

The Investigation of the Relationship Between Hopelessness and Internet Gaming Disorder in Young Adults

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Abstract—This study aims to investigate the relationship between hopelessness and internet gaming disorder (IGD) in young adults aged 18-29. A total of 654 participants (71.9% women, 28.1% men) completed the Beck Hopelessness Scale, Internet Gaming Disorder Scale Short Form, and Personal Information Form. The results show that males exhibited higher levels of hopelessness than females. There was no significant relationship between hopelessness and age. A positive and significant relationship was found between hopelessness and IGD and IGD significantly predicts hopelessness

Keywords— Internet Gaming Disorder, Hopelessness, Young Adulthood

I. INTRODUCTION

Young adulthood is a period of both important opportunities and challenges for individuals. Many individuals move away from home for the first time during this period, start university or work, or get married and have children [23]. In young adulthood, which is stated to last from 15-24 years of age to 30-40 years of age [32], individuals may encounter difficulties in performing different developmental tasks. This situation may negatively affect individuals' expectations about the future. At this point, it suggests that individuals may experience hopelessness in young adulthood.

The concept of hopelessness was defined by Beck et al. (1974) as a cognitive schema system that includes negative expectations about the future. Hopelessness has three dimensions which includes the dominance of negativity in the individual's feelings and thoughts about the future and loss of motivation [3], includes the individual's belief that he will fail to achieve his goals for the future [20]. Hopelessness, which is positively associated with negative and stressful life events [15] [22], reduces the resilience of individuals [9]. It has been stated that factors such as the individual's feeling of belonging to a community, general health status and academic performance during young adulthood can be both risk factors and protective factors for hopelessness [18]. When factors related to hopelessness are examined, it is seen that insomnia, high levels of fatigue, and low levels of social support are associated with hopelessness [5]. However, hopelessness can lead to negative consequences such as loneliness, depression and suicidal

ideation in young adults [18]. The relevant literature has revealed that hopelessness is related to technologically based concepts such as cyberbullying victimization [8] and that there is a negative relationship between internet addiction and individuals' future expectations [11]. One of the negative conditions thought to be related to hopelessness is internet gaming disorder.

Internet gaming disorder is expressed as a behavioral disorder on which further research is recommended in the Diagnostic and Statistical Manual of Mental Disorders (DSM-V) published by the American Psychiatric Association (APA) [1]. For the diagnosis of internet gaming disorder, the individual must have a period of at least 12 months and must meet at least five of these criterias: when gaming becomes a priority in his/her daily life, his/her mind is occupied with gaming when he/she is not playing, he/she shows withdrawal symptoms such as anxiety and anger when he/she stays away from the game, he/she feels the need to play more and more games, he/she has multiple failed attempts quitting or controlling playing games, risking an important professional, relationship wise or educational opportunity due to internet games, and lying about the time spent playing games. Internet gaming disorder, which is common among young adults [14], has been found to be associated with variables such as the individual's maladaptive cognitions, cognitive emotion regulation styles, and self-control [17]. However, internet gaming disorder, which is affected by negative life events [16], has been found to negatively affect life satisfaction, self-esteem and social support, which are dimensions of psychosocial well-being in young adults [30]. It is known that internet gaming disorder, which is also associated with loneliness [31], has a negative relationship with purpose in life [35]. It has been revealed in the literature that depressive symptoms and depression are common in individuals with internet gaming disorder [21]. In addition, internet gaming disorder has been found to be associated with self-mutilation [13] and suicidal tendencies [7]. This suggested that there may be a predictive relationship between the concept of hopelessness, which is closely associated with depression and suicide [19], and internet gaming disorder. Therefore, this study aimed to examine the relationship between hopelessness and internet gaming disorder in young adults.

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II. METHOD

A. Model

This research was carried out with the relational screening model, one of the general screening models. The relational scanning model is used to determine the relationship between two or more variables [4]. The dependent variable of the research is hopelessness and the independent variable is internet gaming disorder.

B. Study Group

This research was conducted with a total of 654 young adults, 470 women (71.9%) and 184 men (28.1%) between the ages of 18-29, with an average age of 21.83.

C. Measures

1. Beck Hopelessness Scale

The Turkish adaptation of the scale developed by Beck et al. (1974) was made by Seber et al. (1993) [25]. The scale consists of 20 items with 11 correct and 9 incorrect key answers, and 1 point is given for answers compatible with the key and 0 points are given for incompatible answers. The arithmetic total of the results constitute the total hopelessness score, and the score varies between 0 and 20. The scale has 3 dimensions: feelings about the future, loss of motivation and expectations about the future. The Cronbach's alpha internal consistency coefficient of the scale was calculated as .86. Cronbach's alpha coefficient for this study was calculated as .89.

2. Internet Gaming Disorder Scale Short Form

The scale, developed by Pontes and Griffiths (2015) and adapted into Turkish by Arıcak et al. (2018) [2], consists of 9 items and a single dimension. The items are of 5-point Likert type (1 = Never, 5 = Very often) and the total score is obtained by adding the points given to each item. There are no reverse items in the scale and the total score that can be obtained from the scale varies between 9 and 45. It is stated that since the score to be obtained if each item is answered as "Often" is 36, this score can be considered as the cut-off point for internet gaming disorder. The Cronbach's alpha internal consistency coefficient of the scale was calculated as .82. Cronbach's alpha coefficient for this research was calculated as .85.

