

CAT 4 RESOURCE DEVELOPMENT

GROUP 4-065

PROJECT ADDRESS, ADVOCATE, ADJUST

2A3

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2. Abstract

Our project aims to educate teenagers about gaming addiction, its impacts and how to minimise the chance of getting addicted. This is to allow them to be more self-aware when they are playing video games and to be more cautious in reducing their screen time. We are planning to do so by providing students with a web page and padlet of tips, as well as relevant news articles to read up and understand the effects of gaming addiction and how to curb addiction.

3. Literature review

Yun Ting, 2019

<https://www.straitstimes.com/singapore/gaming-used-as-platform-to-warn-of-dangers-of-addiction>

This article uses video games as a platform to warn people on the dangers of addiction. I feel that the reason gaming addiction is especially prevalent amongst teenagers, as shown through this article, is because they are able to use the gaming world as an escape from the real world, and in video games, your identity is customizable, therefore there is a sense of safety and confidence in the gaming world. This shows that the main cause of gaming addiction is in the teenagers as well, as they feel pressured and insecure in real life, therefore they turn to video games to boost their ego and self-esteem, often resulting in addiction with the online world.

Sean Hollister, 2021

<https://www.theverge.com/2021/7/9/22567029/tencent-china-facial-recognition-honor-of-kings-game-for-peace>

This article mentions the measures one of the largest gaming companies in the world has put in place to stop the rise of gaming addiction in China. Tencent will perform facial scans every single evening to try and catch minors who are playing their games after 10pm. I feel that this is a much needed maneuver as gaming addiction is very damaging for a child's health so a child should try to game for as less a time as possible and if they cannot do it, this new feature can assist them in managing their time spent on games so that they will not get addicted.

Venessa, 2020

<https://www.straitstimes.com/lifestyle/how-parents-are-fighting-the-spike-in-their-kids-screen-time-during-covid-19>

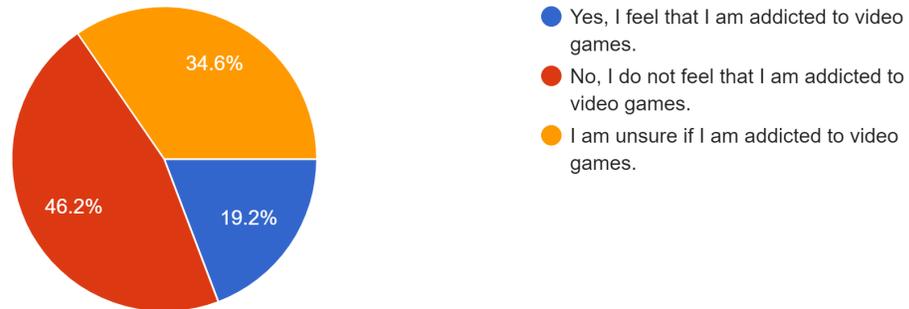
This article mentions how the Covid-19 pandemic has exemplified the prevalence and effect of gaming addiction amongst teenagers. This is because in 2020, the circuit breaker imposed by the government has forced many teenagers and children to stay at home. This has resulted a significant increase in screen time as there is nothing else to entertain them but electronic devices. This has caused many parents to feel worried, therefore they took up different strategies to attempt to reduce their child's screen time. This shows how impactful and necessary our project can be especially since the Covid-19 pandemic is still around and shows no signs of slowing down.

4. Needs analysis

Data from students:

According to a survey done by Iowa State University, nearly 1 in 10 youth gamers are addicted to playing video games. Do you think you are addicted to video games?

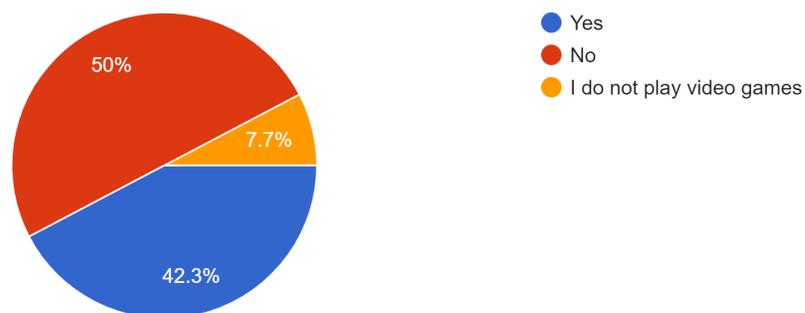
26 responses



19.2% of the participants feel that they were addicted to games, which is roughly 1 in 5 respondents. This ratio shows the amount of people who feel that they are addicted to games, which highlights the urgency for more resources to be developed to help prevent gaming addiction.

