



## The Effect of Playing Online Video Games on University Students

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### Abstract

In today's society, as technology is advancing at a rapid rate we are seeing the newer generations forgetting traditional concepts, society is now becoming addicted to the virtual world. Due to the plethora of online video games available to the public we are seeing unhealthy habitual behaviors manifesting in today's younger generation, online game addiction has become a health issue across the globe. Not only does unhealthy habits and conditions manifest but emotional instability and fluctuations also develop, as one consumes themselves into the virtual world they neglect the physical and interpersonal communication which is conducted around them. With the abundance of genres, types and methods of play there is no age limitation or gender discrimination thus online video games are made for everyone to enjoy. But the concept of moderation must be kept in mind in order for users to enjoy and not have any adverse effects on their health and emotional stability. In order to study matter, the researcher had conducted the survey using mixed methods based on both quantitative questionnaire and qualitative in-depth interview of related individual regarding the issue. The samples of question had separated into 3 sessions including demographic, behavioral observation, and the effects of playing online video games. The findings of this survey will be used as a guidance of reducing addiction rates as well as educate others to understand the effects of playing online video games, and solutions to overcome these behavior problems caused from playing online game.

*Keywords: Online Video Games, Addiction, Teenager Behavior, Health and Emotional Stability Guidance, Limitation.*

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### 1. Introduction

The effects of playing online video games have become a topic of increasing research interest. Nowadays, it is the age of technology where people can communicate with each other easily and world widely. Therefore, the use of the internet tends to expand rapidly and continually increase the number of users as well as internet service organizations. Nowadays, internet service organizations a crucial role in daily life, as they offer the service, which allows users utilizing general information incomprehensibly and communicating with each other all around the world freely. Apart from using the internet on education and business, the internet also changed the world profoundly in terms of entertainment. The users can spend time on the internet for any entertainment, but the most popular entertainment is playing online video games (Boontho, 2011).

Our understanding of video game addiction is still in its infancy but anecdotal evidence and early research suggests that some individuals play video games in an addictive and harmful manner (Wong & Hodgins, 2013). A study on the source and outcome of online video game consumption among student is urgent to carry out. This is due to the anxiety of many parties concerning the online video games impacts on student creativities, fitness and other forms of social skills. In online video games, all rules and platforms are created by their creators. This makes students feel do not need to be creative in playing the games. Online video games also cause their players wasting or using up a lot of time focusing on the computer or mobile screens. Such activity might weaken the student's physical fitness and social skill as they would merely pay attention to their physical and social surroundings. The condition will eventually bring various fatal effects for their physical and mental developments (Mehroof & Griffiths, 2010).

There are many kinds of online games as defined by Jane Hurst (2015) that today's computer games are loaded with action, and there are many different categories or genres of games including Massively



Multiplayer Online (MMO), Simulations, Adventure, Real-Time Strategy (RTS), Puzzle, Action, Stealth Shooter, Combat, First Person Shooters (FPS), Sports, Role-Playing (RPG) and Educational. But, many games can be considered to be more than one genre. For instance, a soccer game could be considered a sports game, as well as a simulation game.

Another reason that makes online video games becoming popular among students is because these games are sophisticatedly designed to amaze and evoke the players' curiosity. To amaze the players, video games usually presents attractive game plays, realistic images and sounds. Virtual worlds in video games are created by inspiration of real life location. This is intended to provide sensation as if the player is visiting a real site location so they are not easy to get bored and the games also make players becoming familiar and easy to memorize the location (Eskasasanda, 2017).

There is a media stereotype that violent games will increase a child's propensity for violence. Markey and Markey (2010) attempted to predict certain personality types that would be most affected by violent video games. They found that those high in neuroticism and low in agreeableness and conscientiousness are susceptible to violent games, but only a few individuals truly act on these impulses in a manner that is noticeable. The individuals that are noted above may have had other disorders which caused them to act in this violent manner.

There are five aspects of internet addiction noted by Shaw and Black (2008): Cyber sexual addiction, cyber-relational addiction, net compulsions, information overload, and computer addiction. The main subtype we will be looking at is computer addiction, as it is described as "Many computers come equipped with pre-programmed games and people become addicted to playing them at the cost of work performance or family obligations".

## 2. Objectives

The general objective of this research is to study the behaviors and the effects that playing online video games have on university students specifically from Rangsit University International College in the field of physical health included sleeping and violence behaviors.

