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A correlational study between self esteem and gaming behaviour.

This study explores the correlation between gaming addiction and self-esteem among gamers in India. Utilizing the Rosenberg Self-Esteem Scale and the Gaming Addiction Screening Test, data were collected from a diverse sample of gamers across various demographics.

The primary objective is to examine the relationship between the severity of gaming addiction and levels of self-esteem. Preliminary findings suggest a negative correlation, indicating that higher levels of gaming addiction are associated with lower self-esteem. Additionally, the study investigates how demographic factors such as age, gender, and socio-economic status influence this relationship.

The results will highlight the complex interplay between gaming behavior and psychological well-being, emphasizing the need for targeted interventions. By identifying specific groups that are more vulnerable to gaming addiction, this research will provide valuable insights for mental health professionals and policymakers. The findings underscore the importance of addressing self-esteem issues as part of comprehensive strategies to mitigate gaming addiction.

This study contributes to the growing body of literature on the psychological impacts of gaming and offers a foundation for future research on effective intervention strategies. The implications of these findings extend beyond the Indian context, providing a comparative perspective for global studies on gaming addiction and self-esteem.

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