Do you feel that the game is fun when you get to play for a long period of time?

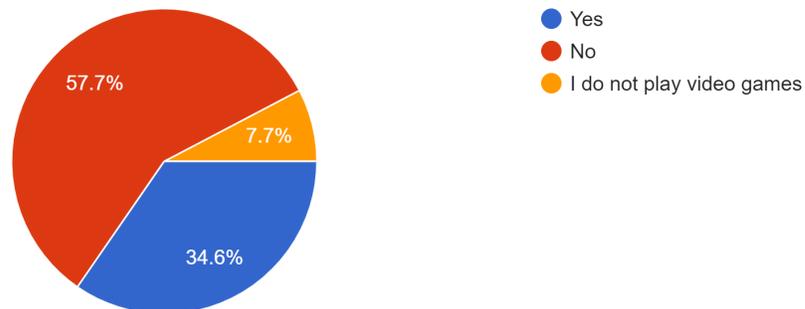
26 responses



42.3% of respondents feel that games are fun and this could lead to them getting addicted to it as they will likely play for a longer and longer time as the game is fun and they will gradually not know how to stop and become addicted to the game.

Have you tried preventing yourself from entering the gaming app but failed to?

26 responses



34.6% of respondents tried to prevent themselves from entering the games they played but failed, showing us that they had no control over their actions regarding whether or not they should play video games, which is a symptom of gaming addiction. This statistics shows the amount of people who are getting addicted to gaming as they could not stop playing the games.

Survey conclusion:

From our survey results, we have concluded that the majority of the students either think they are addicted or are unsure of how to tell whether they are addicted, which shows the lack of understanding they have regarding the topic. Exactly 50% of the students feel that video games are no longer fun when played excessively and majority of them lack the self-control and discipline to control themselves from playing video games.

Data from online:

- Data from The Recovery Village shows that more than 2 billion people play video games globally.
- Online video game addiction statistics also show that anywhere from 1–10% of gamers have compulsive addiction issues.
- Gaming addiction is rapidly becoming a bigger threat as shown by the growth in the video game industry. In 1999, the industry generated only \$7.4 billion in revenue, compared to a whopping \$131 billion in 2018. Reports speculate that the video game industry could make \$300 billion by 2025, a double in revenue in only 7 years.
- Video game accessibility is also on the rise due to technological advancements. People can now play video games on televisions, cell phones, desktop computers and notebook computers. This increase in accessibility has allowed more people to play video games more often.
- A study performed by US National Library of Medicine and National Institutes of Health shows that while individuals played video games for an average of 26 minutes per day in 1999, it had increased to 32 minutes per day in 2004 and another study done by the Kaiser Family Foundation shows that by 2009, 8 to 18-year-olds spent an average of 1 hour and 13 minutes playing video games on consoles, handheld players and other devices. This rapid increase highlights the danger of games and the increasing chance of getting addicted due to the increased time spent playing games.

5. Methodology

Rationale:

- In our day and age, teenagers in our society are constantly on their electronic devices. Be it for studying or for destressing, electronic devices are essential for connection with our outside world.
- Playing video games is therefore more prevalent than ever as children as young as the age of 8 are able to gain access to electronic devices due to neglecting parents.
- Especially since mobile devices are evolving over the past decade, mobile devices are becoming more portable and easily accessible, hence teenagers are able to play video games anywhere, anytime.
- From our own observations, students are even playing video games in school, during lunch hours and on their rides home. This has resulted in long hours spent on playing video games and other essential activities have been neglected.
- Therefore, we firmly believe that gaming addiction is extremely prevalent throughout our society and is a pressing issue that needs to be addressed.

Objectives:

- Our aim is to provide teenagers with a resource package so that they can understand the causes and impacts of gaming addiction and learn to manage their time more productively and effectively.
- Our resource package will hopefully educate them on how to manage their time spent on playing games, the consequences of gaming addiction, information on gaming addiction and how to minimise the chances of getting addicted.

Target audience:

- Teenagers aged 13 to 18
- We have observed that most of our friends who play video games come from this age group, therefore we targeted our resource package at this age group so as to maximise potential and benefit those who need it the most.