To specify the objectives of this research;

- 1.) To study the physical health effects of playing online video games on students
- 2.) To observe the behaviors of playing online video games of students
- 3.) To learn the behavioral differences between non-gamer and gamer
- 4.) To evaluate the effects online video games have on student's behaviors in the field of physical health specifically on sleeping and violence behaviors

## 3. Materials and Methods

The first part of this research is based on the quantitative findings collected during my three-month study of "The Effect of Playing Online Video Games on University Students." Data for this study will be gathered through online questionnaire to three separate set of questions including (1) demographic, (2) gaming behavior, and (3) the effects of playing online video games. Through this survey, this paper will access the Mode of the answer and give the result based on majority voting. The research samples are 100 students from Rangsit University International College. The online questionnaire will be randomly sent to respondents as to know the behavior of both non-gamer and gamer as well as the effects of playing online video games based on respondents experiences. The main reason of using quantitative methods is to gain an explicit evidence and a reliable result that can view as a concrete and trust worthy.

The second part of this paper is based on qualitative in-depth interview of selected individual regarding the issue. Apart from collecting primary data from Rangsit University International College students, this secondary data is an important information as well because it is where other researchers gave



an information that they have done with this kind of research. For example, the guideline of questionnaires, the set of questions, the result of behaviors and effects gained from their own research, and other relevant information including the different ways to collect data as well as the solution of problems which is very helpful for other researchers who are working on the same research. For many online video games are a way to relax, for leisure, for entertainment and to feel a part of a larger community, the sense of belonging and following in the emerging trends plays an important role in the initiation of playing online video games. The qualitative in-depth interview was designed to understand the initiation of those behavior and consequences from those online games playing behavior.

#### 4. Results and Discussion

Data gaining from the quantitative survey included the result of 100 respondents answering three separate questions are split into three sections. Section 1 Demographic, Section 2 Gaming Behavior, and Section 3 The Effects of Playing Online Video Games as the following.

##### SECTION1: Demographic Characteristic

According to table 1, the results of personal information shown total of 52% of the respondents are male while 48% of them are female. Age was found mostly between 18-24 years which is 80%, another 19% are 25-30 years, and above 31 was just only found 1%.

**Table 1** Respondent's personal information

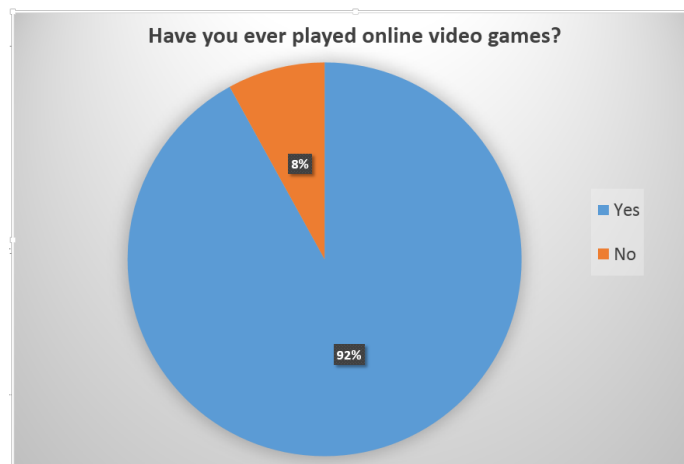
Characteristics	Frequency	Percentage%
<b>1. Gender</b>		
Male	52	52.00
Female	48	48.00
<b>Total</b>	<b>100</b>	<b>100.00</b>
<b>2. Age</b>		
18-24	80	80.00
25-30	19	19.00
Above 31	1	1.00
<b>Total</b>	<b>100</b>	<b>100.00</b>
<b>3. Who do you live with?</b>		
Individual	32	32.00
Family	38	38.00
Roommate	24	24.00
Significant others	6	6.00
<b>Total</b>	<b>100</b>	<b>100.00</b>
<b>4. GPA</b>		
Less than 2.49	15	15.00
2.50-3.00	31	31.00
3.01-3.49	37	37.00
3.50-4.00	17	17.00
<b>Total</b>	<b>100</b>	<b>100.00</b>
<b>5. Monthly income</b>		
Less than 5,000 Baht	17	17.00
5,001-10,000 Baht	34	34.00
10,001-15,000 Baht	23	23.00
More than 15,001 Baht	26	26.00
<b>Total</b>	<b>100</b>	<b>100.00</b>



According to the information from this demographic section, people who live with them were found mostly are family was 38%, followed by 32% of living individually, another 24% was roommate, and 6% was significant others. GPA was found mostly 37% which is 3.01-3.49, followed by 31% of 2.50-3.00, another 17% was 3.50-4.00, and less than 2.49 was 15% from 100 respondents. Monthly income was found mostly 34% out of 100 respondents earn 5,001-10,000 Baht, followed by 26% of earning more than 15,001 Baht, 23% of earning monthly income was around 10,001-15,000 Baht, and another 17% earn less than 5,000 Baht monthly.

