CAT 4 RESOURCE DEVELOPMENT

Game Less, Gain More

Group 4-097

Ang Sherzer 1A3 (2)
Yu Lang 1A3 (30)
Zhu Zifan 1A3 (32)

ABSTRACT

Project Gain More, Game Less is a project that aims to reduce gaming habits in students and curb gaming addiction. With the growing popularity of the internet and more addictive and immersive games, gaming becomes more of an issue with many students, since too much gaming might affect school performance and cause social problems. As such, our resource package aims to help students understand the effects of gaming and solutions to gaming addiction through a teaching package and posters. These resources will help them have better control over their lives and have better self-discipline. Since we have a better understanding of the struggles of students, we can create a better teaching package to help cater towards the students.

1 INTRODUCTION

1.1 Rationale

Gaming is an increasing problem among students as the internet and technology becomes more accessible. Gaming addiction, also known as gaming disorder, video game addiction and computer game addiction is one of the most recent forms of addiction to have emerged, and significant debate still exists about the extent to which it should be considered a condition in its own right. However, regardless of its precise medical status, gaming addiction has caused incalculable pain to countless people in recent decades. To quit gaming is to commit to living your life to the fullest. Not only will it increase the amount of time and energy you have to invest back into your goals and dreams, but there are numerous other benefits you can receive.

Repetitive stress injuries, or overuse injuries, are injuries that come from activities that involve repeated use of muscles and tendons, to the point that pain and inflammation develop. If these injuries are allowed to progress, numbness and weakness can develop, and permanent injury can result. Overuse injuries of the hands and arms are rampant among gamers. One common example is carpal tunnel syndrome, which many gamers develop. Carpal tunnel syndrome, often seen in office workers, involves inflammation of a nerve in the wrist, which causes pain and numbness.

1.2 Objectives

The objective of this project is to increase awareness among the youth about gaming and how it affects our lives, and subsequently help children make responsible decisions about issues related to gaming. The teaching package will help encourage young people to stop gaming excessively so that their lives can be improved.

1.3 Target Audience

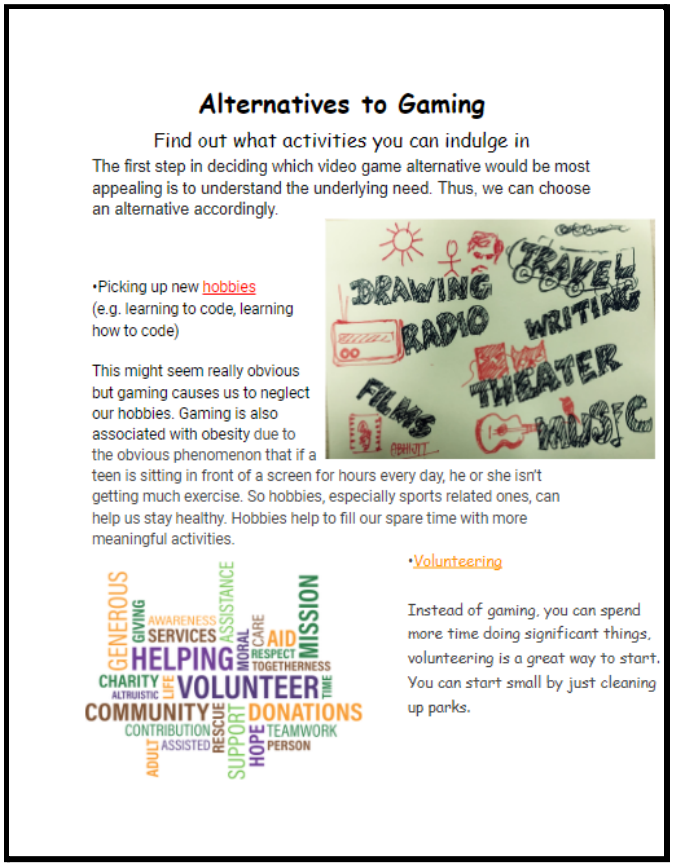
The target audience for this project is HCI Secondary 1 students where we observe that gaming addiction and habits is especially prevalent as students may not be well informed about the effects on gaming.

1.4 Resources

The resources created for this project were:

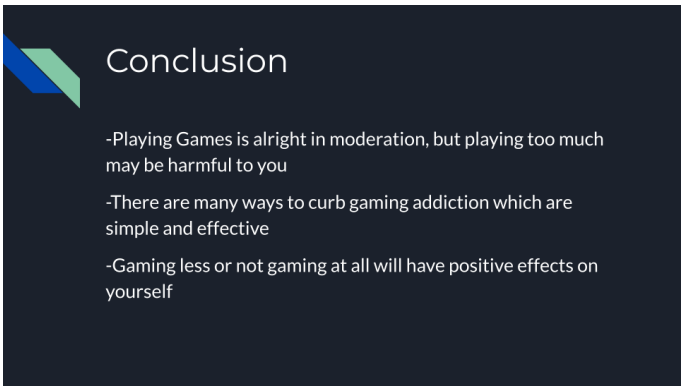
1) Posters
2) Teaching Package (Slides)

