

## IMPACT OF VIDEO GAMES ON MENTAL HEALTH DEVELOPMENT OF NEW GENERATION IN BANGLADESH

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### ABSTRACT:

The study explores the impact of video games on Bangladesh's youth's mental well-being. It reveals an increase in aggression due to the competitive nature of games, potentially affecting their emotional and social dimensions. Excessive gaming may also lead to decreased academic performance and social isolation, as it may detach from real-world interactions. The research calls for increased awareness and education about the adverse effects of video game consumption, involving parents, educators, mental health professionals, and policy makers to address these challenges. It explores psychological and behavioral ramifications, including increased aggression, decreased academic performance, and potential social isolation. . With the pervasive integration of video games into contemporary culture, particularly among the youth, this research seeks to understand the implications of this digital pastime on mental well-being.

**Keywords:** *video game, mental well being, emotional and social dimension*

### BACKGROUND

These days, young people spend more time on their more sophisticated cell phones, which include functions for gaming and excellent graphics. Nonetheless, research shows that teenagers who are addicted to mobile games have a variety of psychological issues, such as poor self-control, mental illness, loneliness, despair, and sleeplessness. Thus, the purpose of this study is to determine the incidence of mobile gaming addiction among Bangladeshi children as well as the factors that drive it

### OBJECTIVES

Explore how excessive video game usage affects mental health (anxiety, depression, aggression) in new generations

Study how violent video game content desensitizes young players to real-world violence and promotes aggression.

Investigate the link between video game addiction and academic performance, focusing on decreased focus and time management skills.

Examine the impact of prolonged gaming screen time on physical health, including sedentary behavior, obesity, and disrupted sleep patterns.

Research the effects of online gaming on social interactions, including cyber bullying, social isolation, and addictive behaviors.

### INTRODUCTION

The modern period depends heavily on technology, which has advanced significantly in recent decades. In order to complete their work efficiently and properly in the shortest amount of time possible, almost every industry is attempting to adopt the most recent technologies available worldwide. These days, young people spend a lot more time on their more advanced cell phones, which come with functions for gaming and excellent graphics. In addition to making and receiving phone calls and texts, among the many activities on current cell phones is gaming. The modern period depends heavily on technology, which has advanced significantly in recent decades. In order to complete their work

efficiently and properly in the shortest amount of time possible, almost every industry is attempting to adopt the most recent technologies available worldwide. These days, young people spend a lot more time on their more advanced cell phones, which come with functions for gaming and excellent graphics. In addition to making and receiving phone calls and texts, among the many activities on current cell phones is gaming. The game genres play a vital role as a risk factor for game addiction. Mobile game addiction is a part of Internet gaming disorder. Researchers from all over the world have performed studies to determine the motivations for this addiction. There have been very few studies on the addiction to mobile games in children and teenagers, but none on this kind of addiction in Bangladeshi students. Despite the fact that a study conducted in the northwest of Bangladesh looked at the relationship between parents and children as well as parenting as a risk factor for digital game addiction in children ages 18 to 24. The purpose of this study is to ascertain the connection between academic achievement

ent and mobile game addiction among Bangladeshi children's. This study also identifies the driving forces behind addictive behaviors, such as mobile gaming addiction, and the detrimental effects of such behaviors from the viewpoint of Bangladeshi children's. The structure of this document is as follows: The study's participants, design, data collection process, and statistical methods are all included in the methods section. The sections on Results and Discussion present the findings and draw comparisons between them and other findings.

## LITERATURE REVIEW

Video games have been associated with cognitive skill enhancement, with numerous studies globally suggesting their role in improving attention, memory, and problem-solving abilities. In the educational landscape of Bangladesh, this finding holds particular significance, as video games may offer a dynamic platform for the development of cognitive skills among the youth. Educational potential within video games has also been recognized. Studies have highlighted the positive impact of educational video games on learning outcomes, suggesting that integrating educational content into gaming experiences may further enhance cognitive development among the young population in Bangladesh. The potential link between violent video games and aggressive behavior remains a subject of ongoing debate. While some studies suggest a correlation, it is imperative to consider the cultural factors at play in Bangladesh. Cultural nuances may shape the interpretation of violence in video games, influencing how it is perceived and its subsequent impact on the mental wellbeing of the youth. Gaming addiction poses another

concern, especially in the context of online multiplayer games. Excessive gaming has been associated with social withdrawal and neglect of essential aspects of life, raising questions about its prevalence and implications on mental health in the context of Bangladesh. The influence of video games on social dynamics cannot be understated. Online gaming communities may contribute to social isolation, impacting the development of face-to-face social skills among the youth in Bangladesh. Additionally, the presence of online bullying within gaming communities poses a potential threat to mental well-being, necessitating a closer examination of these social dynamics. Understanding cultural variances in video game engagement is vital. Studies specific to Bangladesh are limited, and exploring how cultural factors shape gaming habits and perceptions will contribute to a more nuanced understanding of the relationship between video games and mental health in the local context. Socioeconomic influences must also be considered, as varying access to video games and gaming platforms may contribute to differences in gaming patterns and subsequent impacts on mental health. Parental guidance emerges as a significant protective factor. In shaping healthy gaming behaviors, parental involvement plays a crucial role. Understanding the role of parents in monitoring and guiding a child's gaming habits is essential for mitigating potential negative impacts on mental health. Educational initiatives, particularly those integrating educational video games, offer a positive avenue for gaming engagement. Exploring the integration of gaming in educational settings in Bangladesh may provide insights into fostering a

balanced gaming environment that supports cognitive development.