## SECTION2: The Behavioral Observation of Playing Online Video Games

As the results shows in figure 1, from the result of 100 respondents answering shown that 92% are playing online video games while 8% are not.



**Figure 1** Information on playing online video games behavior

From Table 2, the results of how many hours they spent on playing online video games a day mostly found 39% from 1-2 hours a day, followed by 31% of spending around 3-4 hours a day, from 5-6 hours was 16%, 7-8 hours was 4%, another 2% was spent more than 8 hours a day, and the rest of 8% are non-gamers. A place where students play online video games was mostly found at their own house which is 48%, followed by 18% of playing online video games at Dormitory, another 11% was playing at School/University while 9% playing at Internet Café. There was 5% playing at workplace and only 1% playing at apartment. The rest of 8% are non-gamers. The subscription was found mostly 26% never spend money on playing online video games. From more than 2,001 Baht was 24%, followed by 20% of spending around 501-1,000 Baht, 1-500 Baht was 16%, another 10% was 1,001-1,500 Baht, and 4% was 1,501-2,000 Baht (This relates to student's monthly incomes). A person who plays video games with was found mostly 61% which is friends, followed by 22% of playing individually, another 9% playing with sibling, and the rest of 8% are non-gamers. From 100 of the respondents was found mostly 25% are playing Massively Multiplayer Online, followed by 13% on Stealth Shooter, 11% on Simulations and Puzzle equally while 8% on Role-Playing, 7% on Adventure, 6% Real-Time Strategy, 5% on Action, 4% on sport, another 2% on Educational, and the rest of 8% are non-gamers.

**Table 2** Respondent's behavior on playing online video games

Characteristics	Frequency	Percentage%
<b>6. How many hours do you spend on playing online video games a day?</b>		
1) Never play online video games	8	8.00
2) 1-2 hours	39	39.00
3) 3-4 hours	31	31.00
4) 5-6 hours	16	16.00
5) 7-8 hours	4	4.00
6) More than 8 hours	2	2.00
<b>Total</b>	<b>100</b>	<b>100.00</b>
<b>7. Where do you play online video games?</b>		
1) Never play online video games	8	8.00
2) At School/University	11	11.00
3) At Work	5	5.00
4) At Home	48	48.00
5) At Internet Café	9	9.00
6) At Dormitory	18	18.00
7) At Apartment	1	1.00
<b>Total</b>	<b>100</b>	<b>100.00</b>
<b>8. How much you spent on playing online video games?</b>		
1) Never spend money on playing online video games	26	26.00
2) 1-500 Baht	16	16.00
3) 501-1,000 Baht	20	20.00
4) 1,001-1,500 Baht	10	10.00
5) 1501-2,000 Baht	4	4.00
6) More than 2,001 Baht	24	24.00
<b>Total</b>	<b>100</b>	<b>100.00</b>
<b>9. Who do you play online video games with?</b>		
1) Never play online video games	8	8.00
2) Individual	22	22.00
3) Friends	61	61.00
4) Members of family	9	9.00
<b>Total</b>	<b>100</b>	<b>100.00</b>
<b>10. What kinds of online games you like to play</b>		
1) Never play online video games	8	8.00
2) Massively Multiplayer Online	25	25.00
3) Adventure	7	7.00
4) Simulations	11	11.00
5) Real-Time Strategy	6	6.00
6) Puzzle	11	11.00
7) Action	5	5.00
8) Stealth Shooter	13	13.00
9) Role-Playing	8	8.00
10) Educational	2	2.00
11) Sport	4	4.00
<b>Total</b>	<b>100</b>	<b>100.00</b>



