

ASSOCIATION BETWEEN INTERNET GAMING BEHAVIOUR ,EMOTIONAL INTELLIGENCE AND SUBJECTIVE HAPPINESS AMONG YOUNG ADULTS



by

Zara Anjum
Reg. No.BSP183001

A Research Thesis submitted to the
DEPARTMENT OF PSYCHOLOGY
in partial fulfilment of the requirements for the degree of
BACHELOR OF SCIENCE IN PSYCHOLOGY

Faculty of Management and Social Sciences
Capital University of Science & Technology,
Islamabad
January 2023

BSP183001

DEPARTMENT OF PSYCHOLOGY

JANUARY, 2023

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DECLARATION

It is declared that this is an original piece of my own work, except where otherwise acknowledged in text and references. This work has not been submitted in any form for another degree or diploma at any university or other institution for tertiary education and shall not be submitted by me in future for obtaining any degree from this or any other University or Institution.



Zara Anjum

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January, 2023

CERTIFICATE OF APPROVAL

It is certified that the Research Thesis titled "Relationship Between Internet Gaming Behaviour, Emotional Intelligence and Subjective Happiness Among Young Adults" carried out by Zara Anjum, Reg. No. BSP183001, under the supervision of Ms. Rabia Batool, Capital University of Science & Technology, Islamabad, is fully adequate, in scope and in quality, as a Research Thesis for the degree of BS Psychology.

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Relationship Between Internet Gaming Behaviour, Emotional Intelligence and Subjective
Happiness Among Young Adults

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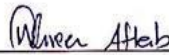
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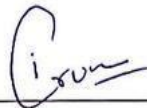
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Dedication

*I would like to dedicate this manuscript to my father, the late **Muhammad Latif Khan** who raise and nurture me. To my mother **MS. Naseem Akhtar** for her unconditional love, support and prayers. She has been a source of motivation and strength during moment of despair and discouragement. I would also like to dedicate this research to my brother **Ali Asim for** always having my back. He is the one who provide resources that needed in making this research possible. I specially thank him for his continuous support and resilience during my education.*

ACKNOWLEDGMENT

In the name of Allah S.W.T, the Most Gracious and Most Merciful.

All praises to **Allah**, the Almighty, on whom ultimately, we depend for sustenance and guidance. And His blessings for the completion of this research. My humblest gratitude to the **Holy Prophet Muhammad (SAW)** whose way of life has been a continuous guidance for us.

First and foremost, my sincere appreciation goes to my supervisor **Ms. Rabia Batool** who made this work possible. Her guidance and advice carried me through this huge journey of ups and downs. To my former supervisor Ms. Maryam Khan, she has provided positive encouragement and a warm spirit to start this research. I would also like to acknowledge our thesis coordinator **Ms. Irum Noureen**, our Head of Department **Dr. Sabahat Haqqani** and lecturer **Mr. Muhammad Naeem** for their guidance and invaluable assistance.

I also acknowledge my siblings, my friends and everyone, who have been contributed by supporting my work and help myself during the research progress till it is fully completed.

ABSTRACT

Internet gaming among young adults is growing day by day. Excessive internet gaming leads young adults to Internet Gaming Disorder (IGD) which ruins lives by causing psychological and social problems. Current study aimed to find out the relationship between Internet Gaming Disorder (IGD), Emotional Intelligence and Subjective Happiness Among Young Adults. Instruments used in this study were following three: Internet Gaming Disorder (IGD-20) Test, Wong and Law Emotional Intelligence Scale (WEIS), Subjective Happiness Scale (SHS). Through the purposive sampling technique data was collected from 450 college and university students aged between 18 to 25 years from both public and private sectors of educational institutions of twin cities of Pakistan Rawalpindi and Islamabad. A correlational research design was used in this study. The analysis plan includes Bivariate correlation and t-test for hypothesis testing. Results showed that Internet Gaming Behavior has negatively correlated with Emotional Intelligence (-.60**) while Internet Gaming Behavior has also strongly negatively correlated with Subjective Happiness (-.58**). Emotional Intelligence has a positive relationship with subjective Happiness (.69**). To find out gender differences independent t- test was applied which showed that males scored higher in Internet Gaming Disorder $M = (\text{male } 66.82; \text{female } = 53.25)$ while females scored higher score in Emotional Intelligence $M = (\text{male } =72.36; \text{female } = 79.56)$ and Subjective Happiness scale $M=(\text{male}=17.04;\text{female}=19.99)$. The results of this study would be helpful in the development of fruitful awareness programs for the young adults who are highly indulged in excessive gaming.

Keywords: Emotional Intelligence, Internet Gaming Behaviour, Subjective Happiness, Young Adults

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List of Abbreviations

IGD-20	Internet Gaming Disorder
WEIS	Wong and Law Emotional Intelligence scale
SHS	Subjective Happiness Scale

Chapter 1: Introduction

Internet Gaming Disorder

Internet use has spread rapidly worldwide. The most common activity on internet is playing digital games. Which increase especially with the COVID-19 pandemic. With the raising rate of online gaming, gaming disorder a kind of behavioral addiction has also been increasing. It has been classified as a mental illness and recently added to the portion of DSM-5, named as gaming disorder (Fachrul et al.,2019) With the development of technology people becoming more reliant on internet and they use social media for education, communication, business, and online shopping. Therefore, the psychological bearing of internet on humans may not be overlooked (Petry & O'Brien, 2013). People who use to play games are preoccupied with games and they skip several other important activities in daily life. (Chappell et al, 2006). Internet Gaming Disorder (IGD) is understand as a kind of behavioral addiction. Excessive gaming behavior may be associated with different consequences related to psychological and social health. Internet gaming becomes problematic when it disturbs daily functioning and the person is unable to do his/ her daily tasks efficiently. Excessive gaming has also been linked with lower Emotional Intelligence and subjective happiness. Excessive involvement in gaming can become problematical for gamers, which negatively impact their subjective happiness (Mentzoni et al., 2011). A meta-analysis (Ferguson et al.,2011) of 33 studies found that excessive gaming effects 3 to 9 % of individuals from general population. However, more recent studies, including a cross sectional study from 2022, found that the prevalence of IGD may be quite high, especially compared to other behavioral addiction (Gao et al.,2022). In the context of gender that which gender is more involved in games is almost equal. In terms of negative effects that which gender is more prone to excessive gaming is still confusing. Most of the studies explored that male gender report higher level of excessive gaming symptoms (Gentile et al.,2011; Lemmens et al., 2015; Mentzoni et al., 2011; Müller et al.,2015 & Rehbein et al., 2015). While some studies reported that there is no gender differences in terms of excessive gaming (Elliott et al., 2012; Przybylski et al., 2017). Excessive gaming can lead a person to internet gaming disorder (IGD)

which cause many negative effects on individuals' life like stress, depression, isolation, low emotional intelligence and other psychological problems and lower Subjective happiness. The use of internet spread worldwide and online gaming is most prominent activity on internet. Adolescents and young adults are more prone to excessive gaming.

