

Factors Affecting to Physical Activity Of Game-Addicted Children

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Abstract

New generation children nowadays have higher risk of game addiction. When they are addicted to playing game, they could not control themselves for time management. If they are told or forced to stop playing they might refuse to do so and have negative behaviors. Game addition has negative impact on children behaviors and minds. It can affect their learning or even cause some problems with social interaction. More importantly, it can also affect children's body movement. The purpose of this research was to examine the factors affecting children's body physical activity of game addicted children. The samples were 400 of 13 to 19-year-old children who were game-addicted, obtained by using sampling analysis from Hsieh (1998) and Multi Stage Sampling technique. The data were collected by using the developed questionnaire which asking the questions about personal information, family factors, game factors, psychological factors and physical activity, then the obtained data were analyzed by using basic statistics such as percentage, median, standard deviation and Chi-Square analysis. The result shows that 59 % of game addicted-children have been found at high level of physical activity whereas other 41 % of game addicted-children have been found at low level of physical activity. For comparison, it is found that the game-related factors, such as game types and psychological factors including attitude about exercise, have statistically different levels of physical activity (p -value <0.05). For correlation analysis, it is found that the game-related factors, such as game types, and psychological factors such as attitudes about exercise have statistically significant correlation with physical activity (p -value <0.05). The results of the present study about factor affecting to physical activity of game addicted-children could be used as basic information for designing the activities in solving the movement problems of the target group of game addicted children or can be used for further studies about how to solve the problems about game addition behavior.

Keywords: factors affecting; physical activity; game-addicted children