



EFFECTIVENESS OF PIPATIC PROGRAM ON INTERNET GAMING ADDICTION AMONG MIDDLE SCHOOL CHILDREN IN SELECTED SCHOOL

Mrs. M.V. Hyrune Zohara, M.Sc.(N)

Nursing Tutor,
Psychiatric Nursing Department,
Ithayajyothi College of Nursing,
Tirunelveli, Tamil Nadu,
India.

ABSTRACT

This study was undertaken to assess the effectiveness of PIPATIC program in reducing the level of the Internet Gaming Addiction among middle school children. Quantitative research approach with Quasi experimental, one group pre test & post test design was adopted. This study was conducted in Francis Xavier CBSE school, Vannarpettai, Tirunelveli District. Screening was done to identify the prevalence of Internet Gaming Addiction with the help of Modified Internet Gaming Addiction scale. The study group consists of 251 students. From these samples around 48 were Normal, 116 students were mild Internet Gaming Addiction, 68 students were moderate Internet Gaming Addiction, 19 students were severe Internet Gaming Addiction.

The investigator selected 60 samples from moderate & Severe Internet Gaming Addiction. From each class 20 samples were selected by using stratified random sampling technique with lottery method. The PIPATIC program was given one hour for each group for one month. After one month the post test was conducted by using Modified Internet Gaming Addiction scale. The conceptual frame work based on Imogene King's Goal attainment theory(1981). The data was collected and analyzed using descriptive and inferential statistics. The level of significance was assessed by $p < 0.005$ to test the hypothesis. Result reveals that, PIPATIC program was effective in reducing the level of Internet Gaming Addiction.

KEY WORDS: Gaming addiction, PIPATIC program, School children

INTRODUCTION

The world of fantasy has always attracted children and kids. The thrill of playing games provides a high attraction that is completely incomparable. To some extent, it may serve as an entertainment purpose to kids and may keep them busy. But let us not forget the adage "excess of anything is bad". In some cases, it may be worse. The level of violence in games has increased, so has the concern for the effects on those who play and especially those who play a lot. Gaming is not passive, in order to play and win, the player has to be the aggressor.

In June 2018, the World Health Organization (WHO) released the 11th edition of its International Classification of Diseases (ICD), in which it has categorized 'gaming disorder' as a mental health

condition. WHO defines gaming disorder as "playing with out control and more attention given to gaming for more than 12 months" Indians are addicted to entertainment media and media vehicles delivering amusements are seeing huge growth in the country. The percentage of gamers increased from 25.3% to 41.2% at a massive growth rate of 89%. This was accessed by online users and Gaming move to a Rank 5 from a Rank 7 last year. India already has more than 300 million mobile subscribers and still going robust. Most of the mobile users in India are teens. Making mobiles that they own an enormous platform for proliferating gaming related content. This exposed them to varied recreation formats and the new versions available in the market. This has positively increased craving of gamers in the country.



The children and adolescents attractions to the computer games cause several mental, physical, environmental and social problems for them. The children and teenagers aged below 18, according to a December 2017 report of UNICEF, there's rising concern of children and teens will become the biggest victims of gaming addictive disorder. According to Internet Network Information centre, In the year of 2019 more than 70% of children were excess used of Internet Gaming and leads to addictive behavior. This leads to comorbid psychological & health problems. According to the Center for Internet Gaming Addiction Recovery Young, a researcher who has lobbied for the recognition of net abuse as a distinct clinical disorder, "Internet Gaming addiction has caused emotional problems such as depression and anxiety related disorders and lead to psychologically unpleasant feelings or stressful situations."

Internet Gaming addicts may withdraw from social and interpersonal interactions other than those on the Internet. Their family relationships and academic or occupational functioning may deteriorate. Risk factors such as nervousness, agitation, aggression, withdrawal symptoms, increasing tolerance, and loss of control, poor concentration, inattention and sleep problems.

The abuse of internet Gaming can have various negative consequences for such as failure to fulfill role obligations at school and at home, impairment of social relationships, violating schools rules or laws because of internet Gaming.

The PIPATIC program was a method of psychotherapy manual comprising of six modules with specific sub-modules. Each module includes many psychological techniques to cross-psychotherapeutic methods. All the modules embrace therapeutic changes needed to assist the change everyday behavior. The program is six month duration comprising 45-minute weekly, 20 sessions each for both individuals and families. A design process of a manualized PIPATIC program (Program for Individualized Psychotherapy for addiction to Information and Communication Technologies) The design and application of the PIPATIC program integrates several areas of intervention structured into six modules: Individual psychotherapy, intrapersonal, Group psychotherapy, addiction treatment, family therapy, and creation of new lifestyle. The program's goals are to reduce the addiction symptoms related to online videogames and to improve the well-being of adolescents.