Developed countries like China, Italy, United States, Japan, South Korea, Canada, France, Spain and United Kingdom are with the highest income growth rates. Adolescents become addicted to games when they feel sense of achievement after winning a game and sense of belonging after making friends virtually. With the growing rate of technology people mostly rely on mobiles and become addicted to games which affect them not only negatively but also psychological and sociological terms (Macur & pontes,2021).Literature shows that there is a negative relationship between Internet Gaming Behavior and Subjective Happiness. With negative effects of Internet Gaming cyber bullying is also occur. Many studies explored that cyber bullying as a result of Internet Gaming (Moreno et al.,2016) Fryling et al., (2015) explored that many children are exposed to cyber bullying while online gaming by other and that increase their anxiety level. That how internet gaming cause psychological problems in gamers. Exposure to cyber bullying in online gaming cause low Self-Esteem, rejection of educational gains, lack of punctuality from schools, lack of self-worth, hopelessness, loneliness, isolation, lack of social interaction (Hilvert-Bruce & Neill, 2020). There are also some evidences that internet gaming also has some positive effects like Gratification theory (Ruggiero,2000) explains that the people manage and deal with their emotions by using various modes of media like internet, television, and computer games. People almost all ages look for to enhance their positive emotions by playing games. But more studies found that negative relationship between internet gaming and emotional intelligence and this study also focuses on negative association of Internet Gaming Behavior with Emotional Intelligence and Subjective Happiness. Emotional Intelligence can be understood as, the capacity to understand oneself emotions and feelings.

Emotional Intelligence

Emotional Intelligence is the strong indicator of Subjective Happiness. It was observed that there is a direct relationship between Emotional Intelligence and Subjective Happiness. Individuals who are emotionally intelligent tend to be happier because they have ability to deal with their life problems. Emotional Intelligence is an ability to recognize and discriminate between oneself and others feelings and deal with them in a way that inspire, plan, guide and attain' s in one's life (Salovey et al.,1999) Elizabeth et al, (2004) explored that there is a strong and direct relationship between emotional intelligence and life satisfaction. Literature also provide an evidence that emotionally intelligent people's experience more positive emotions as positive emotions means positive effects and more positive effects means greater Life Satisfaction. Study explored that higher level of Emotional Intelligence is associated with higher positive effects, lower negative effects and significant Life Satisfaction (Schutte et al.,2010). Emotionally Intelligent people tend to be happier than those with lower level of Emotional Intelligence. Also, lower Emotional Intelligent individuals are more prone to Internet Gaming Disorder. Thus, Internet Gaming Behavior will cause lower level of happiness. The other disorder related to gaming disorder is unhappiness (Aranda et al.,2013).

Subjective Happiness

With the negative impact of excessive internet gaming its association with subjective happiness is of specific interest of present study. Overall subjective well-being of individuals and life satisfaction has been conceptualized by life experiences, high level of life satisfaction and continuous positive effects and rare negative effects (Diener, 2000). Another study found that rare experience of positive effects cause symptoms of psychological disorders like depression and continuous exposure with negative effects lead towards severe conditions like anxiety and depression (Watson et al., 1988). Happiness is defined as mental or emotional states, it is also used in the context of life satisfaction and subjective wellbeing. Some scientific literature show that happiness is as pleasure and desire. Positive psychology theorists explain subjective happiness as a phenomenon that increase the quality of life of an individual and gave long term satisfaction. It has been proposed that lower

level of psychological well-being lead towards gaming disorder. Research states that level of happiness depends upon three core ingredients which are positive relationship with other, quality of life and certain positive emotions. (Mia & Khadam, 2009). Many researches explored several factors are predictors of happiness that are social achievement, psychological, character parameters etc, showed happiness can be determined by that how much a person is pleased with his or her life. Another study explored that the element of happiness is satisfaction with life, positive emotions, lower negative and higher positive emotions with others and meaningful life (Sasanpour , Khodabakhahi & Kh, 2012). It has also been suggested that lower level of psychosocial wellbeing could also a origin of excessive gaming. Study conducted by (Lemmens et al., 2011) states that few features of lesser psychological wellbeing like reduce self-esteem and lower social competence anticipate excessive gaming over a six-month period. While social isolation and loneliness can also be predicted by problematic gaming. Whereas another study conducted by (Hull et al., 2013) found that exposure with low level of happiness is linked with troublesome gaming.

Literature Review

A study conducted by Suhail, and Bargees (2006) regarding the effects of excessive internet use on university students in Pakistan. Sample was 200 university students. Study explored that all problems including corporal, mental, academic and reciprocal are linked with internet use. They suggested that recurrent and over use of internet cause fewer human interaction and make them asocial and lower level of their emotional intelligence. A study conducted by Kircsburun, Griffith, and Billieux, 2019 found that emotional intelligence indirectly related with internet gaming disorder through mindful awareness. Study explored that people who face difficulties to manage their emotions may develop internet gaming disorder to escape from real life emotions. Therefore, higher level of emotional intelligence directly connected with lower IGD. Study conducted in Pakistan by Zahra et al., (2020) with 315 university students found that internet gaming behavior is negatively associated with emotional intelligence while positively associated with psychological distress. Study also explored the negative relationship of internet gaming with academic performance. More over study explored that students who played video games at late night they are more prone to psychological distress than those who played games at morning or evening time. Another study conducted in Pakistan by Iqbal & Mian, (2014) found that the students found extremely involved in multiple kind of hobbies. Some of them are on the edge of dependence while few of them are dependent of problematic gaming. And about half of them are involved in gaming at night hours.

