

## **The Role of Online Gaming in Promoting Extremism and Violence: A Study of Media War Tactics**

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### **Abstract:**

Violence and strife are realistically shown in online games. This study delves at the ways radicals impact gamers through various forms of media. One possible source of fuel for media warfare is the normalization of violence in video games through their narratives and interactions. Addiction to online gaming is on the rise in Pakistan, especially among adults who use it as a way to escape from every day stressors. To further understand the phenomenon and how it affects family functioning and self-control, this study will take a quantitative approach, conduct a survey with adults who are currently battling an addiction to internet gaming. The results of the study will shed light on the origin, effects, and potential remedies of adult's addiction to online gaming in Pakistan. It is intended that the findings of this study would aid in the creation of efficient therapies to address the problem and enhance family functioning and the capacity for self-control in addicts. A self-administered questionnaire was utilized to gather information from 400 adult's gamers, ages 18 to 40, using a cross-sectional survey design. The findings show that the addiction to online games was strongly correlated with dysfunctional families and poor self-control. Participants who had a poor family function and had a trouble controlling their impulses were more likely to develop an addiction to online games.

### **Introduction:**

The rapid growth of online gaming has not only brought about a revolution in the entertainment industry, but it has also brought about new opportunities for social connection and cultural exchange. However, despite the fact that it has many advantages, the proliferation of online gaming has given rise to concerns regarding the possibility that it could encourage violent behavior and extreme views. Within the scope of this research, the nexus of online gaming, extremism, and violence is investigated, with a special emphasis placed on the ways in which gaming platforms might be utilized as instruments for media warfare strategies. A video game performed online is known as an online game that is played over the Internet, either on a laptop, gaming system, or portable electronic gadget. Online game can be played solo or with another friend. It may require an internet connection to play. Addiction is a psychological and physical dependence on a substance, behavior, or activity that leads to compulsive and uncontrollable use, despite negative consequences. Addiction can occur with a wide range of substances or behaviors, including drugs, alcohol, gambling, internet, gaming, and social media. People who struggle with addiction often experience intense cravings and withdrawal symptoms when they try to quit or reduce their use, which can make it difficult to break the cycle of addiction. According to the study's results, the relationship between addiction to internet gaming &

absence the basic psychological needs can be explained, in part, by the presence of importance throughout everyday life and obligation. These findings are significant and indicate that addressing the fundamental psychological needs of teenagers could be an effective approach to preventing online gaming addiction (Kaya, Turk, & Griffiths, 2023). The topic of technological addictions has gained more attention in research and is seen as a kind of compulsion that does not involve the use of drugs or chemicals, but rather certain behaviors (Billieux & Kuss, 2017). The research on web based gaming fixation in children suggests the existence of gaming addiction as a conduct habit instead of a problem of drive control (Irmak & Eradogan, 2015). Research indicates that people who are dependent on the web exhibit various symptoms, consequences that involve biological, psychological and social factors (Griffiths, 2009). Gaming disorder, also known as gaming dependency, is condition portrayed by industrious gaming, impeded control, and practical debilitation (King & Delfabbro, 2020). People with addiction exhibited heightened emotional problems such as expanded sadness and anxiety, feels more psychologically disconnected, and had a greater like hood of displaying symptoms of pornography. Female individual with addiction to video games were particularly vulnerable to experiencing negative consequences (Stockdale & Coyne, 2018). This study aimed to examine the connection between web dependence, family functioning, impulsivity and psychological difficulties in young adult's university students. The result revealed that gender was not significantly associated with IA, but moderately addicted young adults reported lower levels of family emotional contribution and high level of attention instinctive and depression symptoms (Marzilli, Cerniglia, Ballarotto, & Cimino, 2020). The finding showed that there is appositve association between online game dependency and hostility as well as self-involved character qualities, while self-discipline has a negative correlation ( $p < 0.001$ ) (Kim, Namkoong, Ku, & Kim, 2008). Study found that there is a critical negative connection between gaming enslavement and hostility, outrage and physical aggressiveness (Shabbir, Saleem, Mahmood, & Perveen, 2020). The gathering reason of web gaming obsession using official mental issue frameworks and evaluates the findings against related and established mental disorder criteria (Irmak & Eradogan, 2015). The concept of internet addiction includes a range of internet-related activities that may be able to possibly become problematic, like gaming, shopping, betting long range interpersonal communication. Gaming is considered a part of the proposed thought of internet dependency, and addiction of gaming has been almost all extensively investigating form of internet use thus far (Kuss & Griffiths, 2012). Gaming disorder have been adapted from addiction treatments, with a focus on modifying maladaptive beliefs about gaming behavior and reducing withdrawal symptoms (King & Delfabbro, 2020). The impact of family communication quality on male and female internet addiction may vary (Tajalli & Zarnaghash, 2017). Individuals with addiction had lower levels of wellbeing and cognitive abilities, which included reduced self-control and indication of ADHD, differentiate to those who did not have addiction (Stockdale & Coyne, 2018). Game dependence among young adults, portraying it as a motivation control jumble described by side effects, for example, the failure to control time spent on game-playing, a deficiency of interest in different exercises, proceeding to play in spite of unfriendly impacts, when not ready to play (Irmak & Eradogan, 2015). Intentional impulsivity interceded the connection between family emotional association and Internet Addiction. The finding highlight compound interplay connecting individual and social possibility element in the development of IA surrounded by implications for designing effective intervention treatments (Marzilli, Cerniglia, Ballarotto, & Cimino, 2020) The study found that males are more dependent on games than females, but as a result no remarkable contrast in aggression its variant between genders (Shabbir, Saleem, Mahmood, & Perveen, 2020). Advanced game compulsion has not been generally acknowledged by mental specialists, the increasing number of psychiatry referrals and the similarities with other types of addiction suggest the need for further examination of the issue. The article also notes growing interest in the treatment of advanced game compulsion among the brain science local area (Irmak &

Eradogan, 2015). The severity of online game dependency can anticipate found on an individual occupation, interpersonal relationship, self-discipline, aggression, and egotist character qualities. However, the model was only able to explain 20% of the variation in behavioral outcomes (Kim, Namkoong, Ku, & Kim, 2008). The use of mobile phones for socializing, transactions, and entertainment was found to have a negative relationship with self-control, whereas the use of mobile phones for seeking information had a positive relationship with self-control. Additionally, self-control was an indicator for tricky cell phone use one and another directly and indirectly, through its association with socializing and transactional mobile phone use patterns (Jiang & Zhao, 2016). Study's findings supported that the family problems can directly or indirectly lead to internet gaming disorder (IGD) through self-control and a sequential pathway from confidence to discretion. The study also identified the influence of offspring relationships and distinctions in sexual orientation in the model. Results might offer useful insights for interventions aimed at reducing IGD in teenagers (Gan, Xiang, Jin, Zhu, & Yu, 2022). Academic achievement is adversely affected by both gaming disorder and gender, while family function, thrill-seeker, gender, and lack of concern are positively correlated with levels of social skills (Chiu, Lee, & Huang, 2004). Harm reduction strategies, which view gaming as a health behavior, are also utilized to promote safe levels of gaming and prevent harm associated with excessive use (King & Delfabbro, 2020). People who have a strong inclination towards addiction to online gaming exhibit notably elevated levels of social anxiety in comparison to those who use online games in a regular manner (Lo, Wang, & Fang, 2005). Social collaboration factors like family climate, social tension, and confidence were viewed as connected with internet gaming habit. The most grounded risk factors for habit were psychopathological circumstances. Individual variables, mental elements, and social associations were undeniably found to add to the advancement of unadulterated internet gaming fixation. Among these, mental factors like consideration, state of mind, uneasiness, and impulsivity were the most grounded risk factors. The improvement of webbased gaming dependence in people was unequivocally connected with psychopathologies like ADHD and despondency (Hyun, et al., 2015). Online game addiction can have negative consequences for individuals and their families. In Pakistan, online game addiction is becoming increasingly common among adults, and this can have a significant impact on family function and relationships. Excessive webbased gaming might lead to less interaction in family function affected self-control ability in Pakistan.

