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**Biopsychospołeczne uwarunkowania patologicznego korzystania
z gier wideo i Internetu przez dzieci w wieku od 8 do 12 lat**

*Biopsychosocial determinants of pathological use of video games
and the Internet by children aged 8-12*

Praca doktorska przygotowana pod kierunkiem

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Gdańsk 2022

ABSTRACT

Aims of study: The research was aimed at prevalence of pathological video gaming and Internet use among school children and its predictors, protecting and risk factors as well as developmental trajectories. The effect and predictive power of externalizing and internalizing disorders, temperament, developmental tasks, parental supervision, class climate, game genre, time of gaming and using the Internet were tested. It was assumed that children differ in their individual development trajectories of PIU.

Participants: The study included 453 children aged 8 to 12 - primary school students in Zielona Góra ($N=453$). The selection of participants was random.

Procedures: The study was conducted prospectively in 2018-2020, with equal time intervals (12 months). The traditional questionnaire method was used with the same research tools in each wave. Some of the data came from the children's parents ($N=453$).

Results: Most children (55% to 65% in each wave) do not show a pathological pattern of video game and Internet use, while 16% to 25% use them pathologically - mostly boys. Children's use of media does not vary by child's age and increases over time. Children show different development trajectories of PIU which differ mainly in terms of individual and media characteristics. The strongest prospective predictor of PIU is the use of risky games and low level of implementation of development tasks. Children show different development trajectories in PIU at the group and individual level. Children with problematic use differ only at the group level. The strongest risk factors include long time of video games and the Internet using and low life satisfaction. 4% of children consistently show symptoms of PIU with no remission.

Discussion: The results confirmed most of the hypotheses and are consistent with some previous studies on PIU. Surprisingly, the predictive power of exercise time is stronger than

that of parental control, the influence of internalizing disorders, especially depression is weak and there is the lack of influence of the child's temperamental traits on PIU.

Implications: Future research should include larger groups in longitudinal studies. They also should take into account the child's motivating factors for online activity, coping strategies, the role of modeling of the parent-Internet user. Preventive and therapeutic activities should cover children from the first grade and upper, interventions are justified for parents and students separately from risk groups and groups with PIU symptoms.

Keywords: Internet misuse, video gaming overuse, behavioral addiction, risk factors, protective factors, bioecological model, developmental psychology