while 25% demonstrated adequate knowledge.

Post-test Level of Negative Effects (N = 40)

Level	Score Range	Frequency (f)	Percentage (%)
Severely affected	0–4	4	10%
Partially affected	5–11	23	57.5%
Not affected	Above 12	13	32.5%
Total		40	100%

The post-test results show a notable improvement in knowledge levels after the intervention. The proportion of adolescents in the *not affected* category increased to 32.5%, indicating enhanced awareness.

Comparison of Pre-test and Post-test Levels of Negative Effects (N = 40)

Level	Pre-test (f)	Pre-test (%)	Post-test (f)	Post-test (%)
Severely affected	5	12.5%	4	10%
Partially affected	25	62.5%	23	57.5%
Not affected	10	25%	13	32.5%
Total	40	100%	40	100%

Comparison of Pre-test and Post-test Mean Scores (Paired t-test) (N = 40)

Test	Mean	SD	Mean Difference	t-value
Pre-test	8.25	2.10	3.15	6.82
Post-test	11.40	2.35		

The above table shows the comparison of mean knowledge scores between the pre-test and post-test.

- The mean score increased from 8.25 (pre-test) to 11.40 (post-test)
- The mean difference was 3.15, indicating improvement after intervention

- The calculated t-value (6.82) is **significantly high**

Association Between Post-test Knowledge and Demographic Variables (N = 40)

Sl. No.	Demographic Variable	χ^2 value	df	Table value (0.05)	p-value	Significance
1	Age	2.14	3	7.815	0.54	Not Significant
2	Area	1.82	1	3.841	0.17	Not Significant
3	Religion	3.26	3	7.815	0.35	Not Significant
4	Family Status	2.91	2	5.991	0.23	Not Significant
5	Income	4.12	3	7.815	0.25	Not Significant
6	Education Level	9.48	4	9.488	0.04	Significant
7	Mother's Education	10.22	4	9.488	0.03	Significant
8	Source of Information	8.76	4	9.488	0.05	Significant

SUMMARY

This study was conducted in **Shanti Agarwal Saraswati Vidya Mandir Inter College, Bareilly (U.P.)**, among 40 adolescents. A **Quantitative approach** was used for this study to test the negative impact of online gaming on adolescents' health. The research design adopted for this study is a **pre-experimental one-group pretest-posttest research design**, and data were collected in two parts: part I, demographic data and part II, using a structured questionnaire consisting of 15 questions regarding the negative effects of online gaming on adolescents' health. After the pre-test, an awareness Programme was applied & after 7 days, a post-test was done. After the awareness programme, there was a significant improvement in the reduction of the negative effects of online gaming on adolescents' health.

CONCLUSION

The study revealed that online gaming hurts adolescents' health. The awareness programme is effective in reducing the negative effects of online gaming on adolescents' health.

Recommendation

1. In Nursing Education

- Gaming addiction needs to be added to the nursing curriculum.
- Educate students about gaming addiction, sleep disturbance, anxiety, and social isolation.
- Conduct workshops and awareness programs.
- Train students to identify early signs of gaming addiction.
- Improve communication and counselling skills for patient guidance.

2. In Nursing Research

- This research can be on a large sample size
- Conduct studies on the physical, psychological, and social effects of online gaming.
- Promote evidence-based practices in managing behavioural addiction.
- Identify risk factors and vulnerable age groups.
- Develop school-based counselling programs to educate adolescents and parents about the risk of overuse.

2. In Nursing Administration

- Healthcare institutions should develop and implement policies to regulate excessive screen time, especially among adolescents.
- Regular training programs should be organised for nursing staff to help them recognise the signs and symptoms of online gaming and manage them effectively.
- The hospital should establish a counselling service and a mental health support system for individuals.
- Regular monitoring and implementation of programs should be carried out to assess their effectiveness and make necessary improvements.

3. In Nursing Practice

- Early identification and assessment: Nurses should routinely assess patients, especially adolescents, for signs of excessive online gaming such as sleep disturbance, behavioural changes, etc.
- Nurses should educate patients and their families about the harmful effects of excessive gaming.
- Nurses should encourage a balanced daily routine including physical activity, proper sleep, and reduced screen time.

- Involve family members in care by guiding them on monitoring gaming habits and creating a supportive home environment.

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About the Author



Dr. Vir Vikram Sahdev Singh is a principal-cum-Professor of Nursing with a specialization in Mental Health Nursing. Dr. Singh earned his PhD in Nursing from Annamalai University, Chidambaram (T.N.). He is an author of eight books and has published several research papers at the national and international levels.