O1: The goal is to investigate the condition of addiction to online gaming, assess individuals' ability to control their behavior.

O2: To evaluate the functionality of their family, while analyzing the factors that affect these elements and the interrelationships connecting them.

O3: To identify the impact of online game addiction on family function and relationship among adults in Pakistan.

O4: To examine the self-control ability in the advancement of online game dependency among adults in Pakistan.

### **Literature Review:**

Addiction is a disease of the brain, with changes in brain chemistry and neural pathways that lead to compulsive behavior. It can also be influenced by environmental factors, such as stress, trauma, and social support. According to research, there is a direct link between the degree of poise and the quality of family functioning among both online game addicts and non-addicts. The addiction to online games has a negative impact on a student's restraint capacity and family capability, but this can be improved by enhancing their restraint capacity and promoting healthy family relationships (Zhou & Xing, 2021). The outcome demonstrates that individuals play internet game due to their functional need for relationships and desire for fantasy, which can prompt compulsion. To prevent and reduce game addiction, it is important to focus on

educational programs and activities that promote attention switching and decrease how much time spent messing around. However, the impact of these prevention and motivation factors on addiction is often influenced by the level of online game playing (Xu, Turel, & Yuan, 2017). Frequent internet and gaming usage triggers opponent processes that cause the addict to quickly become accustomed to it, resulting in increased tolerance, and if they stop using it, withdrawal symptoms may occur (Kuss & Griffiths, 2012). Online gaming dependency in males is a significant predictor of strong cravings (Ko, et al., 2009). Having self-control is crucial for managing one's desire to use and avoid excessive use of the internet (Mead, Baumeister, Gino, Schweitzer, & Ariely, 2009). The reason behind online game addiction is peer influence, and as a result, males have a greater likelihood of becoming addicted to online games (Wei Wu, Ko, Wong, Wu, & Oei, 2016). Playing online games has become a damaging addiction for students, negatively affecting their education, physical health, and psychological well-being (Zhou & Xing, 2021). Adults who spend more hours on the internet tend to have poorer wellbeing; experience higher levels of stress, and frequently feels sad compared to those who use the internet less often (Kwak, Kim, & Ahn, 2022). When comparing adults who are addicted to games with the people who are not, there are noticeable differences in their sleep quality, patterns, disturbances, and duration. Additionally, online game addiction is more prevalent among males than females, and it is necessary to address this issue on both individual and cultural levels (Zaman, 2022). Various reasons why students play games, but online gaming is currently the most prevalent form of entertainment. However, over the top utilization of the internet for online gaming can prompt individual problems and addiction, as well as physiological and psychosomatic issues such as anxiety and depression (Cao, Sun, Wan, Hao, & Tao, 2011). A significant percentage of online gamers, particularly teenagers, display behavior associated with physical addiction due to their excessive immersion in virtual worlds. Consequently, guardians, instructors, and social researchers are claiming that webbased games are a cause of social issues (Lo, Wang, & Fang, 2005). Online games can serve as a means of reducing aggression, anxiety, and anger, as well as physical aggression. The data shows that guys are more prone to internet game compulsion than females, while levels of aggression are similar. Interestingly, there appears to be an inverse relationship between online game addiction and aggression, suggesting that games could have a positive effect on managing aggression among teenagers (Shabbir, 2020). Online game addiction has become a significant behavioral issue that has serious consequences, ranging from psychological problems to suicidal and even manic tendencies. Mental distress is one of its adverse effects, but it can be treated with appropriate interventions. Addressing the underlying causes and mental distress associated with internet gaming addiction can be managed through a public health approach (Aziz, 2023). With the quick development of online games, the objective is to explore the impact of online gaming dependence by distinguishing between computer-based and cell phone gaming. The study focus is to investigate which games played after mid night are associated with addictive behavior. Additionally, the research will analyze how game classifications, parental variables, and relationship fulfillment can influence game dependence (Lee & Kim, 2016). As mobile technology has progressed, many features previously limited to PCs have been integrated into mobile devices such as iPods and smartphones, particularly in the realm of gaming applications. Online games allude to games that can be played by one or the other single or numerous players utilizing on the web cell phones. Such games are especially well known when they can be downloaded for nothing, such as *Fermium* game where users can pay for additional features (Su, Chiang, Lee, & Chang, 2016). Individuals who suffer from severe online game addiction have notably higher levels of social phobia compared to the individuals who utilize internet game in a normal manner. A study was conducted to investigate the possible impacts of webbased games on the nature of relational connections and the degree of social tension, and the outcomes showed that exorbitant time spent playing internet games might sabotage the nature of relational connections and increment social nervousness in youngsters.

In a new report, it is normal that there would be a positive connection between versatile game enslavement and social nervousness (Lo, Wang, & Fang, 2005). In comparison to other demographic groups, people are more susceptible to developing internet-related addictions due to their mental and developmental characteristics, easy access to the internet via mobile devices, and a positive attitude towards mobile gaming (J, 2009). The exposure to violent online video games, along with internet addiction, low self-control, and aggression, showed a positive correlation (Teng, Li, & Liu, 2015). Studies have revealed that individuals addicted to online gaming tend to suffer from mental health issues and face internal problems such as increased levels of depression and anxiety, along with greater social isolation (Stockdale & M. Coyne, 2018). While online game addiction shares a few similitudes with customary PC compulsion, there is also significant contrast. Online games are characterized their possibility and easy availability, which might build the likelihood of developing addictive behavior and exacerbate emotional and mental wellbeing issues (Lee & Kim, 2016). The findings indicate that the standard of personal connections has decreased while the duration of online gaming has increased (Lo, Wang, & Fang, 2005). According to the findings, there is a connection between excessive online game use and a lack of self-control, which in turn leads to decreased academic performance due to reduced focus on academic tasks (Haghbin, Shaterian, Hosseinzadeh, & D.Griffiths, 2013). Analysis has shown that individuals with higher levels of self-control tend to perform better on tasks compared to those with lower levels of self-control. Moreover, individuals with better self-control are better able to balance their leisure activities and prioritize their education by avoiding potentially harmful activities that can negatively impact their academic performance. Past studies suggest that self-control can play a significant role in enhancing educational achievements (Feldmann, Martinez-Pons, & Shaham, 2016). The study proposes that playing non-arcade online games is considered a fun and harmless way to pass time. However, due to the growing involvement of teenagers in this activity, concerns have been raised about the potential impact of these games on young people's health. The central point of the debate is whether or not these games have a significant impact on a person's overall health and development (Harris, 2001). Implementing academic programs and strategies to enhance self-control among students can help reduce aggression associated with playing aggressive online games (Teng, Li, & Liu, 2015). In recent years, extremist groups have been increasingly responsible for the dissemination of propaganda, recruitment of members, and glorifying violence through the use of online platforms, including gaming environments. Gamers, particularly young people and teenagers, are particularly susceptible to being influenced by gaming because to its immersive nature, which, when combined with its wide and diverse user base, makes it an ideal environment for such influence. Subtly normalizing violence, desensitizing users to the consequences of violence, and cultivating a "us versus them" mentality that coincides with extremist objectives are all things that may be accomplished through gaming through the use of in-game narratives, player interactions, and embedded messages.

