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# Online Games and Children: An Analytical Study

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## ABSTRACT

*Gap between virtual and the real world is getting blurred for fast technology. Each sphere of life is dependent on technology and internet. In India, in every house all members of the family including children might be seen busy in playing online games ignoring its harmful effects on health, career, and social life. This paper to trace negative and positive effects of online games particularly on children and suggests means and ways to ensure healthy and prosperous future to coming generation with the help of doctrinal research methodology.*

**Keywords:** *Negative Effects, Positive Effects, Students, Blue Whales, Indian Judiciary, Academic career, Health issues, Social Life, Parent's and Teacher's Responsibility, India.*

## I. INTRODUCTION

Young generation has been found behind the online games due to technological development. Today, we can easily found in every house that all are using the phone without talking to each other and paying attention to other member of the family. In most of the cases, people they are using Face Book, twitter, WhatsApp, Instagram and playing online games. Mostly children are found playing the online games as various lucrative games are available to them on phone, laptop and computers. In some cases, parents and other family members have been found to motivate the children to play online games while ignoring the harmful effects of these games on health, career and social life etc. Sometime parents become the reason for the addiction of the children to these games due to lack of time and they play these games in front of children. However, both positive and negative effects of the games have been found on children. At present time, online become one of the reasons for Brain Boosting, Improved Life Skills, May Ease Anxiety and Depression, Painkiller and enjoyment. On the other hand, these games have been one of the reasons for Obesity, Stress, academic loss, health issues, breaking of social circle etc. Number of deaths of the excessive user of online has been reported with strokes or heart attacks. The games created a competitive atmosphere in the word of young generation. Different emotions have been experienced by the players like at the time of playing “PUBG” or

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any other game the heart beats does up<sup>3</sup>, shaking of hand on winning due to excitement, scolding the brother sister when they interrupt in the game etc. They do not bother to eat food and drink water, show their anger on devices like personal computer, keyboard, and monitor even at family members, friends and their partners in the online game.<sup>4</sup> However, health issues includes head ache, pain in body, hands and legs due to excessive use of fingers and hands, other problems for late night sleep causing problems in eye sight etc.

Apart from this, Role Playing Games like “*Baldur's Gate*”, “*Skyrim*”, or the last word “Fantasy series”<sup>5</sup> attracted children. The new online “RPG” games often combine anime-style graphics with top multiplayer action. Children have been behind the attractive storylines of Role Playing games. Characters of these games carry abilities, skills, and equipment as explored in surroundings. At the Covid-19 times, these online games have attracted not only to the children but adult and majority of population of the world irrespective of their age, religion, cast and nation. But, the most effected class has been the children who are the wealth of a nation. Therefore, all the negative and positive effects of the online games have been discussed in detail with their history as fellow:

## II. HISTORY OF ONLINE GAMES

The first video and computer games i.e., “NIMROD” (company) (1951), “OXO” (company) (1952), and, “03 spacewar” (1962) were developed to play game on single computer system by one or two players only. Subsequently, in 1960, period for time sharing started allowing multiple users to share a computer simultaneously<sup>6</sup>. In 1970s, the network technology (packet-based computer) emerged and come into existence. Between the periods i.e., from 1973 and 1975, “Xerox PARC” developed local area networks supporting “Internet”. In addition to this, in 1969 the wide-area network “ARPANET” developed it roots leading creation of web on January 1, 1983. Moreover, network games by “LANs” and “WANs” become possible. There have been numerous online games like “Counter-Strike”, “Dota 2”, “Team Fortress”, “Call of Duty”, “PUBG”<sup>7</sup> with “Subway Surfers”, “Temple Run”, “Angry Birds”, “Candy Crush” “Skate lander”, “Real Cricket” etc attracting the majority of the children and teenagers.

Moreover, in some countries like America, Japan, South Korea, e-sports emerged as a

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<sup>3</sup>“Why Playing Online Games Is Bad for You”, *available at*: <https://www.joyscribe.com/why-playing-online-games-is-bad-for-you/> .

<sup>4</sup>“Aggressive Behavior in Online Games and Cybervictimization of Teenagers and Adolescents”, *available at*:[https://www.researchgate.net/publication/338239996\\_Aggressive\\_Behavior\\_in\\_Online\\_Games\\_and\\_Cybervictimization\\_of\\_Teenagers\\_and\\_Adolescents](https://www.researchgate.net/publication/338239996_Aggressive_Behavior_in_Online_Games_and_Cybervictimization_of_Teenagers_and_Adolescents).

<sup>5</sup>“RPGs Games Online”, *available at*: [https://cdn-cms.f-static.net/uploads/4474723/normal\\_60600cb556337.pdf](https://cdn-cms.f-static.net/uploads/4474723/normal_60600cb556337.pdf) .