Module 1: Individual psychotherapy

- Active listening of the problem and frame the situation.

- Provide motivational aspects and reinforce self motivation.
- Make a negotiated goal.
- Generate awareness among video games, guide & give self observation instructions.

Module 2: Intrapersonal

- To develop insight and guide in correct emotional management.
- To facilitate the expression of emotions.
- Skills & strategies for solving intrapersonal problems.

Module 3: Group psychotherapy

- Verbal & Non verbal with successful communication regarding the emotional & behaviour pattern of playing video games.

Module 4: Addiction treatment

- Thought stoppage to provide positive reinforcement.
- Training in coping responses.
- Therapeutic work based on person centered therapy.

Module 5: Family therapy

- Adaptive family communication and detect faults in communication.
- Identification of family boundaries.
- To detect the type of family bond & improve it.
- Psycho education as a aspect of family therapy.

Module 6: Creation of new lifestyle activities

- To generate the new alternative activities & strategies.
- To promote useful and positive adaptive activities to achieve.

PIPATIC program are a better intervention to reduce internet gaming addiction, it is easy to practice in schools as well as in home. Hence the investigator intended to use PIPATIC program to reduce the level of internet gaming addiction among children.

STATEMENT OF THE PROBLEM

"A STUDY TO ASSESS THE EFFECTIVENESS OF PIPATIC PROGRAM ON INTERNET GAMING ADDICTION AMONG MIDDLE SCHOOL CHILDREN IN SELECTED SCHOOL AT TIRUNELVELI DISTRICT".

OBJECTIVES OF THE STUDY

- ❖ To assess the prevalence of Internet gaming addiction among middle school children.



- ❖ To assess the pre test and post test level of Internet gaming addiction among middle school children.
- ❖ To evaluate the effectiveness of PIPATIC program in reducing the level of Internet Gaming Addiction among middle school children.
- ❖ To find out the association between the pre test level of Internet gaming addiction with their selected demographic variables and gaming variables.

HYPOTHESES

- ❖ H₁- There will be a significant difference in pretest and post test level of Internet gaming addiction among middle school children after practicing PIPATIC program.
- ❖ H₂- There will be a significant association between the pre test level of Internet gaming addiction among middle school children with their selected demographic variables and Gaming variables.

OPERATIONAL DEFINITION

Assess

In this study it refers to evaluate the middle school children with level of Internet gaming addiction .

Effectiveness

In this study, it refers to assess the effectiveness of PIPATIC program in reducing the level of Internet Gaming Addiction as measured by Modified Internet Gaming Addiction scale.

PIPATIC Program

In this study it is defined as “ Program for Individualized Psychotherapy for addiction to Information and Communication Technologies”

It covers the aspects of

- Module 1 :Individual psychotherapy
- Module 2 :Group psychotherapy
- Module 3 :Family Therapy
- Module 4:Creation of new lifestyle activities.