### **Hypothesis:**

H1: Adults who have low self-control ability are better likely developing online game dependence compared to those who have high self-control ability.

H2: Adults who have poor family function are better likely developing online game dependence compared to those who have good family function.

### **Theoretical framework:**

Theory of "Uses and Gratification" (U&G by Blumler and Katz's). The theory was coined in the 1940s to explain why people use specific media, their needs for using it, and the satisfaction they gain from it. Initially, it was introduced to comprehend people's choices regarding the various forms of media available during the 1940s. At present, the theory rests on two basic presumptions about the media, namely that the audience actively selects the content they

consume, and they are aware of their reasons for doing so (Kasirye, 2022). The evaluation of research is based on the theory, which focuses the actions individual take media rather than impact of media on individuals. Users of popular networking areas have reported that these sites have qualities such as facilitating the sharing of information, building relationships, expressing one self, strategizing, and being multidimensional. However, they also fulfill the requirement for a high volume of personal communication (Eginli & Tas, 2018). Study identifies that the level of realism in multimedia content for social interaction is a significant factor that affects other factors like virtual group (1) Participation (2) Diversion from daily life (3) Pleasant aesthetic experience, leading to dependency on Massively Multiplayer Online Game. The study finds that virtual community participation has a powerful positive connection with Massively Multiplayer Online game dependency, while aesthetics has a minor negative relationship. The analysis indicates that neither gender nor number of game playing has a significant effect, but experience playing online games moderates the level of MMOG dependency (Chen, Chen, & Ross, 2010). When examining knowledge sharing in MMORPGs groups, researchers often consider both the U&G approach the feeling of virtual group. The factors outlined the uses and gratification theory can significantly impact knowledge sharing via the sense of virtual community. Study focuses to develop a comprehensive framework that captures the dynamics of knowledge-sharing behaviors within MMORPGs communities, in line with this approach (Chuang, 2015). Using the U&G theory, researchers delved into initial reaction players when they start playing online games, and how this influences their behavior. The various reasons why players enjoy playing games, such as achievement, enjoyment, and social interaction, as well as the service mechanisms offered by the game after playing. The factors that lead to a player's persistent interest in a particular online game, and how these factors relate to each other. The study found that both the satisfaction and service channel have a significant impact on a player's motivation to continue playing, which is crucial to their long-term commitment to the game (Wu, Wang, & Tsai, 2010). The study revealed a correlation between the frequency of use of a particular thing, such as social media or video games, and positive factors such as high self-esteem, a positive self-image, and good interpersonal relationships. Additionally, the research found that recreational motivation, enjoyment, peer relationships, and compassion all strongly predicted how often teenagers would use the thing in question (Huang, Yang, & Chen, 2015). The diverse forms of micro blogging usage result in varied degrees of gratification categories. Additionally, different classification of gratification has many impacts on deciding the degree of enslavement propensity. The research specifically highlights that content gratification has a minor effect on addiction, whereas social satisfaction fundamentally affects all aspects of dependence tendency (Li, Guo, Bai, & Xu, 2018). Uses and gratifications have identified factors related to family communication that play a remarkable role in the use and effects of media. It's not only young people and their parents who use media for connecting with their family (Child & Haridakis, 2017). The author argues that although the U&G approach does not have a one overarching theory, it isn't necessarily without any conceptual framework. The author also suggests ways to address four conceptual issues that the approach faces, which are: understanding the nature of an "active" viewers, determining the part of gratification orientations in influencing the effects of media, exploring the social beginnings of media needs and uses, and investigating the shared interest between scholars studying popular culture and audience members' perceptions and thoughts about mass media content (Blumler, 1979). The U&G approach in twenty-first century has been spearheading hypothetical structure for examining each new mass media as it emerged, including newspapers, radio, television, and now the Internet. While researchers may continue to use conventional tools and categories to examine media use, it is important to also develop and expand our existing theoretical models of uses and gratifications. To keep up with contemporary and future media, we must incorporate new concepts such as interactivity, demassification, hyper-textuality, and asynchronies. Furthermore, scholars should be open to

exploring the interpersonal and qualitative aspects of mediated communication using a more comprehensive research methodology (Ruggiero, 2009).

### Methodology

Research needs to be conducted in a methodical manner with careful preparation and on-time execution. It includes a number of crucial established elements, including objectives, population, conduct/technique, results, and statistical concerns. They must be reproducible, trustworthy, and unbiased. So, for any researcher, having a fundamental understanding of methodology is crucial. This narrative review concentrates on many facets of the clinical research approach. Several databases and the bibliographies of the publications were searched for literature using pertinent keywords (Garg, 2016). By adopting quantitative approach researcher wants to open the way for other researchers to test his findings again and also enhance them. As indicated by the social researchers Arrangement of mathematical outcomes is the greatest benefit of quantitative research result. On the foundations of these mathematical outcomes' specialists become ready to make predicts and can sum up these outcomes to the entire population. A survey of the target demographic has been done to collect data. The greatest way to get information from mass media users is through surveys. Given that uses and gratification is a user-centric theory, anytime researchers employ it as a theoretical framework, they use survey methodology to get data. The uses and gratification theory is another theoretical foundation for this research study, therefore survey has been used as a tool for data collecting. Researcher surveyed a sample frame of 400 active game users. All the active game users are the population of this study. The researcher has chosen a sample from the target population using convenient and intentional sampling approaches. These two sample methods both fall under the category of non-probability sampling. In order to choose samples efficiently, it is crucial to utilise a sampling technique. a suitable sampling.it is obvious that appropriate sample directly effects the results of the study. To collect information from participants in an online survey, the researcher employed a questionnaire. There are 15 questions in this questionnaire. A couple of the questions are on the acceptability of these relatively newer social media platforms, while others are about the demographics of the respondents, usage habits, and requirements and gratifications for online gaming.

### Data Analysis:

The software SPSS was used to analyze the collected data. To determine frequencies and percentages, the researcher employed descriptive statistics. In order to determine the relationship between various variables, he also used correlation.