<sup>6</sup>“History of Online Games”, *available at*:[https://www.wikiwand.com/en/History\\_of\\_online\\_games](https://www.wikiwand.com/en/History_of_online_games).

<sup>7</sup>“Online Gaming”, *available at*:<https://www.britannica.com/technology/online-gaming>.

profession for several. Tournaments viz., “Major-league Gaming (MLG)”, “Electronic Sports World Cup (ESWC)”, “Overwatch” “Halo” and “Hearthston” attracted the people at large.

### III. ONLINE GAMES IN INDIA

In India, most of the younger generation preferred online games to spend their time or another word's to waste their time. Following are the popular games played in India by the young generation.

#### a. Action game

Game in which only the player can control and focus on action, which mainly includes physical challenges that the player must overcome<sup>8</sup>. Most early video games, such as Donkey Kong and Garaga, belong to the category of action movies.

#### b. Action and Adventure games

Games usually consist of two longer tasks or obstacles related to the game mechanics (game play), which must be overcome using tools or objects collected and action objects using that object.

#### c. Adventure games

Games in where players interact with the surrounding environment and other characters. Solve clue puzzles to advance in the story or game. Except for mini games, adventure games rarely contain elements of traditional video games. As a result, this type is not very popular among casual game players<sup>9</sup>.

#### d. Role-playing games (RPG)

Role-playing games mainly have a medieval or fantasy environment. This is mainly due to the origin of the genre, which can be traced back to Dungeons and Dragons and other pencil and paper RPGs. However, hardcore role-playing games do not exclude fantasy-themed sci-fi role-playing games, such as "Mass Effect", "Fallout" and "Final Fantasy", which have helped change this genre.

#### e. Simulation games

These games simulate real or fictional reality, and simulate real situations or real events.

#### f. Strategy games

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<sup>8</sup>“The Different Types of Online Games”, *available at*: <https://www.techsling.com/what-are-the-different-types-of-online-games/>.

<sup>9</sup>*Ibid.*

Games based on traditional strategy board games in playability. Strategy games provide players with a sacred channel to the world; players are required to use well-designed strategies and tactics to overcome difficulties. Recently, in response to player feedback, these types of games have shifted from turn-based systems to real-time games.

#### **g. Sports games**

These games simulate sports activities such as golf, football, basketball, baseball and football etc. The opposing players in these games are usually computer controlled, but they can also take the form of active opponents<sup>10</sup>.

### **IV. IMPACT OF ONLINE GAMES ON YOUNGER GENERATION IN INDIA**

High speed of Internet, busy folks and lack of reading skills, folks young generation and children have been found dependent on on-line games making the younger generation addicted to the planet of online games. With the web connecting the planet, it exposes the kid to pedophiles, hackers, blackmailers, etc. With digital revolution, games became additional networked and violent. These games have been found terribly interesting by the young generation. However, negative and positive effects of these games have been noted during the period, the details of the same as follows:

#### **(A) Negative Impact of Online Games:**

##### **a. Loss of academic profile**

Excessive playing of online games leads to poor academic result of the students due to excessive use of online games<sup>11</sup>.

##### **b. Addiction**

One of the biggest problems with online games have been noted i.e., addition to virtual world one of the reasons of lose of understanding the reality. Addiction can be a serious psychological problem that requires treatment and early detection<sup>12</sup>.

##### **c. Aggressive Behavior**

Many students are influenced by online games to transform virtual characters into reality. They used to solve the problems such as evil heroes. The aggressive behavior they adopt is similar to the bad characters played in the game. However, such kind of aggressive behavior is harmful

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<sup>10</sup>*Ibid.*

<sup>11</sup>“Effect of Online Games on Students”, *available at:* <http://blog.royalinternationalschool.co.in/?p=905>.

<sup>12</sup>*Ibid.*

not only for the player but family, friends and nation as a whole<sup>13</sup>.

#### **d. Isolation from Society**

Internet world has become one of the reasons of isolation from the society, family and friends. They become so addicted of such online games that they lose their sense of reality and isolated themselves from society. Result thereto; lose of relationships with parents, siblings, family, society and nation<sup>14</sup>

#### **e. Harmful Effects on Health**

Sitting in front of a computer screen, tablet or mobile phone is extremely harmful to the health. Younger generation is moving towards the online games world while ignoring benefits of outdoor games. Result thereto is obesity, stress, eyes problem, hearing problems, head ache, depression and anxiety etc<sup>15</sup>.

#### **f. Obscenity in online games**

Young generation is also becoming the victim of online obscenity through the online games. Sometimes obscene material is found and obscene advertisements appeared while playing the online game which is not good for the young generation<sup>16</sup>.