### SECTION 3: The Effects of Playing Online Video Games

**Table 3** The effects of playing online video games have on respondent's experiences

Characteristics	Frequency	Percentage%
<b>11. Have you ever fall asleep due to sleep deprivation from playing online video games?</b>		
1) Yes	56	56.00
2) No	44	44.00
<b>Total</b>	<b>100</b>	<b>100.00</b>
<b>12. In what situation does sleep deprivation effect you the most?</b>		
1) No effect	34	34.00
2) While studying in class	36	36.00
3) While driving/traveling	15	15.00
4) While doing work	15	15.00
<b>Total</b>	<b>100</b>	<b>100.00</b>
<b>13. During an online gaming session what could drive you to be aggressive the most.</b>		
1) Nothing could drive me to be aggressive	27	27.00
2) When I lose the game	24	24.00
3) When someone looks down on me	9	9.00
4) When somebody disturbs me	7	7.00
5) When there's someone better than me	8	8.00
6) When I fail an objective	5	5.00
7) Connection issues	8	8.00
8) Server issues	6	6.00
9) Cheaters	6	6.00
<b>Total</b>	<b>100</b>	<b>100.00</b>
<b>14. What type of action does that aggression lead you to do?</b>		
1) Feeling nothing	49	49.00
2) Throw something away	12	12.00
3) Scold at someone	32	32.00
4) Harm yourself (including other people)	7	7.00
<b>Total</b>	<b>100</b>	<b>100.00</b>

From Table 3, total of 56% were saying that they fall asleep due to sleep deprivation from playing online video games while 44% did not. Sleep deprivation effect students the most was 36% while studying in class, another 34% have no effect due to sleep deprivation from playing online video games (this relates to how many hours they have spent), and 15% was effecting while driving/travelling which equals to while doing work. During an online gaming session, 27% was saying that Nothing could drive them to be aggressive while 24% was aggressive When they lose the game, 9% was When someone looks down on them, 8% was When there is someone better than them including Connection issues, 7% was When somebody disturbs while they are playing, from Server issues and Cheaters in game was 6% equally, and only 5% was feeling aggressive when they fail an objective. Types of action that led to aggression 49% was feeling nothing when playing, 32% was scolding at someone while 12% was throwing something away and another 7% was harming themselves including other people around them.

Apart from collecting data by quantitative methods, in order to understand more on how online video games affect the students of Rangsit University International College, the researcher has done several study. Therefore, the qualitative methods then will be added up in this part a total of 11 additional respondents which were chosen by the researchers as to obtain more information in various points of view from international students. The duration of the interview ensued in 3 weeks, selected 1 day each week and



divided 5 people as group 1 and 6 people as group 2 in order to fit with 3 weeks properly starting from 7 to 25 January 2019. Each day the researcher spends 20-30 minutes to interview and collect the data from respondents. The set of questions for interview involved 6 questions which highlighted the aspect of his/her experiences towards their country and people plus explaining and sharing those information to other interviewees and interviewer with the following questions;

- 1) Please share your experience regarding the situation of gaming addiction behavior in your country? What kinds of affects you mostly seen on people who addicted to the game?
- 2) How often do you or people you know spend on playing online video games a week?
- 3) How many hours are spent on playing online video games also do you think it can cause bad effects on behaviors?
- 4) Have you ever fell asleep due to lack of sleeping hours from playing online video games?
- 5) Have you ever seen or experienced any violent behavior during gaming session?
- 6) Could you help suggest the solution of how to avoid violence or bad behavior due to playing games?

#### **RESPONDENT 1**

The first respondent was a 22-year-old man, a Burmese student who majors in International Business. The Burmese respondent said gaming addiction is most likely to be the main problems in his country (not specifically in any kind of effects). After school finished, most Burmese teenagers often go to the internet café and spent around 3-4 hours on playing online video games. He thought that this can cause delay while getting back home, lack of sleeping, and don't have much time to do their homework. Plus, they might have bad eyesight or blurry vision due to spent a lot of time focusing on the screen. As his experiences, he used to play online video games for 1-2 hours daily which good time management so there is no effect on playing online video games mentally but he sometimes got blurry vision from spending time on playing but not often. Therefore, he thinks that spending a lot time on playing or focusing on screen would harm their eyesight for sure. Also, he never lacks of sleeping because he can manage his time wisely, with no violence during gaming session. The solution is to emphasize time management and physical health first, people can play online video games but should not spend too much hours. Otherwise, bad effect might be occurred.