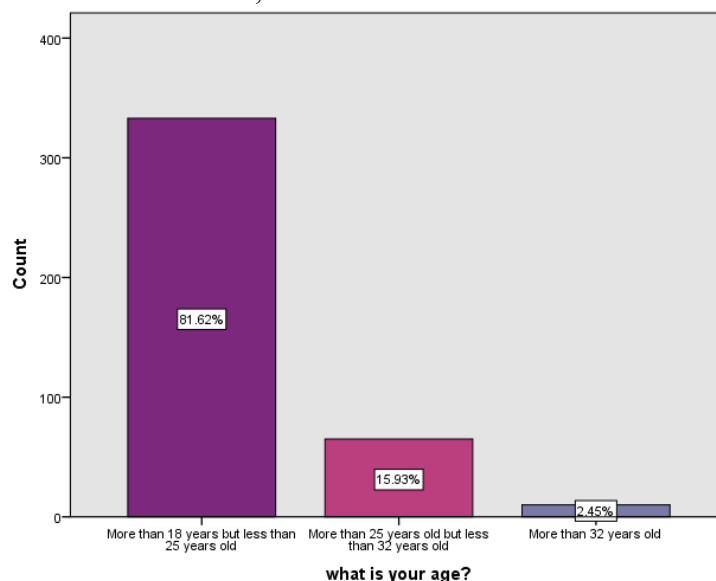


Figure 1 shows that 81.62 % are more than 18 years but less than 25 years old respondent, 15.93% are more than 25 years old but less than 32 years old and 2.45% are more than 32 years old respondent. The findings represent that the more than 18 years but less than 25 years old are more as compared to others.

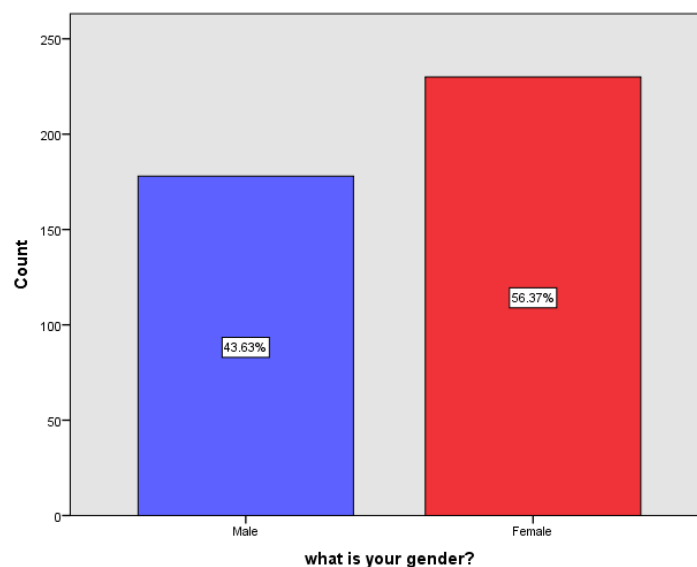


Figure 2 shows that there are 43.63% male respondent and 56.37 female respondents.

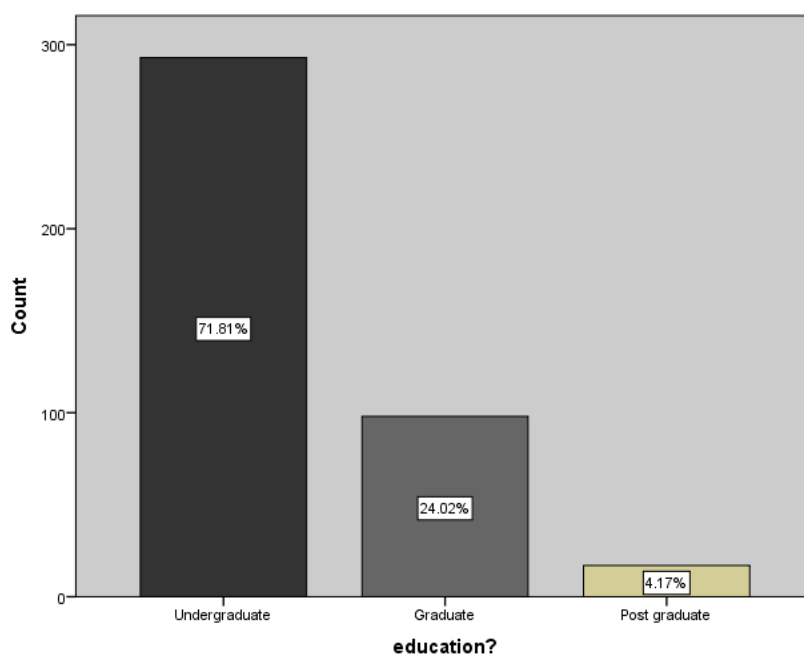


Figure 3 shows that there are 71.81% undergraduate students, 24.02% are Graduate and 4.17% are post graduate respondents.



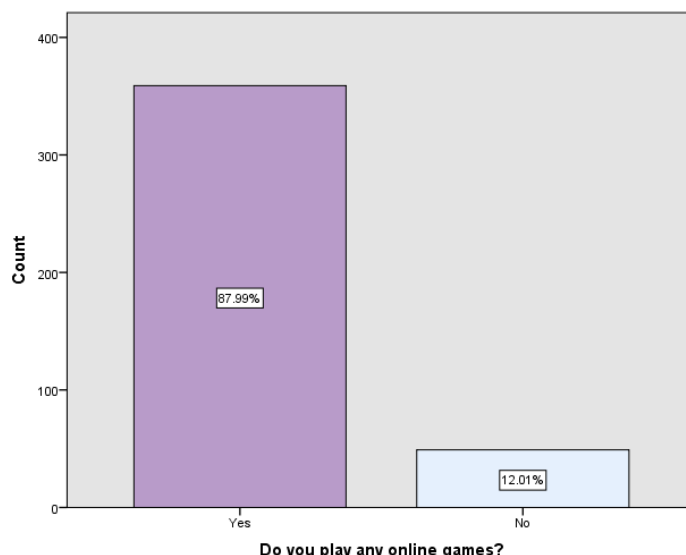


Figure 4 shows those 87.99% respondents are said that they play online games and 12.01% respondent said that they don't play online games.

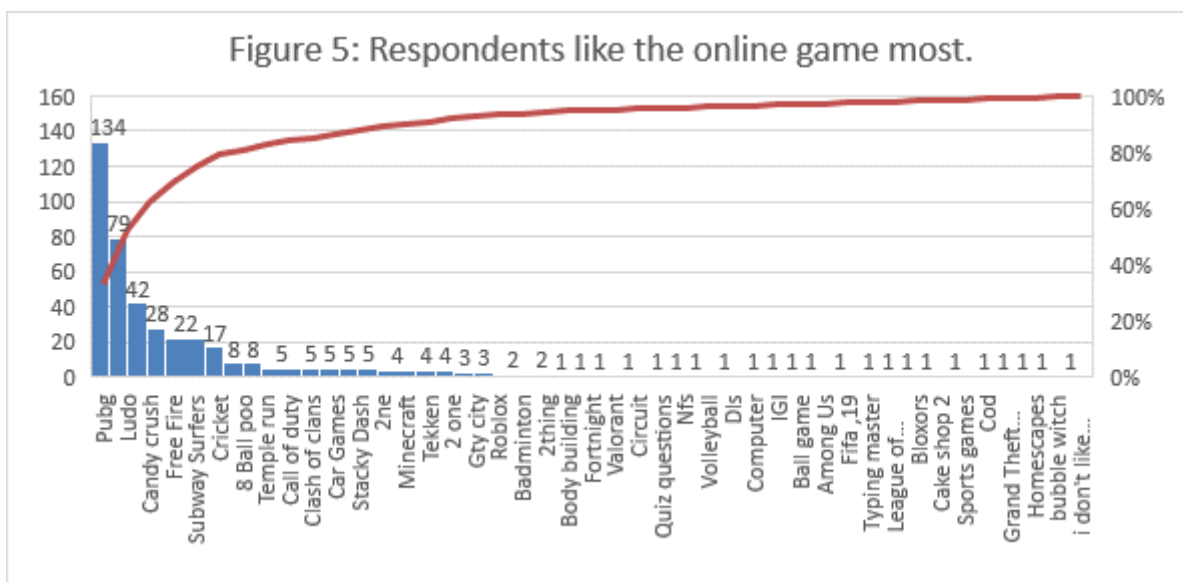


Figure 5 shows those 32.8% respondents play PUBG, 19.5% play Ludo, 10.3% play Candy Crush, 6.9% play Free Fire and said that they play online games and 12.01% respondent said that they don't play online games.

