

Problematic digital gaming behavior and its relation to the psychological, social and physical health of Finnish adolescents and young adults

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Considering the increased prevalence of online gaming, this study aimed to identify problematic gaming behavior among Finnish adolescents and young adults, and evaluate its connection to of psychological, social and physical health indices. This cross-sectional study was conducted with a random sample of 293 respondents aged from 13 to 24 years completing an online survey. Problematic digital game use was measured with the Game Addiction Scale (GAS). In addition to health measures such as perceived psychological and physical symptoms, life satisfaction levels, preferences for social interaction, general health, Body Mass Index (BMI) and physical activity level were measured using questionnaire. Problematic game use was found to relate to psychological health problems, namely fatigue, sleep interference, low satisfaction with life, depression and anxiety symptoms. Weekly digital game playing time, depression and a preference for online social interaction predicted increased problematic game symptoms.