Resource Package:

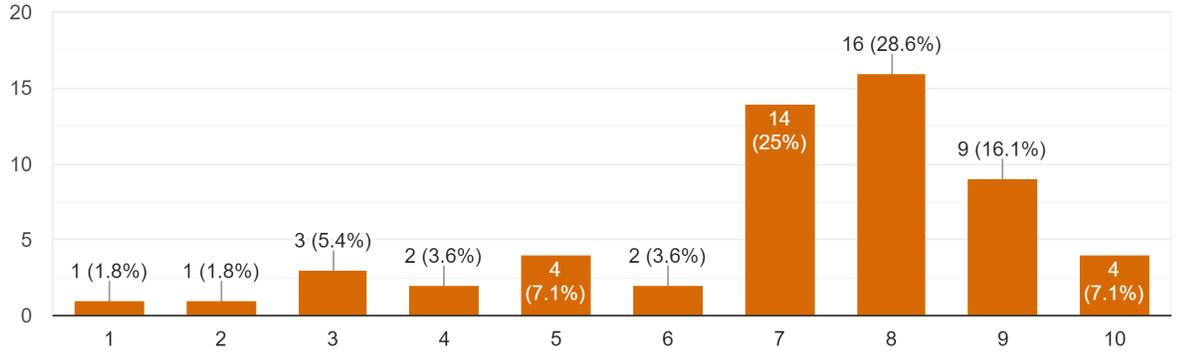
- Website:
<https://202395e.wixsite.com/my-site-1>
- Instagram:
https://www.instagram.com/invites/contact/?i=12y93w1lmq3xm&utm_content=mgccq4v
- Padlet:
<https://padlet.com/202308y1/8zh352y7mnyq5dsb>

Feedback:

Padlet

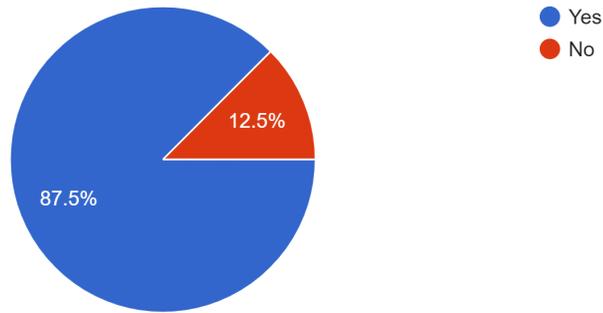
From 1-10, with 1 being the lowest. Rate how effective our Padlet was:

56 responses



Did you learn anything from our padlet?

56 responses

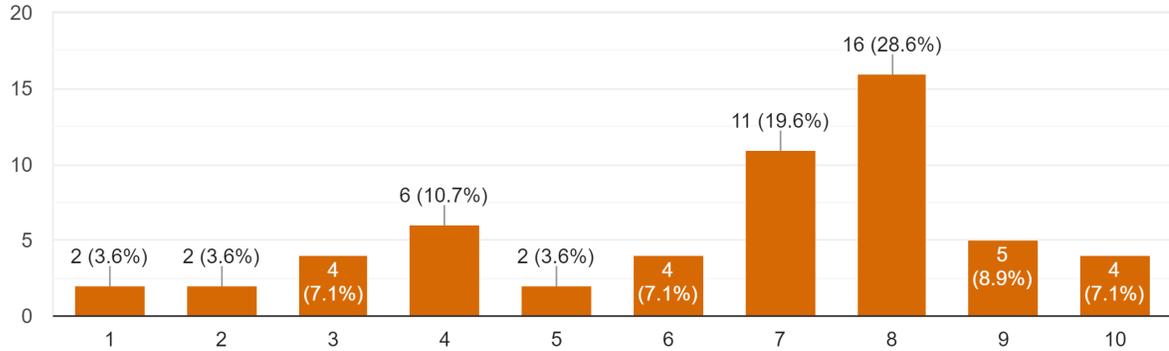


These data shown from our feedback form indicates that our resource was able to help most of our consumers but we still hope to make it better to serve everyone's wants in an optimal way.

Instagram

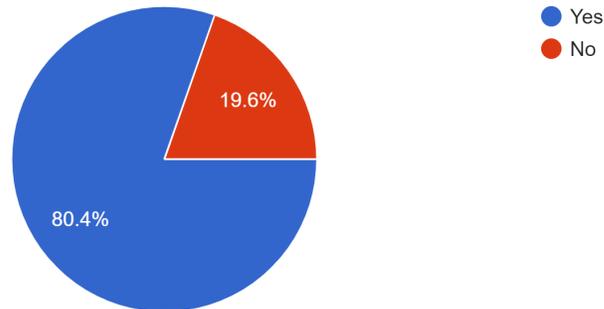
From 1-10, with 1 being the lowest. Rate how effective our Instagram page was:

56 responses



Did you learn anything from our Instagram page?