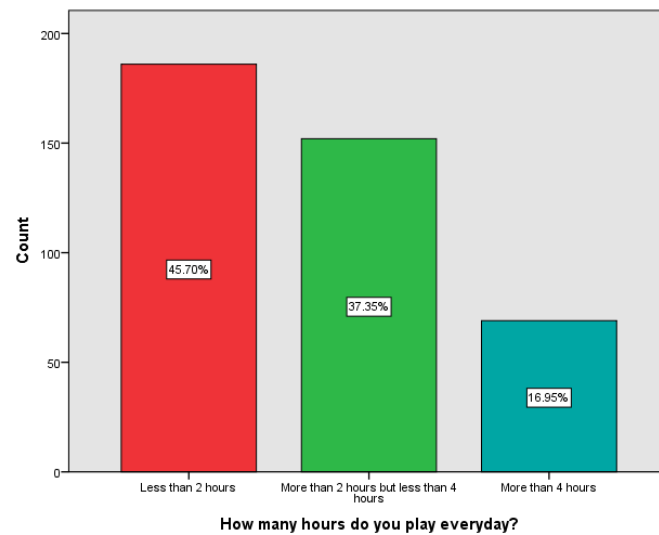


Figure 6 shows that 45.70% adults play online game less than 2 hours, 37.35% adults play more than 2 hours but less than 4 hours and 16.95% adults play online games more than 4 hours.

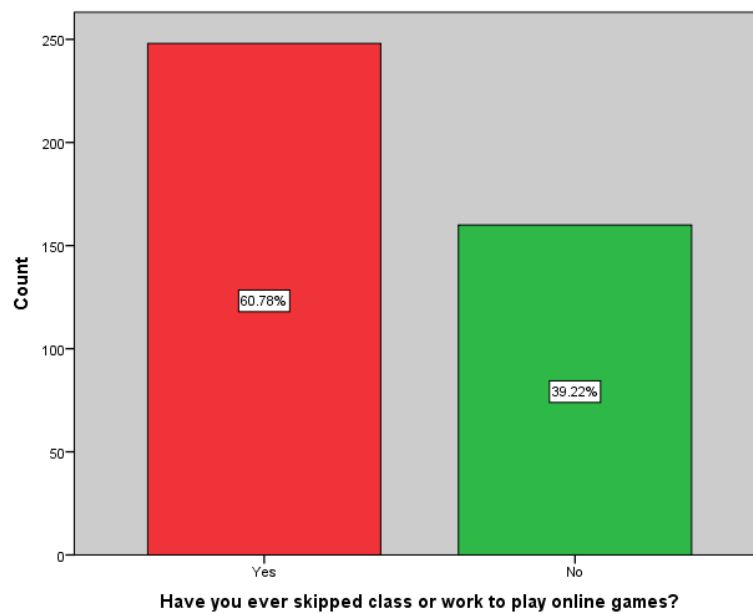


Figure 7 shows that 60.78% adults said that they skipped class or work to play online games and 39.22% adults said that they don't ever skipped class or work to play online game.

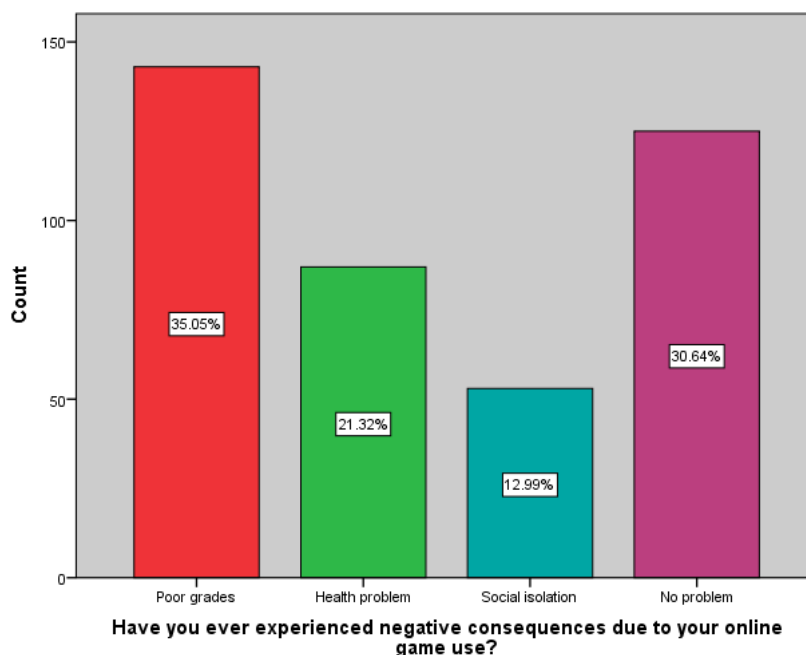


Figure 8 shows that 35.05% adults said that they experienced poor grade due to online game use, 21.32% are said that they experienced health problem due to online game use, 12.99% adults said that they experienced social isolation due to online game use and 30.64% adults don't experienced any negative consequences due to online game use. The finding shows that most of adults experienced negative consequences due to online game use.

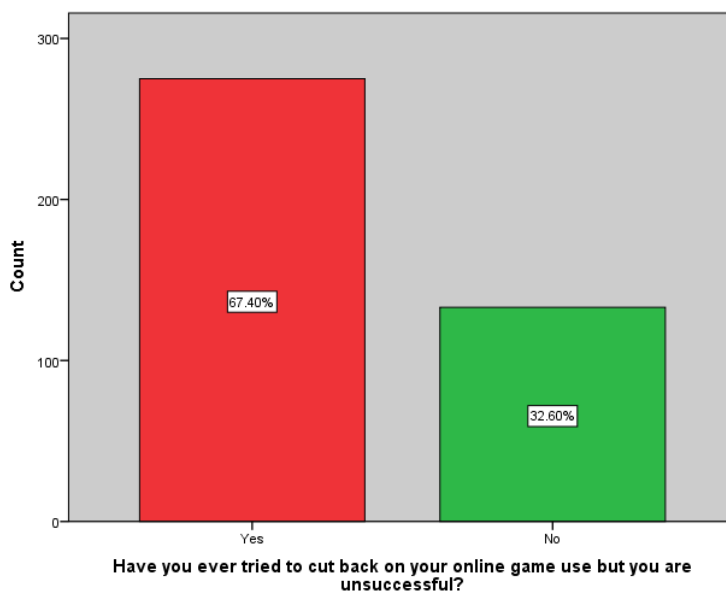


Figure 9 shows that there are 67.40% respondents said that they ever tried to cut back on online game use but they are unsuccessful and 32.60% respondents never tried to cut back on online game use.