#### **RESPONDENT 2**

A 20-year-old man, a Spanish student who studies International Business. Gaming addiction is not that big in his country. But he used to see teenagers among 9-17 years love spending time on video games rather than coming outside and doing outdoor activities. They spent around 2-6 hours daily. He believed that time spent on playing games for long period can cause effect physically and mentally as long as he/she didn't come out and have an outdoor activity or socialize with other people around them. As per his experiences, he to fell asleep due to lack of sleeping hours from playing games but he didn't have any violence while playing and giving the solution of how to avoid lacking of sleeping hours and violence is to limit your gaming session and play with good concentration.

#### **RESPONDENT 3**

A 23-year-old woman, a Chinese student who studies International Business. She said, with technology development, the situation of gaming addiction generally is so serious. It's common in teenager. The ages involved are getting younger and younger. There are so many sad stories happened in their country. Some were tired of learning once obsessed to it, some get used to staying up late and day and night were upside down, some become unwilling communicate to people, some have bad relationship with their parents, some violate to people and finally some even too addict to suicide. Personally, she plays online



video games just only 3 hours a week and she thinks that more than 5 hours a day will cause bad effect. Generally young people should attend school and only after school hours they should play. If they play 5 hours a day, it means they set aside their homework or stay up late. Apparently, it will affect their daily life. As her experiences, she has never fallen asleep due to sleep deprivation from playing online video games. Furthermore, she used to see violence during gaming session, mostly found a boy being obsessive to gaming and lose himself. He even cannot discriminate virtual world and reality. Once his father stopped him, later he hit his father like THE KING OF FIGHTER, she said. His father died due to excessive blood flow, but he never felt guilty about his action. For young people, parents play an important role, they need to control their children's playing habits like 2 hours a week most. For school, it is significant to let students know the drawbacks of gaming obsession and push them, take part in more activities in school and encourage them to enjoy real life. For government, publishing some violent games and restraining people under 18 cannot enter gaming room, these are her suggestions.

#### **RESPONDENT 4**

A 21-year-old woman, a Burmese student who studies International Business stated that most teenagers are addicted to games such PUBG, Mobile Legend and other computer games. As they spend most of the time on gaming, they are physically weak due to sleepless night and not eating regularly. For instance, only consume one meal for a day. It has been popular that these individuals stay at tea café spending most time playing mobile games with friend. Personally, she plays only 2 hours a day for PUBG when she has free time. She thinks that more than 4 hours might affect both mental and physical health. Staying on screen causes eye effect. The vision became weak and mentally they are tired and sleepy. Dangerous consequence is that some do not sleep at night playing game all night and sleep in the morning which changes the behavior of his or her personality towards others people. Playing online video games has no effect for her sleeping hours, and also, she has not seen any violence during gaming session before. Her suggestion is to reduce gaming and play with limited time. It is usual that while gaming, they are sleepy due to lack of sleep.

#### **RESPONDENT 5**

A 25-year-old man, a Thai-Australian student who studies Communication Arts. He said, there is very prominent gaming addiction in Thailand, the side effects that can be seen are sleep deprivation, agitation and at time aggression. He spends time on playing at least 2-3 hours a day. Plus, he said, the longer you play the more effect it has on eye sight, mental fatigue and also the stress and anxiety levels, excessive hour may lead to severe health risk thus moderation is essential. For sleep deprivation, he has never fallen asleep because he doesn't really play that much. No physical violence during gaming session but there at times some verbal violence occurring. He suggested moderation, everything in moderation can be a way to relax and have fun in the gaming retrospect, allowing yourself to stay in the online world for at least 1 hour and take a break for a whole before coming back and playing again.

#### **RESPONDENT 6**

A 20-year-old man, a Taiwanese student who studies International Business. He thinks a lot of people have both physical and mental issues in Taiwan. This is not a main problem, but has to find a way to educate people who are obsessed too much to the game. He doesn't play online video games too much, maybe 2 hours for a week. For those who keep playing for a long period of time maybe 17 hours up or more, will easily see their changes. For example, people who obsessed too much to the game will not have a fresh face, especially their eyes will become yellow, and bags under their eyes become dark. He experienced sometimes that lack of sleeping due to playing online video games late at night with friends and have not seen any violence during gaming session before. In addition, he suggested to concentrate while playing





online video games that people should know what they were doing which they should not become impulsive otherwise they will lose control and violence takes over and a lot of effects.