Study conducted by BEKIRS et al., (2021) to found the association between cyberbullying, maltreatment and emotional intelligence in school students with the arbitrator role of internet gaming disorder. Study sample was 272 secondary school students. The study found that there is a strong and direct relationship between cyber bullying and maltreatment and also a positive association between cyber bullying and internet gaming disorder. Cyber bullying predicts the internet gaming disorder. Study also explored the negative association between emotional intelligence and internet gaming disorder. Che et al., 2017 conducted a study with 931 participants age range 13 to 19 years old. Study explored the association between dimensions of emotional intelligence with internet gaming behavior and found that three of dimensions of emotional intelligence are inversely associated with internet

gaming while one of them perceived helplessness is directly associated with internet gaming behavior. Suresh, & V.C, Silvia,W.D 2018) collected the sample of 150 1st year medical students . Study explored that participants who had excessive level of internet addiction shows lower level of happiness than those with lesser involvement. Another study conducted by (Boak et al., 2019) to explored the effects of problematic games in urban and non-urban areas. The sample was 1616 adolescents from which 610 are belong to city areas and 1006 from rural areas . The study explored that participants in city areas which is 16.7% are twice more chances to experience problematic gaming than those participants who belong to rural areas which is 8.8% . The predictors of gaming in urban areas were being male gender , poor mental health status, criminality and problematic gambling. While in rural areas predictors were poor mental health status, being male gender and low academic attainment.

Kun & Demetrovics, (2010) concluded that addiction is associated with emotional intelligence just like drug addiction. Individuals with poorer emotional intelligence are more like to experience relational and mental health issues which result in excessive online gaming. Gupta & Ritu ,2022 conducted a study, with 104 working women and explored that their is a positive association between emotional intelligence and subjective well-being of employees. While satisfaction with job mediate the association of subjective happiness and self-regard among working ladies.Miraj et al.,2012 conducted a study with 120 students. Study explored the positive & strong relationship among emotional intelligence, subjective happiness and mental health. Participants with higher emotional intelligence are happier and good mental wellbeing. The study also suggested that universities and schools should practice that techniques which enhance emotional intelligence in students (MéridaLópez et al.,2018) conducted a study, with 1323 teaching professionals have found emotional intelligence is directly related with subjective happiness. Four dimensions of emotional intelligence are significantly & positively related with subjective happiness wheres perceived stress is inversely linked with subjective happiness. Joan Guerra ,2019 conducted a study with 646 students. Study explored there is a direct association among emotional intelligence and subjective happiness. Results also indicates when the level of emotional intelligence increases the level of happiness also

increases. Ahmadi et al., (2014) conducted a study, with 800 employees with 70 branches of Bank in Tehran explored that direct influence of emotional intelligence on mental well-being of workers. Study also suggests managers to improve the emotional intelligence capabilities of workers to enhance the well-being of employees.

Study conducted by (kadadi et al., 2021) with 368 participants with different age groups Results of this study indicates; Emotional Intelligence has a strong influence on Subjective Happiness. People's who have higher scores of Emotional Intelligences tend to be happier and have greater Subjective Wellbeing during pandemic. Study also revealed that prognostic capability of Emotional Intelligence for Subjective Well-being during pandemic. Orhankocak et al., 2021 conducted a study with 578 adults. The study found that there is a direct association among emotional intelligence and life satisfaction and negative association among emotional intelligence and depression. Study also suggests that the type of family plays an important role on life satisfaction and depression had a arbitrate effect. Kircaburun et al., 2020 in his study, found that negative association among emotional intelligence and internet Gaming Disorder. The sample was 478 online gamers. This negative relationship among Emotional Intelligence and Internet Gaming affect this Behaviour for different motives among children and Young Adults.

Theoretical framework

Current study was based on 'components model of addiction'. Problematic gaming can be viewed from the perspective of 'components model of addiction' Griffiths, (2005). According to model all the problematic behaviors can be identified by the six core elements which are, salience, mood modification, tolerance, withdrawal, conflict and relapse. (Salience) which refers to gaming behavior becoming the most important activity in person 's life which result as craving and pre-occupation. (mood modification) refers to as a subjective experience of a person which they describe as a affect or mood change directly through gaming. (tolerance)refers to the increase over time of daily hours spent on internet gaming. (withdrawal) refers to the negative feelings and psychological and physiological effects experienced when unable to playing games. (conflict) can be personal and mutual problems that arise due to continued indulgence in Internet Gaming Behaviors. (relapse) refers to the reversion back to the antecedent levels of indulgence when striving to bring down addictive behavior.

Rationale

This research was conducted to explore the association between variables. General behavior was observed as complications in subjective wellbeing where one possible exposure was as internet gaming addiction which is on rise now a days. The study aimed to evaluate the relationship between these possible issues with some strategies for young adults to escaped from the negative effects of internet gaming behavior . This study was explored the association of these two aspects. And how this all would turn out in Pakistani sample was another focus of exploration.

Objectives

1. To study the association among Internet Gaming Behavior and Emotional Intelligence.
2. To explore the association among Internet Gaming Behavior and Subjective Happiness
3. To study the relationship between Emotional Intelligence and Subjective Happiness.
4. To find the role of gender in the relationship of Internet Gaming Behavior, Emotional Intelligence and Subjective Happiness.

Hypothesis

1. There will be a negative association between Internet Gaming Behavior and Emotional Intelligence.
2. There will be a negative association between Emotional Intelligence and Subjective Happiness.
3. There will be a positive relationship between Emotional Intelligence and Subjective Happiness.
4. There will be a significant gender differences on Internet Gaming Behavior, Emotional Intelligence and Subjective Happiness.

Chapter 2: Method

Research Design

The research design of the current study was correlational research design. The study itself was a quantitative in nature and survey method was used in the current study.

Sampling Technique

Purposive sampling technique was used in the current study.

Sample

The sample comprised of young adults i-e., N=450 (male 244 and female 206) aged between 18 to 25 years from both public and private sectors of educational institutions of Islamabad and Rawalpindi.

Inclusion Criteria

Due to the study objectives the inclusion criteria for the study participants was to select only those participants who are involved into playing any kind of games on electronic device from last 12 months at least. Reason for particular inclusion criteria because the scale used in the current study to measure Internet Gaming Behavior have this specific criteria that participants must be involved in any kind of gaming on electronic devices from past 12 month at least .

Exclusion Criteria

Participants with any kind of physical disability were excluded.

Procedure

The university administrations provided permission letter for data collection. Participants were approached to their respective universities or colleges. Only those participants were take part in the study who were involved in any kind of gaming on electronic devices online or offline and those who showed willingness to participate in the study. Participants were both male and females aged between 18 to 25 years. First detailed instructions were conveyed about the study and their rights to withdraw from the study at any time. They were ensured that their information will be kept confidential and only used for research purpose. Directions were given both in oral and written form. They were provided consent form with demographic sheet and three questionnaires. They take 30-40 minutes for completing items booklet. At the end they were thanked for giving their valuable time to this study.