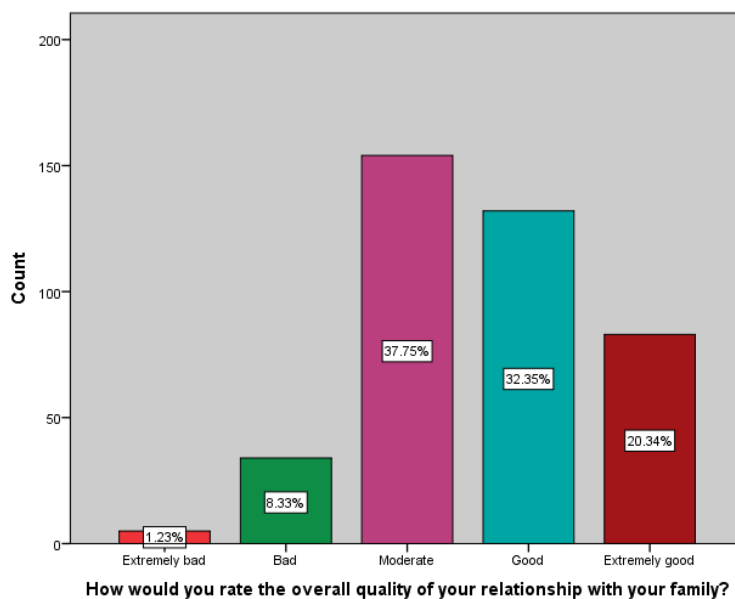


Figure 10 shows that 1.23% respondents extremely bad relationship with their family, 8.33% Bad relationship with family, 37.75% respondents Moderate relationship with their family, 32.35% respondents have Good relationship with their family and 20.34% respondents extremely good relationship with their family.

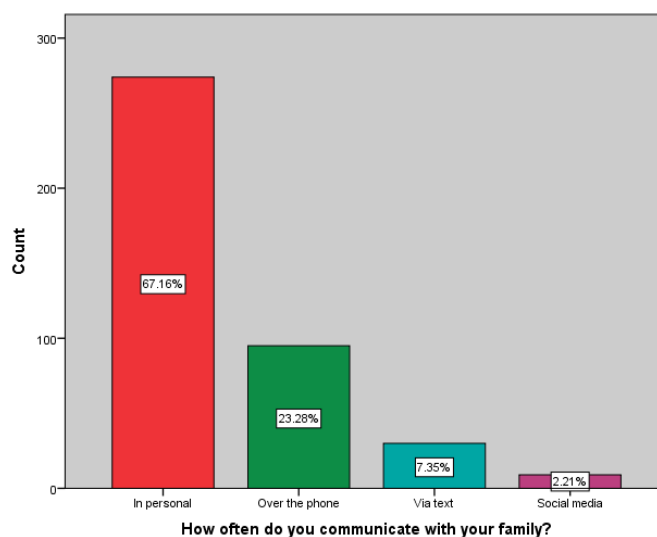


Figure 11 shows that 67.16% respondent in personal communicate with family, 23.28% respondents communicate over the phone with their family, 7.35% respondents communicate via text with family and 2.21% respondents communicate through social media with their family.

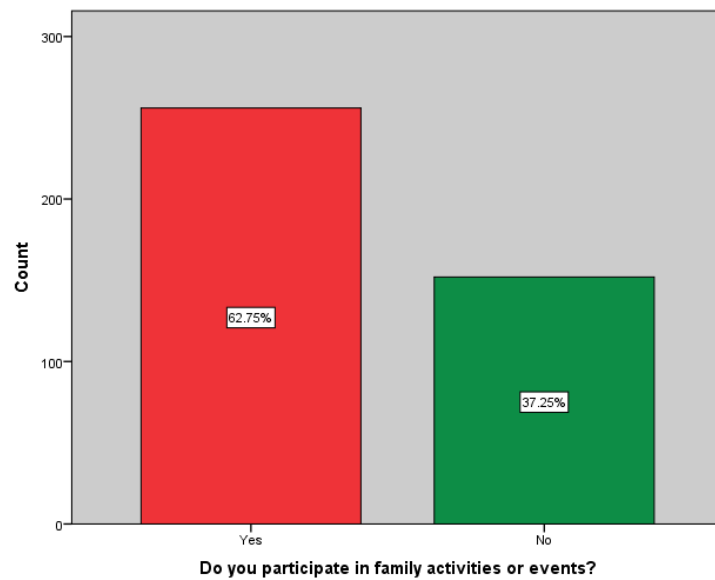


Figure 12 shows that 62.75% respondents participate in family functions and events and 37.25% don't participate in family functions or events.

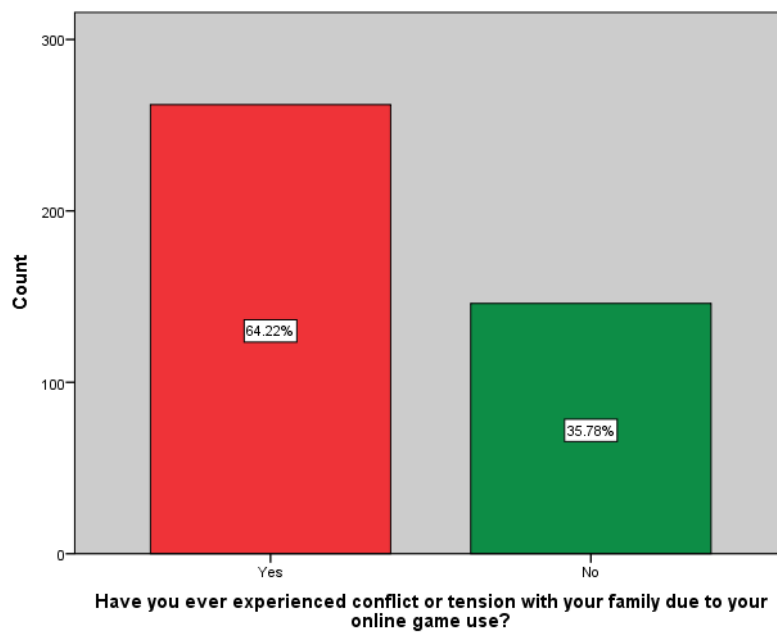


Figure 13 shows that 64.22% respondents experienced conflict or tension with their family due to their online game use and 35.78% respondents don't ever experienced any conflict or tension with their family due to their online game use.

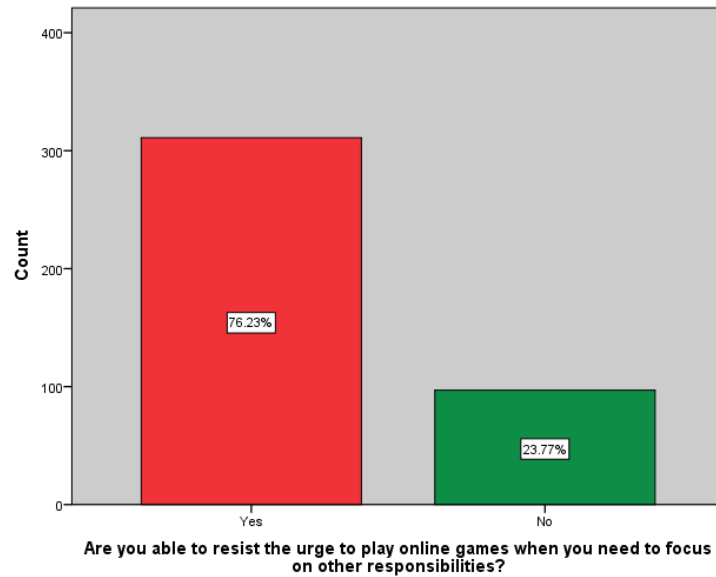


Figure 14 shows that 76.23% respondents are able to resist the urge to play online game when they need to focus on other responsibilities and 23.77% respondents are not able to resist the urge to play online game when they need to focus on other responsibilities.