**RESPONDENT 7**

A 24-year-old man, a Burmese student who studies Engineering. He said, most of the youth like to play game in their free time or even by skipping school. By doing so, people are only talking about games and they are becoming less productive on their daily life. He usually plays offline video games around 5 hours a week. As per his opinion, people should not spend more than 1 to 2 hours on daily basis. They must specify their gaming hours for a day and must follow it. Otherwise, it will take all the productive hours of both social and professional. Sleeping deprivation has never happened to him, but he always has seen it around many times to his friends. He had heard that people are scolding during gaming even in the class or canteen which might violate to others. For suggestion, it cannot happen abruptly but gradually, we can manage it by being more productive on our own and by being motivated, and beware of not spending too much time for gaming.

**RESPONDENT 8**

A 20-year-old woman, a Thai student who studies Hospitality and Tourism. She said, she was pretty much sure that the gaming situation in Thailand is pretty serious. Due to that fact that many kids are involved in many types of games, and that lots of kids that are under the age of 20 are always going to the internet café. I think kids who are have addiction to it can really affect their physical and mental health. The reason it affects both physical and mental is that most games that kids play are violent games, shooting, murdering etc. As for her experiences, she spends approximately 5-6 hours in playing games but they are not continuous hours. She plays and then pause. She thinks that continuous long hours like 4 plus continuous hours can be harmful or even less than that. Plus, she used to fall asleep sometimes during the day from lack of sleep. Sometimes she chose the wrong time to play games like e.g. after midnight. She is usually playing games but haven't seen much on violence but mostly seen scolding to each other. Her idea of solution from avoiding violence and lack of sleep would be that everyone should choose the right game for their age. If you are still young, then they should be under the control of parents. But if you are at an appropriate to play something more violent then you should play at a time that is appropriate. Also, we should always think that it is just a game and never perform anything in the game in real life.

**RESPONDENT 9**

A 26-year-old woman, a Thai student who studies International Relationship and Development. As Thai interviewee said, the situation of gaming addiction in my country is considered critical according to the news nowadays. They tend to pay attention only the game but not to anything in their environment. The effect that I have seen from those who addicted to games is that they appeared to spend most of their time on screen both PC and mobile. Games are everything to them and thus it caused them to alter their daily routine such as skipping meals or resting in odd hours for instance. She rarely plays online video games as it is not a priority in life. She thinks if you spend time on games more than 1 hour can cause bad outcome not only to your bare eyes but your brain will automatically be used in a narrow space, a small community of gamers rather absorbing new knowledge or creating something beneficial to themselves, family or even the community. She never fell asleep due to the lack of sleeping hours from playing games as I mentioned earlier that games are not in her To-Do list. There is none to her experience but according to the news, the gamers are quite violent in nature of the games they play. When they are really into it, they might apply bad attitudes to people surrounded. Stop playing games is the best way out. She said, I would love to see the development of Thai students' education. The individuals supposed to work and study harder for the sake of



their own future. We are now left behind our neighboring countries and it's going to be even worse in the near future. If they continue playing games, who will be the one who drive the country forward?

#### **RESPONDENT 10**

A 19-year-old woman, a Thai student who studies Communication Arts. She felt like game addiction mostly happens among individuals, around age 12-18 years. The effects would be having hot-temper or become violent sometimes. A male has more aggressive behavior than female observing from seeing them spend most of the time on playing games, she observed from international friends and her older brother. Mostly male students have verbal violence during gaming session. She spent around 7 hours per week playing online game. The effect may prevail depending on a person actually but she would say more than 8 hours a day can cause bad eye effects due to focusing on the screen for a very long period of time. She also used to fall asleep in class because of wrong time playing games at night. For violence, she never seen from other people but she views violence through the character, and the suggestion to avoid violence and sleep deprivation by not putting themselves as the character of the game. You are you and game is game. They are different and we should be able to differentiate them from one another.

#### **RESPONDENT 11**

A 21-year-old man, a German student who studies International Business. He said, gaming addiction is not really common in Germany, but for the ones that have it, it affects both mental and physical health. He does not actively game anymore. He used to play computer games for multiple hours a day, but he doesn't do that anymore. Occasionally he plays games on my phone. He thinks it varies per person and the tasks one has. For a very busy person a few hours can be bad already, because it can cause a lack of sleep and relaxation. For people with more time every day they might need to spend more time gaming before experiencing negative effects. Sleep deprivation due to playing online video games has no effect on him. For violence, yes, back when he used to game a lot and could get very aggressive while playing shooter games. The solution is setting clear boundaries for oneself of how long one can game every day. But this is rather difficult.