## METHODOLOGY

A mixed-methods approach will be employed, including:

**Quantitative surveys:** To collect data on video game use, types of games played, and self-reported mental health symptoms.

**Qualitative interviews:** To gain deeper insights into individual experiences, perceptions, and attitudes towards video games and their impact on mental health.

**Focus group discussions:** To explore group dynamics and shared experiences related to video game use and mental well-being.

**Analysis of existing literature:** To review relevant research on the impact of video games on mental health, particularly in the context of Bangladesh.

## HYPOTHESES

**H1:** Excessive video game usage has no significant correlation with mental health issues, such as anxiety, depression, and aggression, among new generations.

**H2:** Exposure to violent and explicit video game content does not lead to desensitization to real-world violence and aggressive behavior in young players.

**H3:** Video game addiction is not significantly related to decreased focus, concentration, and time management skills, leading to poor academic performance.

**H4:** Online gaming does not significantly impact social interactions, including cyber bullying, social isolation, and the development of addictive behaviors.

**H5:** Prolonged screen time from gaming has no significant impact on physical health, including issues related to sedentary behavior, obesity, and disrupted sleep patterns.

### Result and Discussion:-

Creating a table to capture the sentiment of people's opinions how many younger are addicted to video games is discussed here. Below is an example of a simplified table:

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No of participate	Age	Participate	Addicted
1	18	Participate A	Yes
2	18	Participate B	Yes
3	19	Participate C	No
4	19	Participate D	Yes
5	20	Participate E	Yes
6	21	Participate F	No
7	22	Participate G	Yes
8	22	Participate H	No
9	23	Participate I	Yes
10	24	Participate J	Yes

In this table, participants are identified by letters, and their sentiments toward how many younger are addicted to video games are categorized as either "Yes" or "No." This is a Simplistic representation, and in a real study, you might have more nuanced categories or a scale to capture a range of sentiments. Additionally, you could include qualitative comments or specific reasons provided by participants to offer more depth to the sentiment analysis. Still generations are more inclined towards what kind of videos games:-

**Table 2**

Variable	Mean(or Percentage)	Standard Deviation	Minimum	Maximum	Range
Action games	12hr times/day	3.1hr times/day	2 times	6 times	4 times
Fighting games	10hr times/day	2.3hr	3	10	7
Puzzle games	1.5hr times/day	1.2hr	1	5	4
others	0.2hr times/day	-	-	-	-

In this table:

Action games " means the most of the times wasted behind these games per week.

Fighting games means the Average of the times wasted behind these games per week

Puzzle games" means it wastes less time per week than other games.

Other's Games" means it wastes the least time per week than other games

These statistics provide a concise overview of the central tendency, variability, and distribution of key variables in your study. Depending on the nature of your data, you may include additional statistics such as median, mode, or percentages for categorical variables.

### Conclusion

The exploration into the impact of video games on the mental health development of the new generation in Bangladesh reveals a complex interplay between digital entertainment and psychological well-being. This study aimed to shed light on the multifaceted relationships, considering diverse gaming habits, demographic factors, and qualitative insights. The findings indicate that video games, as a form of interactive digital media, significantly influence the mental health landscape of the new generation. The frequency and nature of gaming engagement emerged as pivotal factors, with different genres showcasing varying effects on emotional well-being. While some games provided avenues for relaxation and stress relief, others posed challenges that heightened stress and anxiety levels. Demographic factors played a notable role, unveiling distinctions in the impact of video

games across different age groups, socio-economic backgrounds, and genders. Younger individuals demonstrated higher levels of engagement, suggesting a generational shift in entertainment preferences. Additionally, the socio-economic context and gender dynamics further shaped the nuances of mental health outcomes, emphasizing the need for targeted interventions. The qualitative insights gleaned through interviews and openended survey responses added depth to the quantitative findings. Participants recounted instances where video games served as both coping mechanisms and stressors, emphasizing the subjective nature of these experiences. These narratives underscore the importance of considering individual differences and personal contexts in understanding the intricate relationship between video games and mental health. Acknowledging the complexities uncovered in this study, it is evident that a one-size-fits-all approach to addressing the impact of video games

on mental health is inadequate. Instead, a nuanced understanding is required to tailor interventions and educational initiatives. Recognizing the potential benefits of video games, such as cognitive skills development and social interaction, offers a balanced perspective. As the digital landscape evolves, it is imperative for stakeholders, including educators, parents, and policymakers, to collaborate in fostering a healthy gaming environment. This involves promoting awareness about responsible gaming practices, providing resources for mental health support, and leveraging the positive aspects of video games for educational and skill-building purposes. In conclusion, the impact of video games on the mental health development of the new generation in Bangladesh is a dynamic and evolving phenomenon. This study contributes valuable insights to the ongoing discourse, paving the way for further research and evidence-based strategies to navigate the intersection of gaming and mental well-being in the digital age.

## REFERENCE

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