Instrument

Internet Gaming Disorder (IGD 20)

It consists of 20 items. The test measures involvement in Internet gaming during at least last 12 months time. Scoring of this scale is done on 5-point Likert scale with response options ranging from Strongly Disagree (1) to Strongly Agree (5). Internal consistency of the scale has been reported by researchers as good being derived through Cronbach's alpha as .87 (Pontes et al., 2014) , Cronbach's alpha as .88 (Fuster , Carbonell ,pontes , and Griffiths , 2016)

Subjective Happiness Scale (SHS)

Subjective Happiness Scale by (Lyubomirsky and Lepper,1999) used to measure the Subjective Happiness of Young Adults. Scale has total four items, item no 4 is reverse coded type scale This scale has a good amount of reliability and validity. Internal consistency of this scale which has been reported by author (Lyubomirsky and Lepper, 1996) found through Cronbach's alpha as 0.79 to 0.94.

Wong and Law Emotional Intelligence Scale (WLEIS)

Wong and law emotional intelligence scale will be used to test the intelligence level in youngsters. Scale is consist of total 16 items with having 4 sub scales and each of them consists of 4 items. Scoring is done on a likert type scale with the 7 response options. Ranging from strongly disagree (7) to strongly agree (1). Lower scores depicts the lower emotional intelligence while higher scores depicts higher level of emotional intelligence. This scale also had a good reliability and validity. Alpha coefficient was found to be as .82 for SEA, .80 for OEA, .79 for ROE and .78 for UOE.

Ethical Consideration

All the members were informed about the aim and objectives of the study. The informed consent would be taken from participants to take part in the study. Confidentiality of the members would be maintained at any cost. They were assured that the information obtained from them would only be used for research purposes. Participants was made soured that they were willing to participate in research and they were not forced to take part. And participants would be free to withdrawn from the study if they feel any uncomfortable.

Chapter 3: Results

Current study was conducted to investigate the association between internet gaming behavior, emotional intelligence and subjective happiness among youngsters in Pakistani sample. The study also investigated the role of demographic variables (i.e., age, gender, birth order etc.) in the relationship of study variables. A series of statistical analyses of data i.e., t test, Bivariate correlation were done through SPSS. Cronbach alpha coefficients were calculated to confirm the reliability of the scales, Internet gaming disorder (IGD-20), Wong and law emotional intelligence scale (WEIS) and Subjective happiness scale (SHS).

Table 1**Frequency Table of Demographic Characteristics for Sample (N = 450)**

Variables	Categories	f	%
Gender	Male	232	51.6
	Female	218	48.4
Religion	Islam	416	92.4
	Other	34	7.6
Education	College	80	17.8
	Undergraduate	315	70.0
	Graduate	55	12.2
F. Education	B. Intermediate	62	13.8
	Intermediate	130	28.9
	Graduate	149	33.1
	Postgraduate	109	24.2
M.Education	B. Intermediate	82	18.2
	Intermediate	142	31.6
	Graduate	142	31.6
	Postgraduate	84	18.7
F. Occupation	Unemployed	6	1.3
	Working	444	98.7
M.Occupation	Housewife	343	76.2
	Working	107	23.8
Institute	Private	371	82.4

Government		79	17.6
SES	Upper class	65	14.4
Middle class		371	82.4
Lower class		14	3.1
C.B	Punjabi	281	62.4
Sindhi		121	26.9
Balochi		17	3.8
Pathan		31	6.9

Note. F. Education = Father Education, M. Education = Mother Education, F.Occupation = Father Occupation, M. Occopation = Mother Occupation , B.Intermediate = Below Intermediate , SES = Socioeconomic Status , C.B = Cultural Background , *f* = Frequency , % = Percentage

Table 1 shows the frequencies of demographic characteristics of categorical variables. It also showed that male (232) has greater frequency than female (218) with percentage of male as 51.6 % and percentage of female as 48.4 % . Religion variable Islam shows the greater frequency which is 416 with the percentage of 92.4% than other religion which is 34 with the percentage of 7.6% . Higher frequency of participants education were undergraduates' students which is 315 with 70.0% than college and post graduate students which is shown as 80 and 55 with percentage of 17.8 % 12.2% respectively. Father education of respondents as, Below Intermediate 62 with 13.8%, Intermediate 130 with 28.9 % , Graduate 149 with 33.1 % , Postgraduate 109 with 24.2 % . It showed that most of the respondents' father education was graduates. Mother education of respondents shown in the table as, Below Intermediate 82 with 18.2 % , Intermediate 142 with 31.6 % , Graduate 142 with 31.6 % , Postgraduate 84 with 18.7 % . It indicated that the mother education of respondents was mostly Intermediate and Graduates. Further table showed the parents occupation, frequency of father unemployed showed as 6 with 1.3 % and working as 444 with 98.7 % . Frequency of working mother

was 107 with 23.8 % and housewives was 343 with 76.2 %. It also showed the frequency of participants institute which is private 371 with 82.2 % and government.

Table 2**Frequency Table for Continuous Variables (N=450)**

Variables	Mean	Median	Mode	Skewness	Kurtosis
Age	21.13	21.00	21	.146	-1.007
Siblings	2.38	2.00	2	.972	-.468
Birth order	1.54	1.00	1	-.162	-.205

Table 2 showed the frequency table for continuous variables (Age, Siblings and Birth Order of respondents). It showed the mean, median, mode, skewness and kurtosis for continuous variables. The mean age of the respondents showed in table is 21.13, median = 21.00, mode = 21, skewness = .146 and kurtosis -1.007. Similarly mean of siblings showed in the table is 2.38, median = 2.00, mode = 2, skewness = .972 and skewness = -.468. For birth order table 1 showed the mean as 1.54, median = 1.00, mode = 1, skewness -.162 and kurtosis -.205