### **5. Conclusion**

According to the survey, the total number of students who play online video games is quite high both male and female in Rangsit University International College. The only rest of 8% out of 100 respondents are non-gamers. However, the majority of non-gamers and gamers can upkeep their GPA at the rate of 3.01-3.49. Plus, the majority of international students spend around 1-2 hours playing online video games at home. From financial aspect, it seems to be those who have got high monthly income are likely to spend money on playing online video games which is 24% out of 100 respondents and it closes to those who never spend money on playing online video games as well, which is 26%. The main influencer of playing online games is friends, which is related to Massive Multiplayer Online type of games that students selected to be the top answer. In the aspect of effects of playing online video games have on Rangsit University International College students, online video games both on mobile or computers can cause bad effects. 56% of students who have fallen asleep due to sleep deprivation from playing online video games is quite high. This can be the main reason why international students who always sleep in class may cause lack of sleep hours at night. Violence may occurred during gaming session, the majority answered that nothing could drive them to be aggressive. While the interesting followed answers rate is very close to be aggressive when they lost the game. The aggressive behavior during gaming session can be controlled by 49% of 100 respondents, followed by 32% of scolding at someone which is quite high rate of aggressive behavior.



From the data received by interview, the researcher gained a lot of aspects in the field of the behavior and the effects of playing online video games have on people in their countries. The 11 additional respondents come from Thailand, China, Burma, Spain, Australia, German, and Taiwan. They gave lots of interesting information on gaming behavior and the effects mostly occurred in their countries. These can be summarized as first, Thai, Australia, China, Burma interviewees have alike information clearly based on their experience in home country. These 3 countries see that online game addiction is one of the main student's problem which can cause both mental and physical effects, the worst mental health was suicide and found in China due to time spent on playing games too much, until the gamer commit suicide as the character in game does. On the other side, physical effects were mostly found in bad eyesight due to focusing too much on the screen, the longer you play the more effect it has on eye sight, mental fatigue and also the stress and anxiety levels, excessive hour may lead to severe health risk thus moderation is essential. Sleep deprivation due to playing online video games is occurring with some interviewees and their surrounded people as well. Another physical effect, skipping meals is one of the main answers as well which can cause malnutrition and stomachache. The violence mostly found in those who play violent games (e.g. killing, fighting, shooting, murdering and etc.) which lower 18 years old try to imitate the behavior from addict too much to the game. Moreover, the majority of interviewees have never fell asleep due to sleep deprivation from playing online video games but they most seen some of their friends have this kind of effect.

Meanwhile, Spain, German, and Taiwan found out that this gaming addiction behavior and the effects of playing online video games is not a big problem in their countries. But this problem should be solved and people should be educated to emphasize more on socialization and outdoor activities as to avoid mental and physical health. 3 respondents of these countries have never lack of sleep due to playing online video games but mostly seen their friends lack of sleep hours in class. For the violence, in Germany, this can be occurred when playing aggressive games such as shooting, and killing people comparing to himself and others, this kind of things is mostly seen in common. In Taiwanese and Spanish aspects, both of them have not seen any violence during gaming sessions. However, this problem is an eye-catching among teenagers, which surrounded people and parents should not overlook.

For the solution and prevention, students should emphasize on time managements and physical health carefully, limit your gaming session and play with good concentration. Parents play a big role controlling and shaping their children's behavior, they can help limit playing hours within under control of their orders. Another big role played is by school and social networks, educate them to focus on more drawbacks playing online video games or how to play online video games properly. Plus, government can establish the law for some violent games as to only allow 18 years students to play. Moreover, everyone should choose the right game to place for their age as well as the right time to play the game. Also, understand that it is just a game and certain actions should never be performed in real life. Another solution is stop playing game is the best and emphasize on more developing country and educational system.

In conclusion, the researcher would like to thank and express interviewee's suggestion and solution of how to avoid violence during gaming and how to get rid of there lack in sleep due to playing online video games as to be helpful information and well-prepared prevention if these problems occurred in the future this data is explicit, clear, and reliable gaining from various points of views of each representative from each country.

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