Internet Gaming addiction

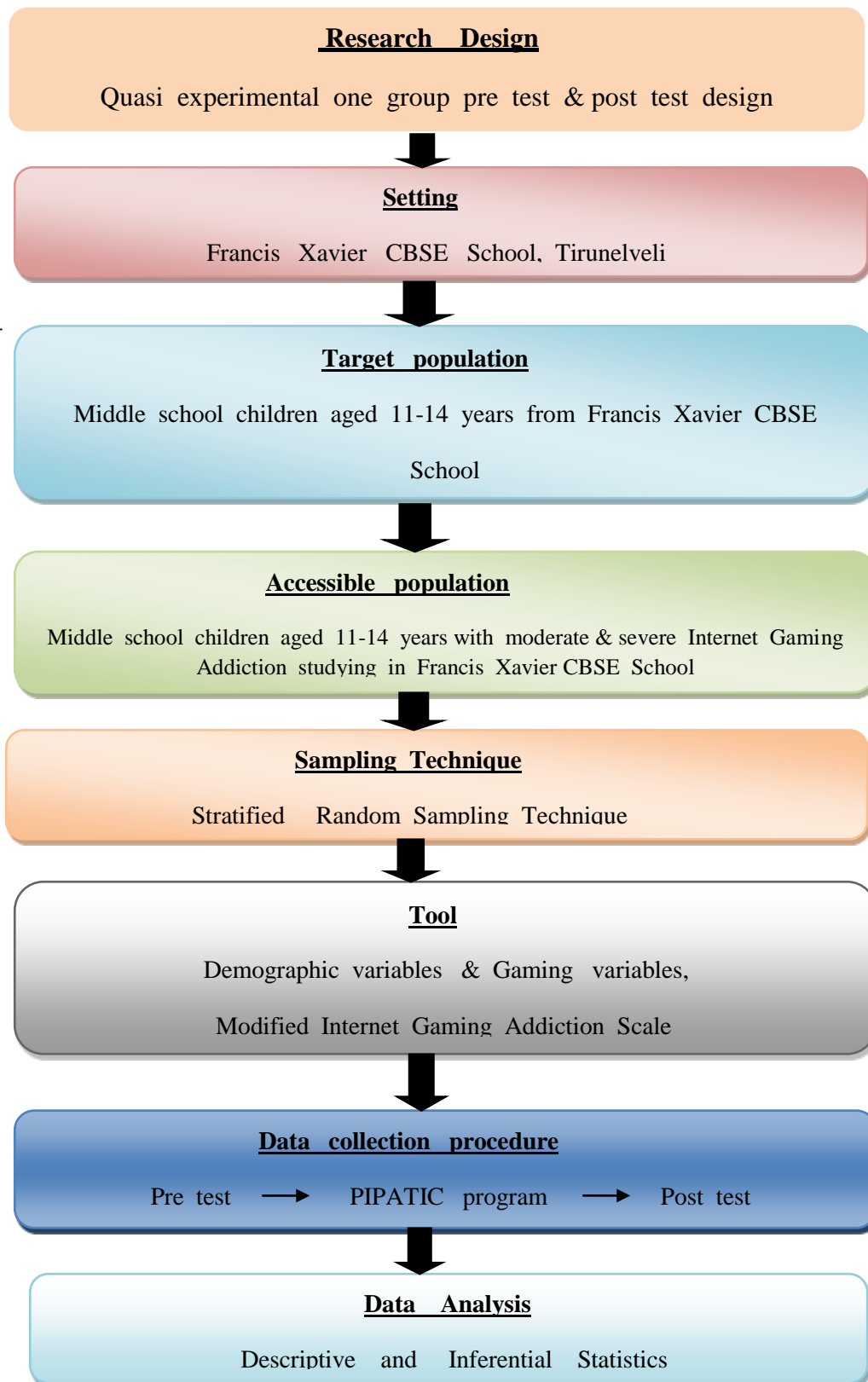
In this study it refers to compulsive or uncontrolled use of video games, in a way that causes problems in other areas of the person's life.

Middle School Children

In this study it refers to children between the age group of 11-14 years with Internet gaming addiction in selected school at Tirunelveli District.

DELIMITATIONS

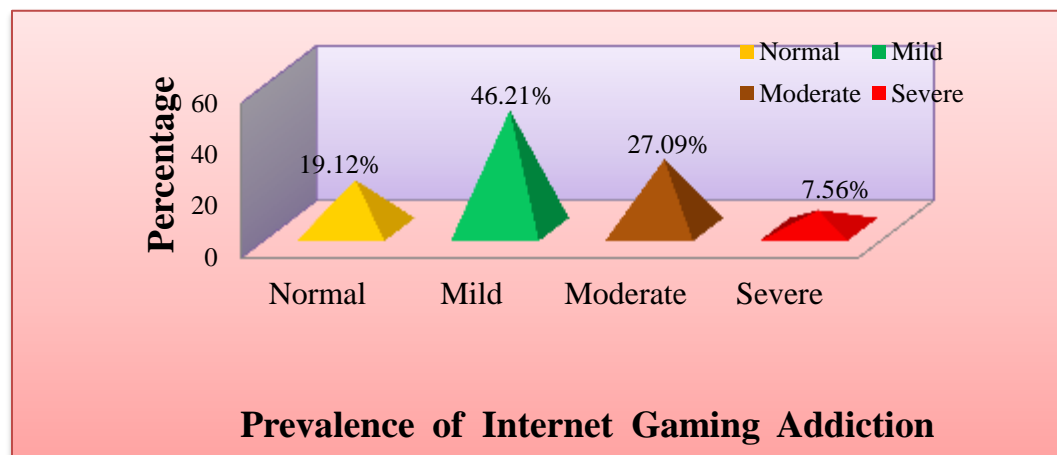
- ❖ The data collection period is one month.
- ❖ The study is delimited only for the Middle school children between the age group of 11-14 years.
- ❖ Data is collected from Francis Xavier CBSE school.