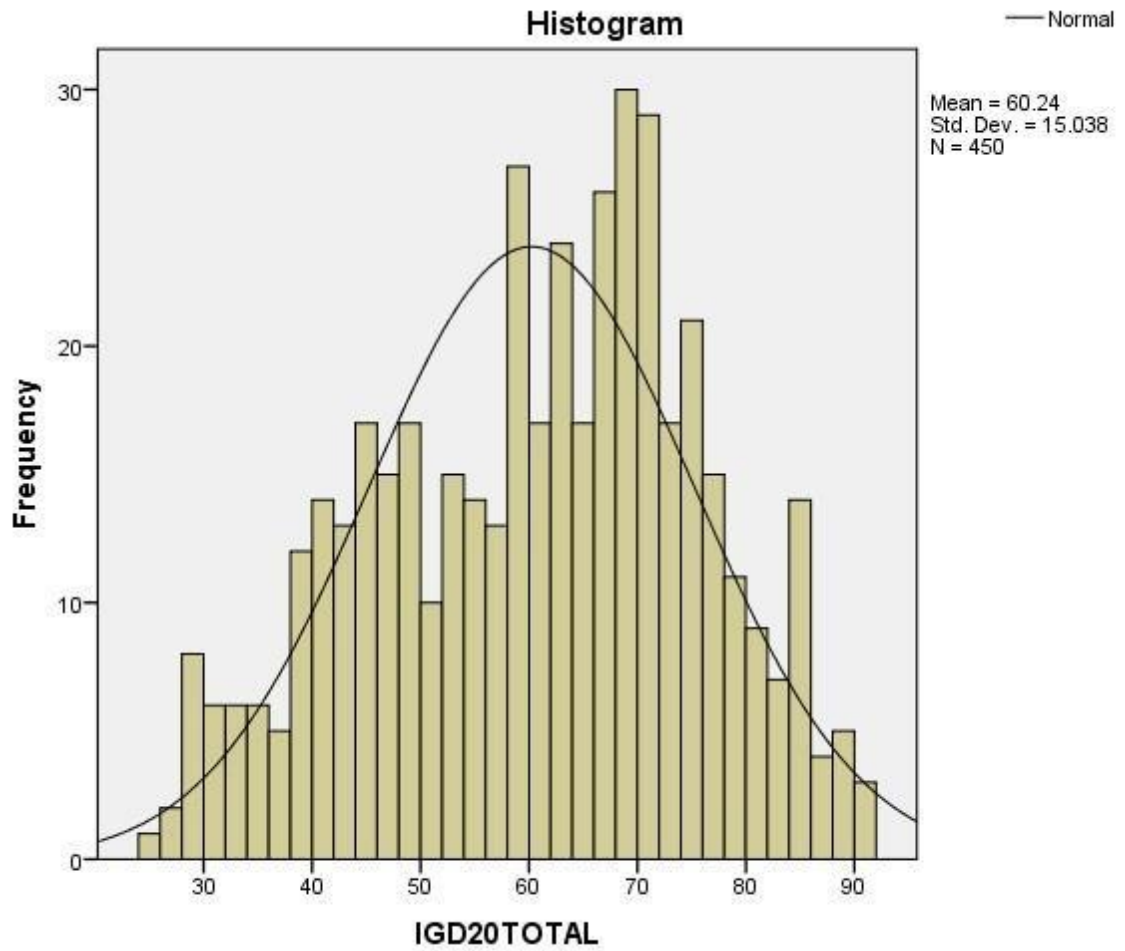
Table 3**Reliability of Scales Used for Study Variables (N=450)**

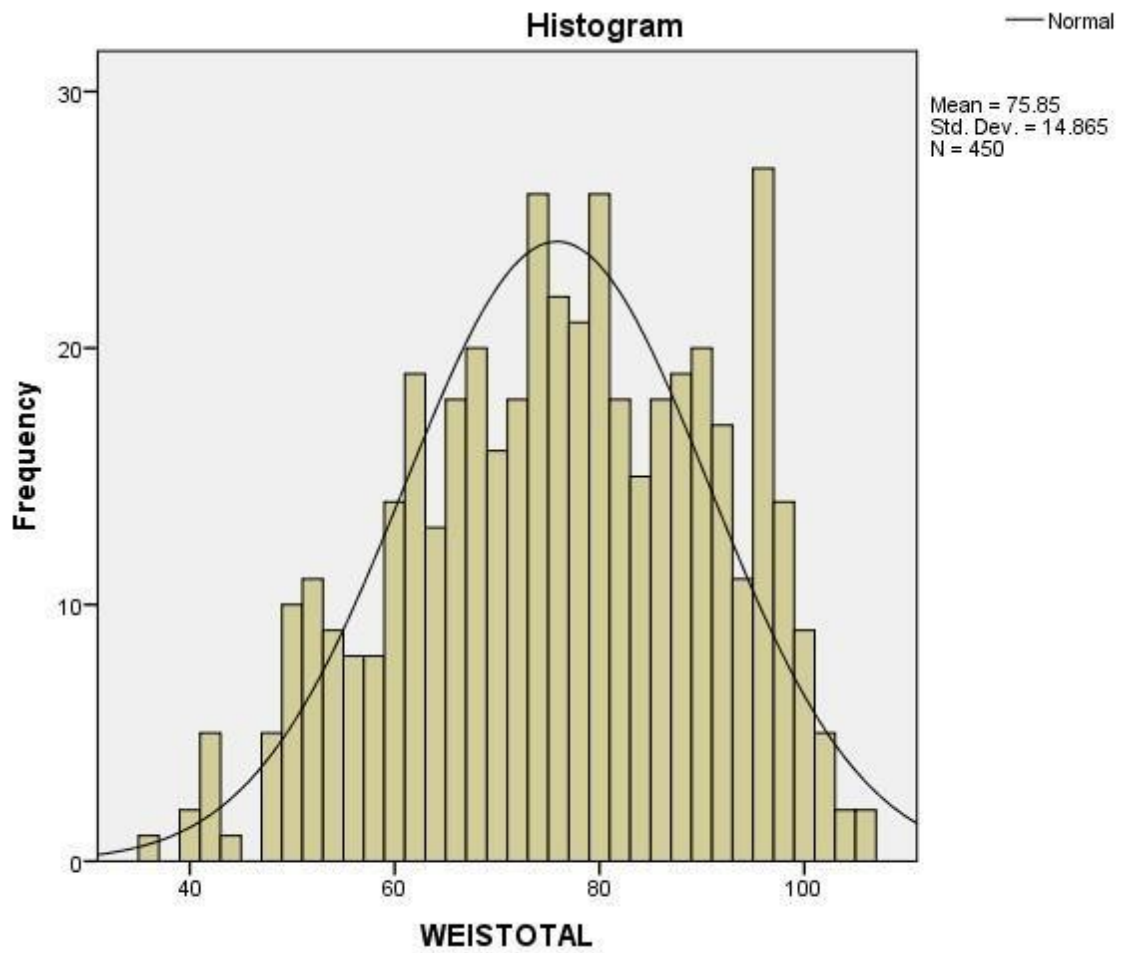
Scales	No of items	Cronbach's α	M	S. D
IGD-20	20	.90	60.24	15.038
WEIS	16	.88	75.85	14.865
SEA	4	.78	20.78	4.326
OEA	4	.70	19.41	4.281
UOE	4	.79	19.13	4.575
ROE	4	.75	16.53	5.474
SHS	4	.82	18.47	4.475

