



Assessment of Digital Game Playing Situations of High School Students

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Aim: Digital games improve the visual and attention skills of adolescents, while unconscious and excessive gaming behavior causes serious problems (1). Our aim is to assess the frequency of computer and internet use and digital game addiction in high school adolescents.

Method: 495 adolescents regarding in 9th, 10th, 11th and 12th grades in two separate high schools in the districts of the middle socioeconomic level of Ankara were included in this study. A questionnaire consisting of 54 questions related to some sociodemographic characteristics, computer and internet usage and digital game play situations was applied face to face.

Results: Four quadrants of the adolescents participating in the research are girls and three quadrants are male and the average age is 16.1 years. 92.7% of the children said that they have mobile phones and 88.1% of them said that they can connect to internet on mobile phones. 73.5% of the children said that they have computers, 70.1% had internet, and 36.8% said that they use the computer to play digital games. Nearly half of the children stated that their internet usage was restricted and prohibited by their families, but they were connected to the Internet for 2-3 hours a day. 57.8% of the children said that they played digital games and 49.7% said that they played these games online. The most frequently played games are shown in Table 1. 42.4% of the children said that they played violent games and 73.3% did not fit the classification of games. The longest average time they played without stopping at the time of their basic needs (toilet, food, etc.) is 5.3 hours (min: 30 minutes, max: 48 hours). According to the digital gaming addiction scale, 6.5% of the children are considered as digital game addicts.

Conclusion: The frequency of digital game addiction in our research is unimaginable. In the literature, the frequency of digital game addiction varies between 2-15% (2,3). In Turkey it is estimated to be increasing the frequency, but can not reveal the size of the problems encountered wide data. The most striking finding in our research is that children spend a long time playing without interruption and half play violent games. In addition, three quadrants of the children stated that they did not obey the classifications of games. This suggests that the use of new media and new technologies in our country should be supported and encouraged to become a conscious user.

Keywords: digital games, high-school students, gaming addiction



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Table 1. The most frequently played digital games by adolescents

Digital game	ESRB classification	Violence	Playing Frequency (%)
Counter Strike: Global Offensive	M (Mature 17+)	Blood, Intense Violence	38,8
PES	E (Everyone)	-	31,5
Clash of Clans	unclassified	-	26,3
Grand Theft Auto	M (Mature 17+)	Blood, Strong Language, Violence	23,8
FIFA	E (Everyone)	-	23,8
Call of Duty	unclassified	-	23,4
League of Legends	T (teen)	Blood, Fantasy Violence, Mild Suggestive Themes, Use of Alcohol and Tobacco	20,6
Need for Speed	T (teen)	Language, Mild Suggestive Themes, Mild Violence	20