DATA ANALYSIS AND INTERPRETATION

Class	Modified Internet gaming addiction scale								Total no of students
	Normal	%	Mild	%	Moderate	%	Severe	%	
6	4	6.45	30	48.38	24	38.07	4	6.45	62
7	17	22.66	32	42.66	20	26.66	6	8	75
8	27	23.68	54	47.36	24	21.05	9	7.89	114
	48	19.12	116	46.21	68	27.09	19	7.56	251



S.No	Variables	Group	Mean	Standard deviation	Mean difference	Paired 't' test	Table value
1.	Internet gaming addiction	pre test	38.05	6.95	19.15	21.64 *	2.00
		Post test	18.90	8.33			

The mean score on the level of Internet Gaming Addiction among middle school children in study group. In pre test mean value were 38.05 with standard deviation 6.95. In post test mean value were 18.90 with standard deviation 8.33 respectively. The mean difference score was 19.15. The paired 't' test score was 21.64 * which is significant at <0.05 level. Hence the research Hypotheses one is accepted.

There is no significant association between the age, sex, habitat, religion, educational status of mother, educational status of father, involvement in co-curricular & extra curricular activities, number of siblings, mother's & father's

occupation, time spent for studies, time spent with parents, activities involved with parents and there is a significant association in academic performance of children.

There is no significant association between the duration of playing internet games in weekdays, the schedule of playing games, the primary use of electronic device, online mode & offline mode games, aspects of playing games, time period and there is a significant association between the playing games during weekends & holidays and duration of playing game



FINDINGS OF THE STUDY

The major findings of the study was summarized;

- In prevalence among middle school children with Internet Gaming Addiction ,the total no. of students were 251 . Around them, 48(19.12%) were in normal, 116(46.21%) were in Mild Internet Gaming Addiction, 68(27.09%) were in Moderate Internet Gaming Addiction and 19 (7.56%) were in Severe Internet Gaming Addiction
- During pre – test, 51(85%) had moderate Internet Gaming Addiction, 9(15%) had severe Internet Gaming Addiction.
- During post test, 37(61.66%) had normal,15(25%) had mild Internet Gaming Addiction,8(13.33%) had moderate Internet Gaming Addiction and none of them had Severe Internet Gaming Addiction.
- In pre test mean value was 38.05 with standard deviation value 6.95. In post test mean value was (18.90) with standard deviation 8.33 respectively. The mean difference score was 19.15. The paired ‘t’ test score was 21.64 * . It was significant at $p < 0.05$ level. It shows that the PIPATIC program was effective in reducing the level of Internet Gaming Addiction.

There was a significant association between the level of Internet Gaming Addiction among middle school children with their selected demographic variables and Gaming variables such as academic performance (18.34),duration of playing Internet games during weekends & Holidays(12.07) and duration of playing Internet Games (6.01) at the level of 0.05% level of significance. Hence the research hypothesis(H_2) was accepted.

CONCLUSION

The study was done to determine the effectiveness of PIPATIC program on Internet Gaming Addiction among middle school children in selected school,Tirunelveli District. In pre test mean value was 38.05 with standard deviation 6.95. In post test mean value was 18.90 with standard deviation 8.33 respectively. The mean difference score was 19.15. The paired ‘t’ test score was 21.64 * . It was significant at $p < 0.05$ level. From the results of the study,it was concluded that PIPATIC program was effective in reducing the level of Internet Gaming Addiction.These activities are easy to follow and cost effective. Middle school children can follow Individual psychotherapy, Group psychotherapy,Family therapy and creation of new lifestyle activities. For overall

students Middle school children , using power point presentation provided to generalize the Internet Gaming .Therefore, the investigator felt that more importance should be given to PIPATIC program to reduce Internet Gaming Addiction.

Limitations

Since there were few studies done on the effectiveness on PIPATIC program on Internet Gaming Addiction among middle school children, the investigator had a lot of difficulty in collecting study materials for the review.

Recommendations

The following studies can be undertaken to strengthen PIPATIC program as a good remedy for Internet Gaming Addiction among school children.

- A study can be conducted among school children with different levels of academic performance due to Internet Gaming Addiction.
- A comparative study can be conducted for Higher secondary & college students .
- A study can be conducted for longitudinal using PIPATIC program eg; 6 months .
- A study can be done among school teachers and parents of school children on Internet Gaming Addiction & PIPATIC program.
- A study can be conducted for school children to reduce game addiction behavior.
- An experimental study can be conducted for the effectiveness of each module of PIPATIC program.
- A study can be conducted to identify the problems among school children such as physical, emotional, functional, psychological and social aspects due to Internet Gaming.

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