56 responses

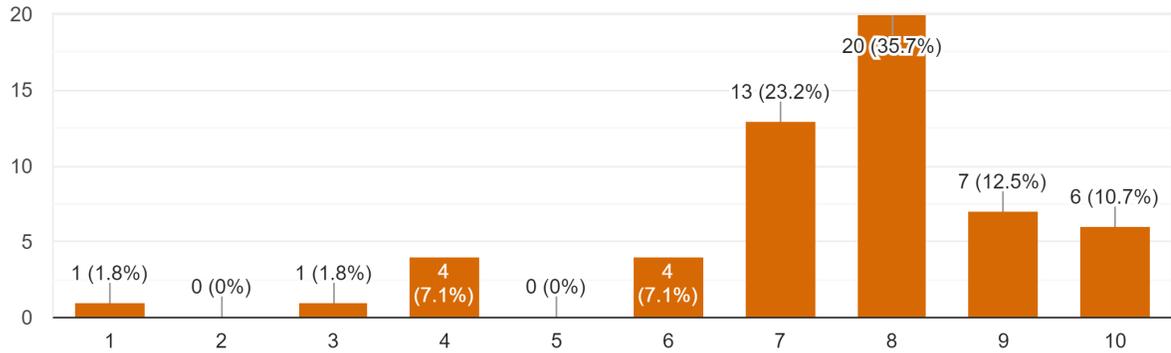


Comparing the feedback towards our instagram and padlet, we can infer that the responses were not as welcoming. This is likely due to our inexperience with social media decorations and displays. From our feedback, we have been trying to improve to suit the needs of our fellow instagram followers.

Website

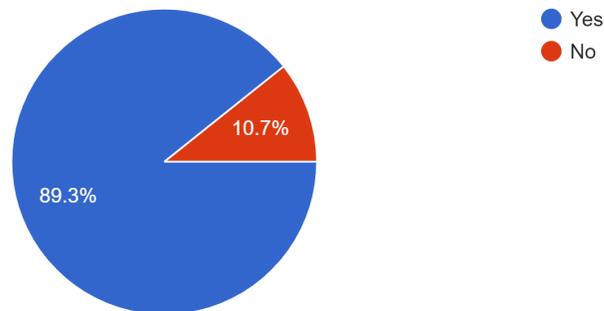
From 1-10, with 1 being the lowest. Rate how effective our Wix.com site was:

56 responses



Did you learn anything from our website

56 responses



Amongst all our resources, it seems that websites are the most successful in conveying our message to the society. This would likely be due to two reasons. Firstly, the website contains the most information amongst all 3 resources. Secondly, the website is easier to navigate around and provide feedback if needed.

Challenges faced:

- Making our resource package relevant and useful
 - This is because there have already been many attempts to try and prevent or cure gaming addiction and many of them had little to no effect.
 - There are already many existing resources that are trying to achieve the same aim that we are. Therefore, instead of trying to totally prevent gaming addiction from happening, we decided to instead spread awareness about gaming addiction and how we can do our best to manage our time spent gaming.
- Time management
 - We had to learn to manage our time and juggle our priorities as we had many examinations to study for and many other projects to complete as well.
 - By setting aside a specific amount of time each week to work on our project work, we managed to both study for our tests as well as do our project work.
- Finding people to test our resource package
 - At the beginning, we did not find enough people to test out our resource package as our friends and classmates were also busy studying for their examinations.
 - Many people probably also thought that it was too troublesome to do the survey as they had to access 3 sites and do a google form.
 - Therefore, we managed to simplify the form as well as to change up the sites to make it more attractive to people so that we can collect feedback.

6. Outcome and Discussion

Resource Package:

We feel that the maximum potential of our resource package was not met as there are still many resources we could have made use of to further raise awareness and improve interactivity with our target audience. We could have also created some sort of game where teenagers can play with their friends, to reduce their time spent on video games but still have the same amount of entertainment and connectivity with their friends. However, due to various limitations, such as time constraints and workload management, we were unable to carry out our plans, so we had to make do with what we could.

Possible extensions to our project:

We feel that the types of resources that we can create are limitless as we can always find new and different platforms and methods of raising awareness for our project. However, one major part of our project we would like to improve on is audience connectivity, therefore if we had the opportunity, we would create a card game or board game which teaches teenagers on the impacts of gaming addiction, while letting them achieve the same amount of engagement and entertainment as they would with video games.

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