Note. IGD-20 = Internet Gaming Disorder Test, WEIS = Wong And Law Emotional Intelligence Scale, SEA = Self Emotion Appraisal, OEA = Other's Emotion Appraisal, UOE = Use of Emotion, ROE = Regulation of Emotion, SHS = Subjective Happiness Scale, M = Mean, S.D = Standard Deviation

Table 3 Table 3 showed the reliability of scales and sub scales .it also showed the M (Mean) and S.D (Standard Deviation) the mean score for IGD-20 is 60.24 with standard deviation of 15.03 , mean score for WEIS is 75.85 with the standard deviation of 14.86, Table also indicates the mean and standard

deviation for the sub scales of WEIS (SEA , OEA,UOE,ROE) as mean (20.78,19.41,19.13,16.53) standard deviation (4.32 , 4. 28 , 4.57 , 5.47) respectively . Mean score for subjective happiness scale showed as 18.47 with the standard deviation of 4.47. It shows the strong reliability for IGD-20 (Internet Gaming Disorder Test) as α .90 which considered as a very good .

Distribution of Score For IGD-20*Internet Gaming Disorder (IGD-20) test N= 450*

*Distribution of Score for WEIS**Wong and Law Emotional Intelligence scale N= 450*

Distribution of Score For SHS

Subjective Happiness Scale N= 450

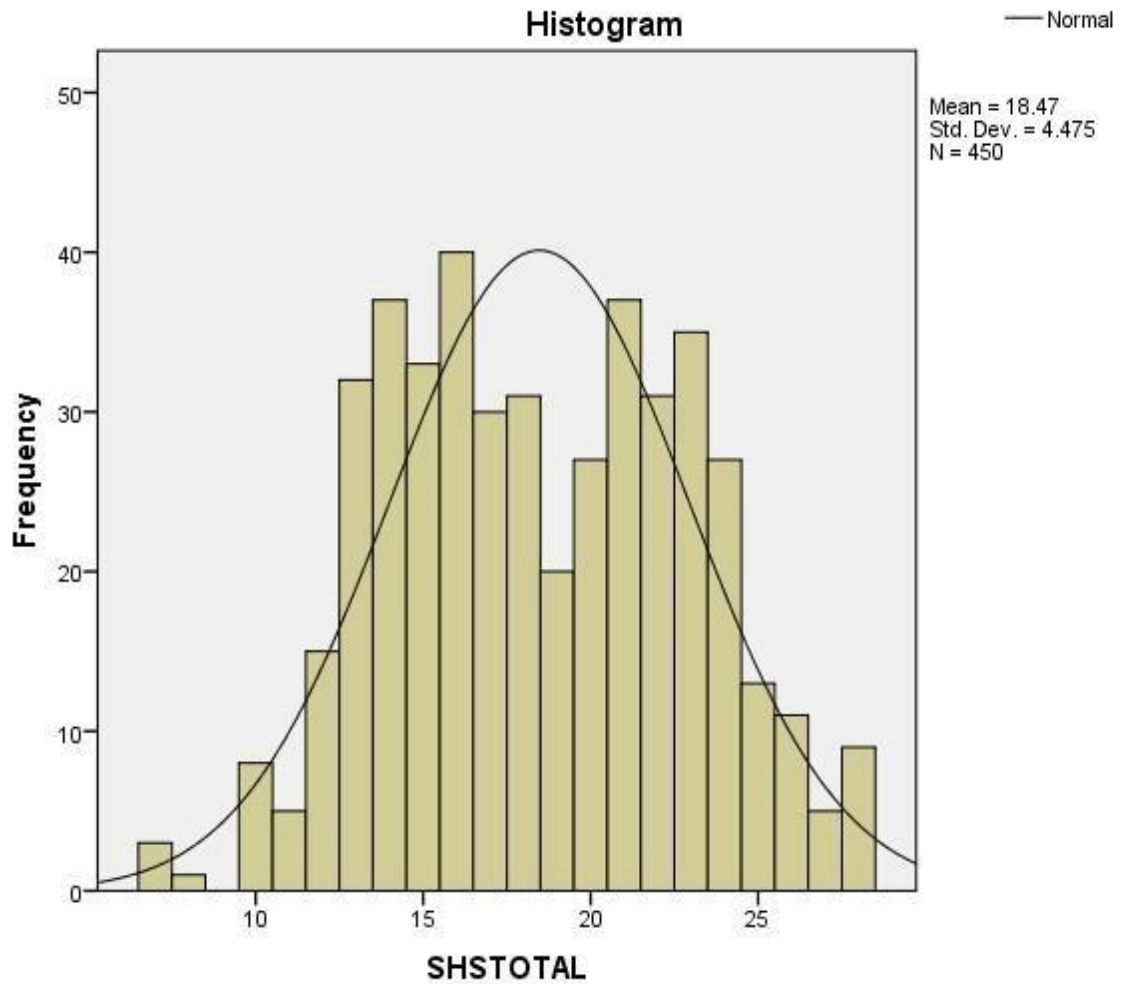


Table 4**Independent Sample T-Test Gender (N=450)**

Variable	Male		Female		t	p	Cohen's d	Lower Upper	
	M	SD	M	SD					
IGD-20	66.82	12.78	53.25	14.09	10.7	0.06	1.0	11.0	16.0
WEIS	72.36	14.35	79.56	14.52	-5.2	.874	0.4	-9.8	-4.5
SHS	17.04	4.19	19.99	4.27	-7.3	.295	0.6	-3.7	-2.1

Note: M = Mean, S.D = Standard Deviation, IGD-20 = Internet Gaming Disorder Test, WEIS = Wong and Law Emotional Intelligence Scale, SHS = Subjective Happiness Scale

Table 4 showed the independent t-test values. For the internet gaming disorder test the mean value of males was 66.82, the standard deviation was 12.78. While mean value for females was 53.25 with standard deviation of 14.9. which showed that higher involvement of males in internet gaming behavior than females. The value of t was 10.7 while the p value was 0.06. The lower value of internet gaming disorder was 11.0 while the upper value was 16.0. Table also showed the mean value of male for the Wong and law emotional intelligence scale was 72.36, the standard deviation was 14.35, while the mean value for females was 79.56 with standard deviation of 14.52. which showed that females scored higher in emotional intelligence than males, as it depicted females are more emotionally intelligent than males . The value of t was -5.2 and the p value was .8 . The value of Cohen's d was 0.4. A lower value Wong and law emotional intelligence scale was -9.8 and upper value was -4.5. For males the mean for subjective happiness scale was 17.04 , the standard deviation was 4.19 ,while for females the mean value was 19.99 with standard deviation of 4.27 . Table showed that females scored higher on subjective happiness scale than males. The value of t was 7.3, significance value was .29, the effect size for subjective happiness scale was 0.6, The lower value was -3.7 and upper value was -2.1.