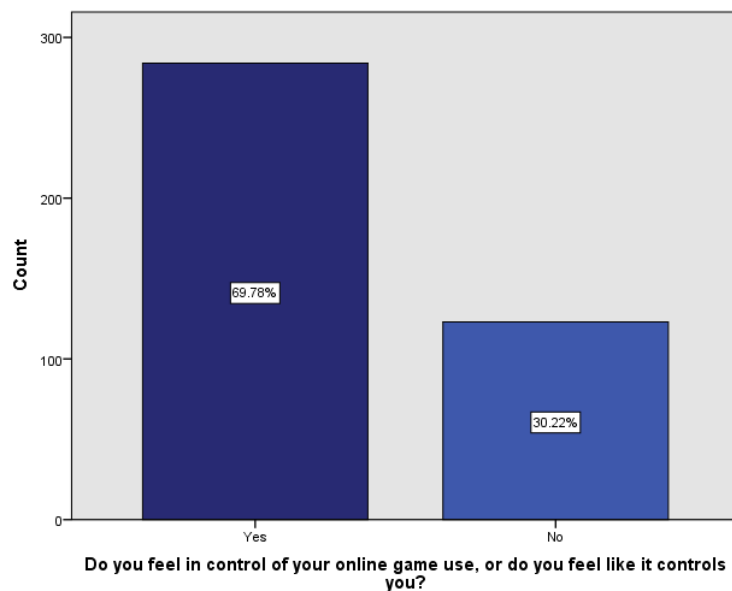


Figure 15 shows that 69.78% respondents said that yes they feel in control of online game use and feel like it controls on them and 30.22% respondents said that they don't feel in control of online game use and they don't feel that like it controls them.

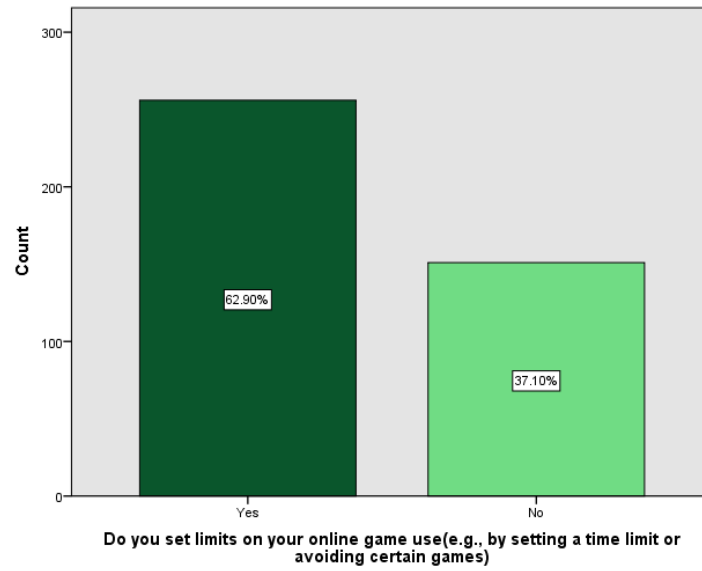


Figure 16 shows that 62.90 % respondent set their limits on online game use and 37.10% do not set limits on online game use.

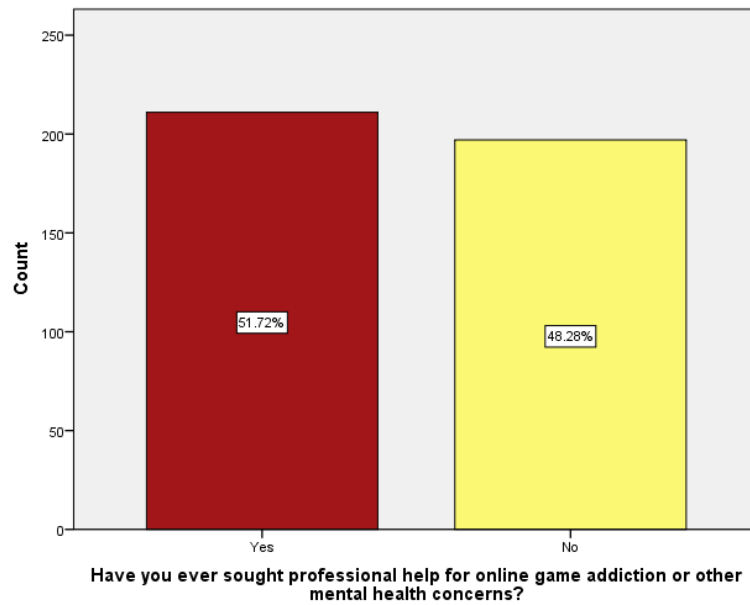


Figure 17 shows that 51.72% respondents have sought professional help for online game addiction or other mental health concerns and 48.28% respondents have not sought professional help for online game addiction or other mental health concerns.

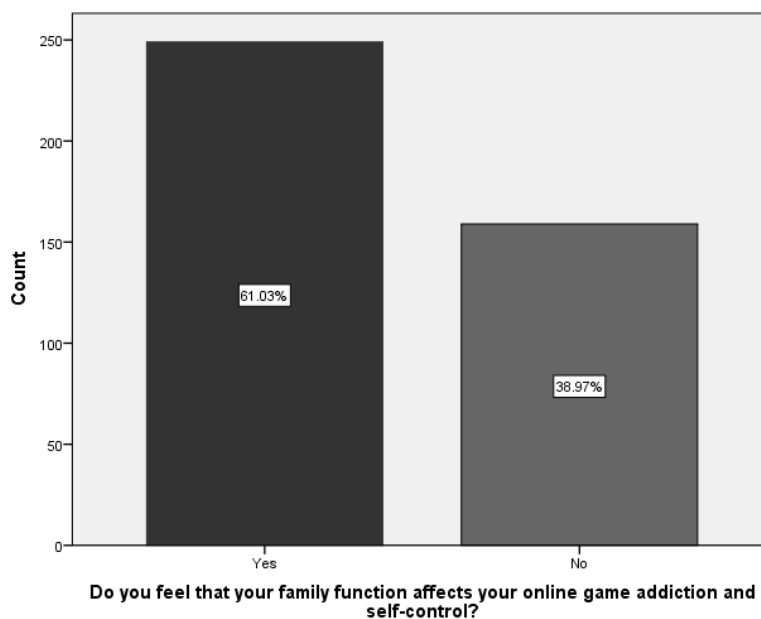


Figure 18 shows that 61.03% respondents said that yes that they feel their family functions affects online game addiction and self-control and 38.97% respondents do not feel that their family function affects their online game addiction and self-control.

