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# EXPLORING PERSONALITY FACTORS AND AGGRESSION IN YOUNG ADULTS WITH VIDEO GAME ADDICTION

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**ABSTRACT :** Video games have become a form of entertainment in today's civilization. Playing video games increase mental activity. Although video games are now a popular medium, it has a downside. Addiction to playing video games has the ultimate effect on a person's behaviour. There are both good and bad sides to playing video games. The present study aimed to explore personality factors and aggression in young adults with video game addiction. A total of 90 participants were selected out of which 45 participants were males and 45 participants were females. They were divided into three groups of video game addiction (no problem, mild to moderate problem and significant problem) using the Game Addiction Inventory for Adults (GAIA- Wong, Ulric, Hodgins, David Carson 2013). Each group had 30 participants. Following this all the participants were administered the NEO-Five Factor Inventory (Form-S) and the State-Trait Anger Expression Inventory-2. The statistical analysis was conducted in three parts, first, a descriptive statistic (Mean and Standard Deviation) followed by a Parametric Test (Two-way ANOVA) to find the significant difference between the groups of video game addiction with respect to personality factors and aggression. Finally, step-wise multiple regression analysis (SMRA) was conducted to find the relative contributing variables on video game addiction. The obtained results showed that there was a significant difference among the groups of video game addiction with respect to neuroticism, conscientiousness and aggression. The participants with video game addiction scored higher on neuroticism and lower on conscientiousness. The trait anger had positively contributed to video game addiction. The participants with video game addiction were more aggressive than the normal counterparts.

**Keywords :** Video Game Addiction, Aggression, Personality traits.

## I. INTRODUCTION

In today's society computers and mobile phones are used for work and emergencies as well as for entertainment. Video games have become a popular medium for entertainment in today's civilization. Video games have become very fashionable nowadays; children and adults follow them very much. Many people are spending their leisure time playing video games. Video games have become a significant form of entertainment, especially for children and adolescents. In many cases, playing video game increases mental activity and increases the tendency to think. Nowadays children and adolescents are addicted to playing video games, which has had a huge impact on children's and adolescent's studying and socializing. However, video game addiction is now a major mental health problem, not just in children but also in adults. An excessive video game playing has many serious effects on mental health as well as on physical health. Nowadays it has been seen that men and boys are more likely to become addicted to video games than women and girls. There may be many reasons behind playing games. Many times people are influenced by family or friends to play video games. Many people play video games to get rid of stress. According to Griffiths (2000), the concept of video game addiction emerged from various researches on excessive internet use, which is a kind of behavioural addiction. The American Medical Association proposed the diagnosis for video game addiction in a Diagnostic and Statistical Manual of Mental Disorder 5th edition. Gaming addiction is considered under the Internet Gaming Disorder. It was categorized as a subtype of the Internet Use Disorder in the appendix of DSM-5 (American Psychiatric Association, 2013). Griffiths and Meredith (2009) have suggested that playing video games can be used as a non-financial form of gaming because the players are addicted to playing video games for points rather than money. Online video game addiction is considered a type of Internet addiction (Young, 2009). Online games provide an opportunity for adolescents to fulfill their unsatisfied needs and motivations which cannot flourish in their real lives (Wan and Chiou 2006a, 2006b). When someone chooses to play a video game that person consciously decides to spend much part of the time on one activity. According to Hartmann & Klimmt (2006), the decision to engage in certain behaviour is greatly affected by the person's mood and personality. A person who is feeling depressed and tense may like to play a video game as compared to someone who is feeling happy. Hartmann & Klimmt (2006) also stated that those who are competitive like to play the game to express that competitiveness. A gamer will not be interested to play video games unless the video games explore the gamer's knowledge fully and competitive nature of thinking. A competitive person may not be interested to play video game if it does not possess the some cognitive values. In many cases, aggressive people are attracted to play violent video games. There is an idea that aggressive people are attracted to play violent games because they cannot express their anger fully in real life. Their anger can be expressed while playing such violent video games and through playing violent video games they get the same kind of relief that they could get in real life. Many of the evidence showed that playing a violent video game may affect the level of aggression. The violent video game tends to be more competitive than the nonviolent video game (Carnagey and Anderson, 2005). Many studies showed that competitive games produced greater levels of aggression, irrespective of the amount of violence in the games.

The present study aimed to determine the effect of video game addiction on personality traits and aggression. Furthermore, to determine which of these selected variables may significantly contribute to the video game addiction.