Table 5**Correlation Of Study Variables (N=450)**

Variable	n	M	S.D	1	2	3	4	5	6	7
IGD-20	450	60.24	15.03	_	-.60**	-.39**	-.46**	-.56**	-.46**	-.58**
WEIS	450	75.85	14.86	_	_	.736**	.794**	.821**	.828**	.693**
SEA	450	20.78	4.32	_	_	_	.527**	.423**	.448**	.492**
OEA	450	19.41	4.28	_	_	_	_	.485**	.566**	.526**
UOE	450	16.53	5.47	_	_	_	_	_	.616**	.632**
ROE	450	19.13	4.57	_	_	_	_	_	_	.540**
SHS	450	18.47	4.47	_	_	_	_	_	_	_

Note: In the above table n = 450, M = Mean, S.D = Standard Deviation, ** = p < .01

Table 5 Table 5 showed the mean score for Internet Gaming Disorder scale which was 60.24 with the standard deviation of 15.03. It also showed that there is a strong negative relationship between Internet Gaming Behavior ($r = -.6$, $p < .01$) and Emotional Intelligence .which proved our hypothesis right as “There will be a negative association between Emotional Intelligence and Internet Gaming “ It also showed that the relationship between Internet Gaming Behavior and Self Emotion Appraisal is strong negative as the ($r = .3$, $p < 0.5$) . Further it showed the strong negative correlation between Internet Gaming Behavior and Other Emotion Appraisal (OEA) . Internet Gaming Behavior showed the statically significant relationship with Use Of Emotions (UOE) ($r = -.5$, $p < 0.1$) , strong

negative relationship with regulation Of Emotion (ROE) ($r = -.4, p < 0.5$), Table also showed that a statically significant negative relationship between Internet gaming behavior and Subjective happiness as ($r = -.5, p < 0.5$) which also proved our second hypothesis right as , “There will be a negative association between Internet Gaming Behavior And Subjective “ Further results showed a significant positive relationship between WEIS and Self-Emotion Appraisal ($r = .7, p < 0.5$) , a positive but significant relationship between WEIS and Other Emotion Appraisal ($r = .7, p < 0.5$) , a slightly positive but significant relationship between WEIS and use of emotion ($r = .8, p > 0.5$) , strong positive relationship between Wong and law emotional intelligence scale with Regulation Of Emotion ($r = .8, p < 0.5$) , It also showed that strong positive relationship between Emotional Intelligence and Subjective Happiness ($r = .6, p < 0.5$) , as it also proved our hypothesis right that , “There will be a positive relationship between Emotional Intelligence and Subjective Happiness.

Chapter 4: Discussion

This chapter of research will present the discussion on demographic characteristics of participants, relationship between Internet Gaming Behavior, Emotional Intelligence and Subjective Happiness Among Young Adults.

Demographic Characteristics

For this current study a sample of 450 participants was taken. A total of 232 participants were male (51.1 %) and 218 were female (48 %). The purposive sampling technique was used to select the sample for this study. Participants were selected from institutes of twin cities of Rawalpindi and Islamabad. The reason of choosing purposive sampling was to accurately measure our concerned variables. The age range of participants was 18 to 25. Selected sample from colleges and universities from both sectors government as well as private. Most of the data collected from private institutes the reason is that lack of interest of participants from government institutes. Mean age of participants was 21 which showed the majority of participants were undergraduate.

Relationship Between Internet Gaming Behavior, Emotional Intelligence and

Subjective Happiness

Problematic use of internet in the form of gaming is a sedate social issue which is being discussed all over the world (Cash Rae, Steel & Winkle, 2012) due to its negative effects on psychological health of people. The use of internet gaming among young adults expand speedily without its ceremonious disclose as a definite behavioral problem (Cash et al.,2012). We hypothesized that **H1** " There will be a negative association between Internet Gaming Behaviour and

Emotional Intelligence " A number of studies have associated Internet Gaming Behaviour with Emotional Intelligence. Study explored that a negative relationship between technological addiction such as smartphones and Emotional Intelligence (Van Deurasen et al., 2015). Suhail and Bergees ,2006) They suggested that recurrent and over use of internet cause fewer human interaction and make them asocial and lower level of their emotional intelligence. A study conducted by kircsburun, Griffith, and Billiux, 2019 found that emotional intelligence indirectly related with internet gaming disorder through mindful awareness. Study explored that people who face difficulties to manage their emotions may develop internet gaming disorder to escape from real life emotions. Therefore, higher level of emotional intelligence directly connected with lower IGD. Study conducted in Pakistan by Zahra et al., (2020) with 315 university students found that internet gaming behavior is negatively associated with emotional intelligence.

H2” There will be a negative association between Emotional Intelligence and Subjective Happiness” Many researches explored several factors are predictors of happiness that are social achievement, psychological, character parameters etc, showed happiness can be determined by that how much a person is pleased with his or her life. Another study explored that the element of happiness is satisfaction with life, positive emotions, lower negative and higher positive emotions with others and meaningful life (Sasanpour& Khodabakhahi ,2012). It has also been suggested that lower level of psychosocial wellbeing could also a origin of excessive gaming. Study conducted by (Lemmens et al., 2011). Internet Gaming is inversely associated with Subjective Happiness (kochuchakkalackal, &Reyes,2019; pontes, H.M,2017).

Another study explored that the excessive use of mobile phones in the form of gaming caused social distraction which may cause behavioral as well as clinical problems. In the light of literature which proposed that **H3** “There will be a positive relationship between Emotional Intelligence and Subjective Happiness” Young adult who involved in internet gaming were have poorer emotional intelligence which results them lower level of happiness. Previous studies were also assessed a relationship between internet gaming and emotional intelligence. Some studies revealed the association of emotional intelligence with electronic devices such as mobile phones

addiction, higher involvement in any kind of gaming caused lower level of emotional intelligence (Brunborg, Mentzoni, & Frøyland, 2014; Van Deursen, Bolle, Hegner, & Kommers, 2015) and excessive problematic gaming. (Beranuy, Oberst, Carbonell, & Chamarro, 2009). But these studies did not conclude that emotional intelligence prognosticate internet gaming. However (Chee et al., 2017) proposed that a negative association between emotional intelligence and internet gaming addiction in adolescents. (Kircsburun, Griffith & Billiueux, 2019) explored that emotional intelligence indirectly related with internet gaming disorder. Study explored that people who faced difficulties to manage their emotions may develop internet gaming disorder to escape from real life problems. However, another study conducted by Kircaburun et al., (2019) explored that people who want to escaped from their emotions are develop internet gaming disorder. Thus, keeping in view the literature, it was hypothesized that " There will be a negative relationship between emotional internet gaming behavior and emotional intelligence " among young adults. Bivariate correlation analysis was revealed the results of this current study was supported by the literature. Internet gaming had a strong negative relationship with emotional intelligence among young adults.