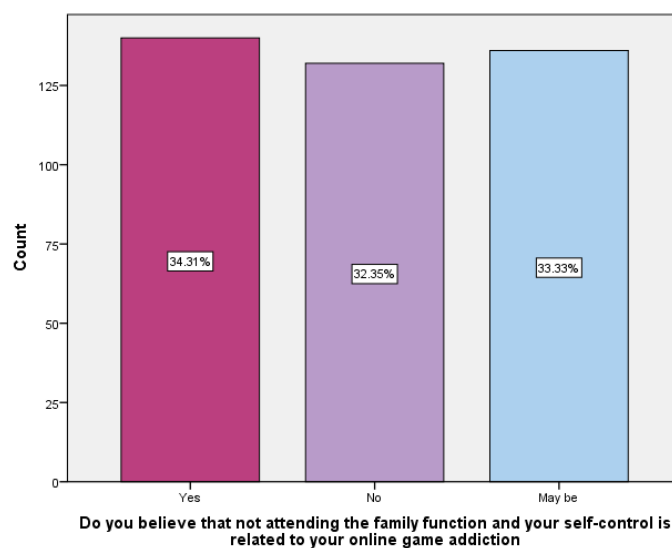


Figure 19 shows that 34.31% respondents said that yes they believe that not attending the family function and their self-control ability is related to their online game use, 32.35% respondents said that they don't believe that not attending the family function and you self-control is related to their online game addiction and 33.33% respondents said that may be not attending the family function and self-control is related to their online game addiction.



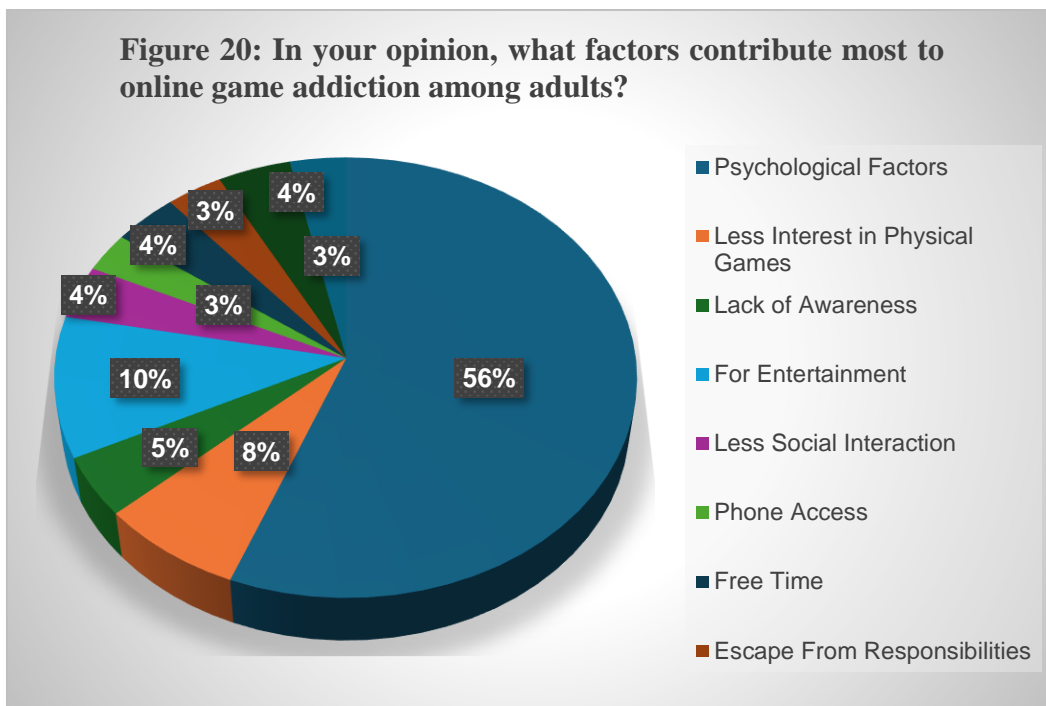


Figure 20, 56% respondents mentioned that Psychological Factors contribute most to online game addiction among adults, 10% mentioned that Entertainment factor contribute most for online game addiction among adults, 8% mentioned that when adults had less interest in Physical Game so they become addicted for online games.

H1: Adults who have low self-control ability are better likely developing online game dependence compared to those who have high self-control ability.

**Table 1: Chi-Square Analysis Between Low Self Control Ability vs Online Game Dependence**

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	52.974 <sup>a</sup>	32	.011
Likelihood Ratio	52.199	32	.014
Linear-by-Linear Association	.203	1	.653
N of Valid Cases	407		

a. 37 cells (72.5%) have expected count less than 5. The minimum expected count is .17.

Table 1 shows the Pearson chi-square value is 0.011, which Adults who have low self-control ability are better likely developing online game dependence compared to those who have high self-control ability. By doing analysis value of  $p = 0.011 < 0.05$ . Hence it is proved that, Adults who have low self-control ability are better likely developing online game dependence compared to those who have high self-control ability. H2: Adults who have poor family Connection are better likely developing online game dependence compared to those who have good family function.

**Table 2: Chi-Square Analysis Between Poor Family Connection and Online Game Dependence**

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	55.643 <sup>a</sup>	18	.000
Likelihood Ratio	58.214	18	.000
Linear-by-Linear Association	22.578	1	.000
N of Valid Cases	407		

a. 13 cells (43.3%) have expected count less than 5. The minimum expected count is .17.

Table 2 shows the Pearson chi-square value is 0.00, which Adults who have poor family Connection are better likely developing online game dependence compared to those who have good family function. By doing analysis value of  $p = 0.00 < 0.05$ . Hence it is proved that, Adults who have poor family Connection are better likely developing online game dependence compared to those who have good family function.

### **Conclusion:**

Online game addiction among adults has significant impact on family functions and self-control ability in Pakistan. The research finding indicates that the 37.35% adults play online game more than 2 hours and 16.95% adults play online game more than 4 hours which comes under addiction. Online game addiction significantly higher among adducts 60.78% adult's skipped classes or work to play online game. 35.05% adults experienced poor grades, 21.32% adults experienced health problem, 12.99% experienced social isolation and 30.64% adults have no problem 67.40% adults tried to cut back on online game use but they are unsuccessful .37.25% don't participate in family function 69.78% adults feel in control of online game use 51.72% adults sought professional help for online game addiction and 61.03% feel that their family function affects their online game addiction and self-control. This study concludes that online gaming plays a significant role in promoting extremism and violence through media war tactics. The findings reveal that online platforms are increasingly exploited by extremist groups to spread ideologies and normalize violent behavior. In-game communication, narrative frameworks, and player interactions serve as tools for recruitment and indoctrination, blurring the lines between fiction and reality. As a result, online gaming environments become fertile ground for fostering extremist mindsets. The study highlights the need for greater awareness of these tactics and stronger safeguards to prevent the exploitation of online games for violent and extremist purposes. Furthermore, we conclude that emphasizes the prevalence of online game addiction among adult's gamer in Pakistan and it is connected to the dysfunctional and lack of self-control. In order to prevent and treat online game addiction among adult gamers in Pakistan. The findings highlight the need for creating family intervention programmers and self-control training. The study also addresses online game addiction since it can have determined effects on people, families, and society as a whole. Policymakers, healthcare experts, and educators may encourage healthy gaming behaviors and improve the wellbeing of adult gamers Pakistan by creating efficient techniques for avoiding and treating online game addiction.

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