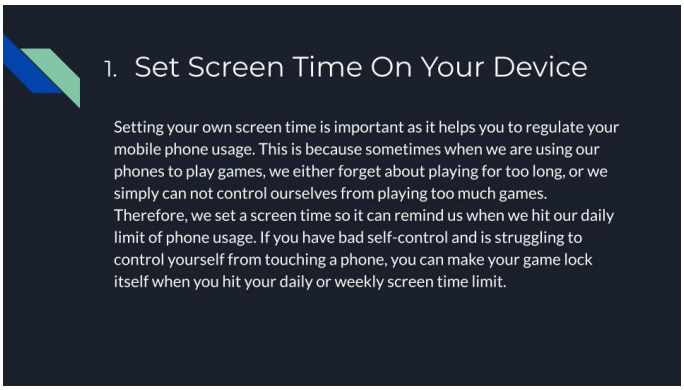
Posters



Teaching Package (Slides)

Examples of the slides:





Link to slides:
https://docs.google.com/presentation/d/15_WBYRdlBDj0OYjhTJPPPibxqZSV3CK6kLIU-zo_wRM/edit?usp=sharing

2 REVIEW

Currently, there are a lack of resources tackling gaming addiction but they do not give clear and helpful information about gaming addiction. Resources are not easily accessible to students and provide little information on the benefits of gaming less and instead focus on only gaming addiction. They also do not provide effective solutions on how to curb gaming addiction and lead a healthy lifestyle.

Since we can understand the needs and struggles of the students based on first-hand experience, we can create a more helpful resource to motivate students to curb their addiction and focus on other important aspects of life. From our needs analysis, many students, especially secondary one students, play games often and feel that gaming distracts them from things like schoolwork and maintaining a social life.

Thus, we feel that there is a need to create a resource to cater mainly towards Secondary 1 Students as they may not be well informed about the impacts of gaming too much or do not practise enough self discipline to limit their time spent on gaming. We want to make a resource that encourages and influences students to change their gaming habits and healthier behaviour changes in students.

3 METHODOLOGY

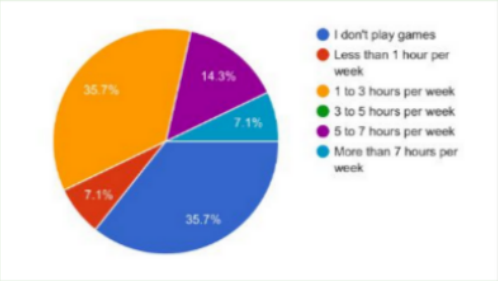
3.1 Needs Analysis

A survey was conducted to find out about the gaming habits among the students in Singapore. We surveyed some students and they gave their responses on how they game and what their opinions on gaming are.

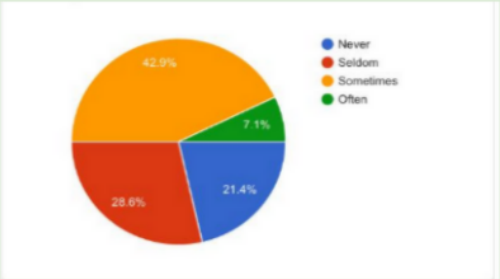
In HCI, more than 60% of all students play mobile games every week. Students have also stated that their school work gets negatively affected by gaming. One reason why people play games so much is because of peer pressure, with around 60% of the respondents saying that they have been influenced by their friends to play a certain game.

Needs Analysis - Survey results

What is the total screen time (in a week) that you spend on playing games?

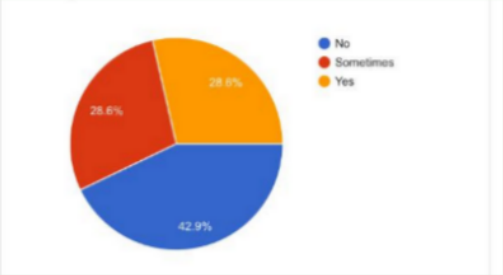


Does gaming distract you from school or homework? (For example, you keep thinking about games during class, or procrastinate your homework because you want to play games)

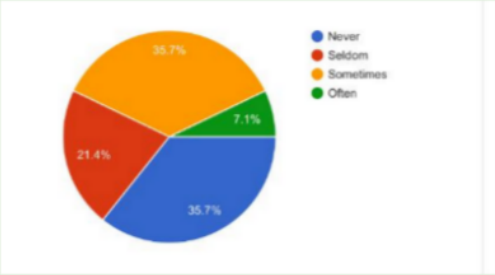


Needs Analysis- Survey results

Have you ever decided to start playing a game because your friends are all playing it/ it is very popular among content creators?



Do you feel annoyed/frustrated when your phone gets taken away from you while you're playing a game?



Needs Analysis- Survey results

Question: **What are your opinions if the school bans all (unnecessary) phone usage? Why so?**

Anonymous: If school bans all unnecessary phone usage, I will actually feel quite happy, because on my own I cannot control my usage of the phone, so with the ban I can focus on other more important things.

Question: What is your favourite game and why do you enjoy playing it? (what aspects or features of that game make it enjoyable for you?)