### **(B) Positive Impact of Online Games**

Online games has produced a negative impact on the health, mind and body of the young generation including lose of academic profile, aggressive behavior, isolation; lose of money, addition and various health issues. However, with the negative effects certain positive effects on teenagers may be a little surprising depending upon the type of the game played. Sometimes improvement in cognitive ability of the players has been observed which are mentioned below<sup>17</sup>.

#### **a. Motivation**

No wonder but most of the children might heard from their mother's that, "Do your homework first, and then you can play on the computer". It happed mostly with the school going children they urged to finish their home work or academic task before playing a game on mobile or other devices. This is only game desire which motivated them to complete academic task faster than other siblings.

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<sup>13</sup> *Ibid.*

<sup>14</sup> *Ibid.*

<sup>15</sup> *Ibid.*

<sup>16</sup> *Ibid.*

<sup>17</sup> "Psychological Benefits of Online Games", *available at*: <https://www.entrepreneur.com/article/303860#:~:text=Altogether%2C%20playing%20online%20games%20help,hone%20their%20alertness%20and%20concentration.>

## b. Brain Development

Compared with gambling, strategy, journey and puzzle games, etcetera online games have the capacity to stimulate brain development and growth producing the life skills<sup>18</sup>. These games are found responsible for (i) memory improvement, (ii) arithmetic and browsing skills, (iii) good mathematics' skills (iv) quick thinking and decision-Making which is required to win the games, (v) concentration booster and improvement of problem-solving skills with the choice of alternatives to win the game (vi) promote perseverance, accuracy and logic with the recognition of secrets and suggestions to with game (vii) develop cooperative and collaboration skills while communicating with other players and working as team.<sup>19</sup>

## V. INDIAN JUDICIARY & ONLINE GAMES

In *D. Siluway Venans v. House of Representatives* (October 25, 2019), Madras High Court observed that there had been adverse and harmful effect of online games on players.<sup>20</sup> It was accepted that almost everything which is said on social media derived young people to play online games and attracted them towards the wining of prizes. The court also suggested that games viz., “Rummy”, “Passion”, “Nazara”, “Leo Vegas”, “Spartan Poker”, “Ace2three”, “Poker Dangal”, “Pocket52”, “My11Circle”, “Genesis Casino” to be regulated while controlling the illegal activities.

Further, while considering the harmful impact of online games on young generation, the Supreme Court of India directed for imposing a ban on Blue-Whale online game. The games become reason for loss of life of about 200 people therefore the Supreme Court was requested to direct the central government to take action and impose a ban on such games. Further, for ensuring the security and safety of the children, online platforms i.e., Facebook, Whats App, Google, Instagram and others directed to stop the links of the ‘Blue Whale’ suicide game<sup>21</sup>.

## VI. SUGGESTION AND CONCLUSION

With advent of technology, the gap between virtual world and the real world is getting blurred. A major part of the world including children, adults and old age person are found of online games becoming the victim of health issues. In every house mostly children may be found

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<sup>18</sup>“Positive Effects of Online Gaming”, available at: <https://www.techbead.com/positive-and-negative-effects-of-onlinegaming/#:~:text=Positive%20Effects%20of%20Online%20Gaming%20Enhances%20the%20Cognitive,strengthen%20the%20neural%20circuits%20that%20make%20the%20brain.>

<sup>19</sup>“The Benefits of Playing Online Games”, available at: <https://www.digitalcitizenship.nsw.edu.au/articles/the-benefits-of-playing-online-games>.

<sup>20</sup>“Legal Position of Online Gaming/Gambling in India”, available at: <https://www.lawyered.in/legal-disrupt/articles/legal-position-online-gaminggambling-india/>.

<sup>21</sup>*Ibid.*

playing the online line games ignoring the harmful effect of these games on health, academic career, and family relations. Today, our children are forgetting the benefits of the outdoor games and value of company of family, friends and relatives. So at this crucial time it become the duty of the parents and teacher and social media to aware the children about the harmful effects of these games on health, career and social life. Teachers gave a significant impact on children; they obey each and every word of teachers. Therefore, at the school level, teachers are required to pay attention to the activities of the children and share stories of harmful effects of the online games while motivating for other physical activities. Further, Parents are required to pay enough time to their children to know their issues and motivating them for participation in outdoor games. It also becomes a duty of the parents not to play online game in front of their children as they copy their parents. Some parents feel happy of children are found busy in online game, this attitude of the parents is required to changed while talking to the children and spending time with the children. However, in today's world both the parents are going out the house for earning but they must pay attention to certain activities like not to play online games in front of their children as children copy their parents. Apart from this, accessibility of these game as per their adverse effects is required to be control by the government for saving the health, career, future and social life of coming generation.

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