



# Impact Of Mobile Gaming Participation On Mental Health Of Hostel Students

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**Abstract:** The rapid proliferation of mobile gaming has significantly influenced various aspects of student life, particularly in hostel environments. This study aims to explore the impact of mobile gaming participation on the mental health of hostel students. The research focuses on assessing anxiety, depression, and stress levels using the DASS-21 scale among 200 hostel girls from Manonmaniam Sundaranar University (MS University). Data were collected through a structured questionnaire, and statistical analysis was performed using ANOVA to determine the relationship between mobile gaming participation and mental health indicators. The findings are expected to shed light on how mobile gaming affects students' psychological well-being and provide insights into the balance between gaming as a recreational activity and its potential negative effects. The study's outcomes may contribute to developing effective strategies for promoting healthier gaming habits among students.

**Index Terms** – Mobile Gaming, Mental Health, Anxiety, Depression, Stress

## 1. INTRODUCTION

Mobile gaming has become an integral part of modern entertainment, particularly among students residing in hostels. The accessibility and immersive nature of mobile games have made them a popular pastime. However, the excessive use of mobile games has raised concerns about its potential impact on mental health. This study aims to explore the impact of mobile gaming participation on the mental health of hostel students, focusing on stress, anxiety, and depression. Understanding the relationship between mobile gaming and mental health is crucial for developing strategies to promote balanced gaming habits among students.

## 2. METHODS & MATERIALS

The study was conducted among 200 hostel girls from Manonmaniam Sundaranar University (MS University). Participants were selected through random sampling. The primary tool for data collection was a structured questionnaire, which included demographic details and the DASS-21 scale (Depression, Anxiety, and Stress Scale) to assess mental health.

### 2.1 Protocol

Participants were briefed about the study objectives, and informed consent was obtained before data collection. The questionnaire was administered in a controlled environment to ensure the authenticity of responses. The frequency and duration of mobile gaming participation were also recorded to categorize participants into low, moderate, and high gaming groups.

### 2.2 Statistical Analysis

Data were analyzed using ANOVA to determine the statistical significance of the relationship between mobile gaming participation and mental health indicators. Descriptive statistics were used to summarize

demographic information, while inferential statistics helped assess the impact of mobile gaming on anxiety, depression, and stress levels.

### 3. ANALYSIS OF DATA

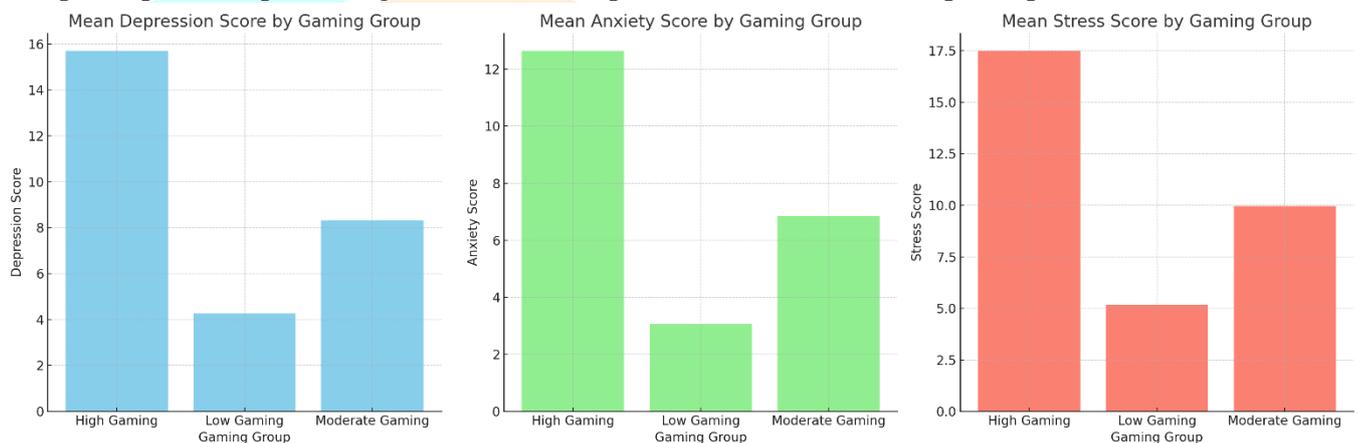
The results indicated a significant relationship between mobile gaming participation and mental health among hostel students. Participants with higher mobile gaming participation exhibited increased levels of anxiety, depression, and stress as measured by the DASS-21 scale. The statistical analysis showed that the differences in mental health outcomes were significant among students with varying levels of gaming participation ( $p < 0.05$ ).

- Depression Score:  $F(2, 197) = 513.07, p = 7.74e-79$
- Anxiety Score:  $F(2, 197) = 559.79, p = 5.49e-82$
- Stress Score:  $F(2, 197) = 617.37, p = 1.42e-85$

Below are the visual representations of the findings:

#### 3.1 Bar Diagrams

- Mean Depression Score by Gaming Group: The bar diagram illustrates the average depression score across low, moderate, and high gaming groups, showing a clear increase in depression levels with higher gaming participation.
- Mean Anxiety Score by Gaming Group: This bar diagram highlights the variation in anxiety levels among different gaming groups, with high gaming participation correlating with elevated anxiety scores.
- Mean Stress Score by Gaming Group: The bar diagram indicates that students with high gaming participation experience greater stress compared to those with lower participation.



### 4. DISCUSSION ON FINDINGS

The findings suggest that excessive mobile gaming participation may negatively impact students' psychological well-being. High gaming frequency appears to correlate with higher levels of anxiety, depression, and stress. These results align with previous research highlighting the potential risks of excessive gaming. However, moderate gaming may serve as a recreational activity without significant adverse effects. The study underscores the importance of self-regulation and balanced gaming habits to prevent mental health deterioration.

### 5. CONCLUSION

The study highlights the potential adverse effects of mobile gaming participation on the mental health of hostel students. While mobile gaming serves as a recreational activity, excessive use may contribute to increased levels of stress, anxiety, and depression. It is essential to promote awareness about healthy gaming habits and encourage students to engage in a balanced lifestyle. Further research is recommended to explore intervention strategies that mitigate the negative impact of mobile gaming on mental health.

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