

Video Gaming and mental health

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DOI: <https://doi.org/10.26800/LV-142-sup5-44>

Introduction:

61% of the total adult Hungarian population (3.8 million) played video games in 2020. Video Gaming is the most popular among the 18-25 age group (66%). Due to the increasing public health importance of game addictions, internet gaming disorder (IGD) has been included into Section III of DSM-5, moreover gaming disorder (GD) also appears in the ICD-11 list.

Aim of the study:

This pilot study aimed to investigate the relationship between videogame time and GD, furthermore, to measure certain aspects of the mental health of video players.

Materials & Methods:

The study was conducted among the adult population (N=142) in South-Eastern Hungary. Data collection was performed with a paper-and-pencil self-administered questionnaire. Participants were divided into two groups based on daily game time, such as casuals (under 1 hour/day) and gamers (over 1 hour/day). In the present analysis the mental health of the two groups was measured by the Hungarian version of WHO-5 Well-Being Index (WHO-5) and General Self-Efficacy Scale (GSE).

Results:

There was no significant correlation between game time and GD prevalence. Self-declared presence of GD was 8.8% in the total sample. We measured WHO-5 in the previous two weeks in general (8.21 ± 2.26) and during play (8.40 ± 3.352). Among gamers, the average of the WHO-5 during play was higher than the general (9.60 vs. 8.38 ; $p < 0.01$) in case of casuals it was reversed (6.82 vs. 8.03 ; $p < 0.05$). No significant differences were found between subgroups in the self-efficacy (9.01 ± 2.09) by GSE analysis.

Conclusion:

In comparison with the results of Hungarian studies: the prevalence of GD was higher, the average of well-being was lower, while self-efficacy was similar in our sample. It calls attention to the importance of the phenomenon. However, diverse results from the international literature indicate that next to game time, other factors such as motivation are also emphasized and recommended for further research.

Keywords: video gaming, gaming disorder, well-being, self-efficacy