3. Personal Information Form

The Personal Information Form created by the researcher, aims to collect general information from individuals who will participate in the research. Personal Information Form; consists of questions to determine the participants' gender, number of siblings, education level of parents, romantic relationship status, time spent playing online games on weekdays and weekends, sleep duration, regular physical activity, and regular eating habits.

D. Analysis of Data

The data obtained in the research were analyzed using the SPSS 25.0 package program. After removing the extreme data, skewness and kurtosis coefficients were examined to determine whether the scores the participants received from the scale

showed a normal distribution. As seen in Table I., skewness and kurtosis values for the scales vary between ± 1.5 [27]. At this point, it is accepted that the data is normally distributed. Independent samples t-test, one-way analysis of variance (ANOVA), Pearson Product Moment Correlation Coefficient and simple linear regression analysis were used to analyze the data.

TABLE I: DESCRIPTIVE STATISTICS FOR VARIABLES

Variables	N	X	Sd	Skewness	Kurtosis
Hopelessness	654	5.69	4.94	.879	-.203
Internet Gaming Disorder	654	12.20	12.20	1.477	1.305

III. RESULTS

As seen in Table II., the hopelessness levels of young adults differ significantly according to gender ($t_{652}=-3.020$, $p<.05$). Hopelessness levels of men ($\bar{x}=6.62$) are significantly higher than women ($\bar{x}=5.33$).

TABLE II: T-TEST RESULTS REGARDING THE DIFFERENCE OF HOPELESSNESS LEVEL IN YOUNG ADULTS ACCORDING TO GENDER

Variable	Groups	N	X	Sd	t	p
Gender	Female	470	5.33	4.81	-3.020	.003*
	Male	184	6.62	5.15		

As seen in Table III., as a result of the Pearson product-moment correlation coefficient analysis, there was no significant relationship between hopelessness scores and age ($r=-.014$, $p>.01$).

TABLE III: PEARSON PRODUCT MOMENT CORRELATION COEFFICIENT RESULTS OF THE RELATIONSHIPS BETWEEN HOPELESSNESS AND AGE

	Hopelessness	Age
Hopelessness		-.014
Age		

As seen in Table IV., as a result of the Pearson product-moment correlation coefficient analysis, a significant positive relationship was found between hopelessness scores and internet gaming disorder scores ($r=.282$, $p<.01$).

TABLE IV: PEARSON PRODUCT MOMENT CORRELATION COEFFICIENT RESULTS OF THE RELATIONSHIPS BETWEEN HOPELESSNESS AND INTERNET GAMING DISORDER LEVELS OF YOUNG ADULTS

	Hopelessness	Internet Gaming Disorder
Hopelessness		.282**
Internet Gaming Disorder		

As seen in Table IV., as a result of the simple linear regression analysis, it was determined that internet gaming disorder significantly predicted hopelessness ($R=.282$, $R^2=.08$, $Adj. R^2=.080$, $F_{1-652}=56.529$, $p<.01$).

TABLE IV: SIMPLE LINEAR REGRESSION ANALYSIS RESULTS FOR PREDICTING HOPELESSNESS

Variable	B	Standart Error	β	t	F	R^2
Constant	1.814	.549		3.306		
Internet Gaming Disorder	.318	.042	.282	7.519	56.529	.080

IV. DISCUSSION

As a result of the research, it was determined that the hopelessness level of young adults in men was higher than in women. It is seen that there are parallel studies with the findings of the research in the relevant literature [33]. In a study examining the relationship between daily stress and coping strategies and hopelessness, it was found that although women are exposed to more daily stress than men, being male has a significant effect on hopelessness [24]. However, studies contrary to the findings of the research have also been found in the literature [12] [28]. The fact that men have a higher level of hopelessness than women has been explained as the gender roles imposed on men due to the characteristics of patriarchal society and that they can be driven to despair as a result of experiencing more anxiety in developmental tasks such as finding a job and getting married [29].

As a result of the research, it was determined that there was a low-level positive relationship between hopelessness and internet gaming disorder. When the literature was examined, it was seen that there were studies parallel to the findings of the research [6] [34]. A study revealed that hope can be an effective factor in individuals' coping with internet gaming addiction and suicidal thoughts [48]. Other studies in the literature have found that there is a significant relationship between problematic video game playing behavior and depression [10] and that individuals with internet gaming disorder are more likely to have modern-type depression. However, in a study where 31.3% of the participants used the internet to play games, it was found that there was a significant relationship between internet addiction and hopelessness [26]. In light of all this information, it can be said that the findings of the research are supported by the literature and internet gaming disorder is an important variable affecting hopelessness.

V. CONCLUSION

The level of hopelessness in young adults can be affected by gender. Therefore, examining the relationship between different demographic variables and hopelessness in future studies will be important in preventing hopelessness in young adults. Internet gaming disorder predicts hopelessness in young adults. For this reason, it would be appropriate to take internet gaming disorder into consideration in interventions to prevent or eliminate hopelessness in young adults.

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