Anonymous: My favourite game is Brawl Stars, I really enjoy playing it as it is very addictive and I always have the thought of "I could be playing brawl stars" at the back of my mind. The simple idea of getting trophies when winning and wanting to get back trophies after losing is what makes it so addictive.

Needs Analysis- Survey Results

After looking at the survey results, we can conclude that

-More than 60% of Students in HCI play mobile games every week

-Students are very preoccupied with mobile games and some even procrastinate their homework to play games

-Peer pressure plays a huge role in playing games for students

3.2 Development of Resources

Our resources were created after much extensive research and understanding the needs and problems faced by Secondary 1 students related to gaming. We ensured that our resources were simple to understand yet helpful and enlightening in order to facilitate healthy gaming behaviour.

We included extensive information about the various effects of gaming too much and benefits of gaming less to help encourage students to curb their gaming addiction. We had taken the needs of students and the troubles faced by them into consideration. We added ways students can curb their gaming addiction so that they will have different choices of solutions that they want to use and to choose the one that best suits their needs and lifestyle.

Our posters were created so that students can have a brief understanding of the effects of gaming on various aspects of their life in order to influence their habits and behaviour. We understood the needs of the students and created the resource to fit their gaming lifestyle and needs.

In the end, we created a survey for students to submit their comments on the resources, this way we can further understand the impact caused by gaming. We used this information to further improve our resources as it will be more useful to a wider range of audience.

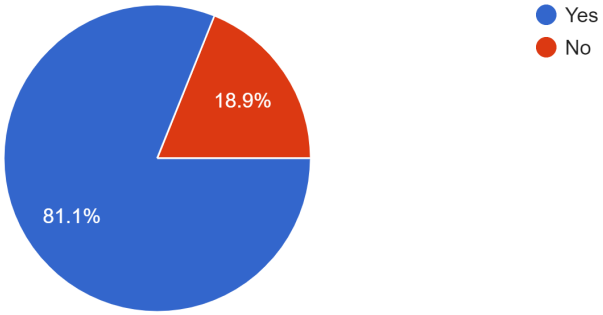
3.3 Pilot Test

For the pilot test, we let various Secondary 1 students view the teaching package and read our posters. Afterwards, students answered our feedback form to feedback on our resources. A high percentage of students that responded mentioned that the resources were useful in informing the effects of gaming. Many students found the information well-organised and clear cut.

Many students agreed that the posters were helpful and informative, it brought awareness to the harmful effects of excessive gaming.

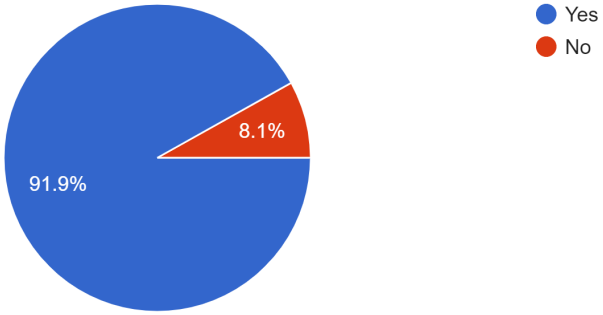
Were you shocked when you realised the harmful effects of gaming too much?

37 responses



Was this resource helpful in making you rethink your gaming habits / view on excessive gaming?

37 responses



4 OUTCOME & DISCUSSION

Overall, our resources have received positive feedback from our target audience.The resources have helped students gain new knowledge about the harmful effects of gaming and the benefits of gaming less and practise healthy gaming behaviour that will help students regain control of their lives and focus on more important things like studies and social and family life.

In the future, we would like to create more resources to better help students understand and make more informed decisions when it comes to gaming in order to balance gaming with other activities well. As many students do not know the true harmful effects of gaming addiction. We hope that with more effective and appealing resources, we can influence more students and people to make more informed choices on their gaming choices. We could make skits, videos or even infographics as they are effective methods to capture the attention of teenagers. We will base our improvements on the feedback of our resources to better cater towards the students needs and woes.

5 CONCLUSION

In conclusion, this project was not an easy task for us as gaming is especially prevalent in this day and age where the internet is easily and accessible and the rise is gaming popularity. Making a resource to tackle these problems was especially difficult as curbing a gaming addiction is easier said than done.

Through this project, we were proud to be able to create a resource to help us and other students to further understand the various effects of gaming and we are glad to be able to help students tackle gaming addiction.

A challenge we faced throughout this project was to create interesting, informative yet appealing resources. As the more informative an article is, the less captivating it is to the audience.

Thus, we hope that this project will be successful in helping students change their gaming ways in order for them to appreciate the various aspects of life fully.ealing it gets. It was a challenge to balance these two categories and make something just right which consists of both interesting facts and appealing designs.

6 REFERENCES

1. Adair, C. A. (n.d.). *The Benefits of Quitting Gaming*. Gamequitters.Com. https://gamequitters.com/the-benefits-of-quitting-gaming/
2. Grinspoon, M. D. (2020, December 22). *The health effects of too much gaming*. Https://Www.Health.Harvard.Edu/Blog/the-Health-Effects-of-Too-Much-Gaming-2020122221645.