H4 "There will be a significant gender differences on Internet Gaming Behavior, Emotional Intelligence and Subjective Happiness. Literature showed gender difference in the relationship of Internet Gaming Behavior, Emotional Intelligence and Subjective Happiness. Study conducted in Pakistan explored that being male and younger age group as risk factor of IGD (Zahra, Kiani, & Shahbaz, 2019). Another study also explored that there are gender differences in emotional intelligence and Subjective Happiness (Saraiva et al., 2018) .

In present study the relationship between internet gaming and subjective happiness were also established. It was proposed that young adults who were involved in excessive gaming have a lower level of happiness. Study conducted by (Hull et al., 2013) found that exposure with lower level of happiness is linked with problematic gaming disorder. Suresh & Silvia, 2018 proposed that participants who had excessive level of internet gaming addiction shows lower level of happiness than those with lesser involvement. Keeping view literature in mind we hypothesized that "There will be a negative association between Internet Gaming Behavior and Subjective Happiness " .

Correlation analysis were revealed that this study was supported by the literature. Internet gaming and subjective happiness had a strong negative relationship. (Gupta & Ritu, 2022) proposed that there is a positive association between emotional intelligence and subjective well-being. (Miraj et al., 2012) study explored that the positive and strong relationship between emotional intelligence and subjective happiness. Participants with higher emotional intelligence are happier and good mental wellbeing. (Mérida-López et al.,2018; Joan Guerra.,2019) were also explored there is a direct association between emotional intelligence and subjective happiness. Keeping in view literature we hypothesized that " There will be a positive relationship between emotional intelligence and subjective happiness " Bivariate correlation analysis were revealed that the results of this study was supported by the literature. Emotional intelligence had a strong positive relationship with subjective happiness.

Conclusion

The current study was designed to explore the association between Internet Gaming Behavior and Emotional Intelligence among young adults. The findings of this current study were in concurrence with the findings of other studies around the world. All the results of this current study supported our hypothesis and objectives. Internet Gaming Behavior has a negative significant relationship with Emotional Intelligence and Subjective Happiness among young adults. Excessive Gaming caused inability to regulate and control their Emotions which results in poorer Emotional Intelligence and lower level of Subjective Happiness. A significant positive relationship between Emotional Intelligence and Subjective Happiness, which depicted people who were Emotionally Intelligent supposed to be happier than those who have lower Emotional Intelligence. Also, there is a static significant gender difference present in Internet Gaming, Emotional Intelligence and Subjective Happiness. The indication of present research will be useful to re-decorate policies and precisely look at the strategies that will be used to prevent negative consequence of not easy gaming and enhance Emotional Intelligence Among Young Adults.

Implications

The findings of the study helps the policy makers to redesigns some strategies that limit the gaming time and showing a pop-up message after a sufficient time. Also, seminars, conferences and other activities could be organized to highlight the negative consequences of excessive gaming. Study findings will also help positive psychologists to plan designed some strategies like workshops and counselling that helps the young adults to enhance their level of emotional intelligence that directly related to their subjective happiness. One of the strengths of this present study that it contributes to the small literature concerning the relationship between internet gaming behavior, emotional intelligence and subjective happiness. We can say that the present study have theoretical as well as practical implications. This study is also designed to fulfill the need of awareness in society about negative consequences of Internet gaming behavior. It will also have great significance for youth mental well-being. This study will emphasize the necessities to develop various intervention strategies that will strengthen youth emotionally by enhancing their self-regulation and emotion regulation skills. This study will help mental health professionals to redesign intervention programs for youth to increase their emotional intelligence.

Limitations

One of the barriers of the study will be that sample/ information would only be collected from Islamabad and Rawalpindi and it will not be generalized to basic population of Pakistan. Current learn about used correlational lookup design similarly longitudinal study explores the variables in details. Further studies required to collect data from extraordinary provinces of Pakistan. Second this learn about used only quantitative layout in addition studies used qualitative and combined approach designs to get greater true results. One of the boundaries is that it's a self-administered check which may additionally cause biases.

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Appendices

Appendix A: Informed Consent

INFORMED CONSENT

Dear participant,

I am student of BS Psychology at Capital University of Science and Technology. I am conducting a research on “Association between Internet Gaming Behaviour, Emotional Intelligence and Subjective Happiness among Young Adults “ For this purpose, you are required to sign the informed consent. After that, you will be asked to fill the demographic sheet along with three questionnaires. I request you to take part in this study. I assure you that your information will be kept confidential and this information will only be used for research purpose. Your participation will be highly appreciated. However, you have complete right to withdraw from the study at any time.

If you have any question or concern about the study, you can email at

zararana313@gmail.com

Participant's Signature _____

Appendix B: Demographic Sheet

Appendix C: Internet Gaming Disorder (IGS-20) Scale

Appendix C

The Internet Gaming Disorder Test (IGD-20 Test) (Pontes et al., 2014)

Instructions: These questions relate to your gaming activity during the past year (i.e., 12 months). By gaming activity we mean any gaming-related activity that was played on either a computer/laptop, gaming console and/or any other kind of device online and/or offline.

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
1. I often lose sleep because of long gaming sessions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2R. I never play games in order to feel better.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I have significantly increased the amount of time I play games over last year.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. When I am not gaming I feel more irritable.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I have lost interest in other hobbies because of my gaming.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I would like to cut down my gaming time but it's difficult to do.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I usually think about my next gaming session when I am not playing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I play games to help me cope with any bad feelings I might have.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I need to spend increasing amounts of time engaged in playing games.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I feel sad if I am not able to play games.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I have lied to my family members because the amount of gaming I do.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I do not think I could stop gaming.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I think gaming has become the most time-consuming activity in my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. I play games to forget about whatever's bothering me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. I often think that a whole day is not enough to do everything I need to do in-game.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. I tend to get anxious if I can't play games for any reason.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. I think my gaming has jeopardized the relationship with my partner.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. I often try to play games less but find I cannot.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19R. I know my main daily activity (i.e., occupation, education, homemaker, etc.) has not been negatively affected by my gaming.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. I believe my gaming is negatively impacting on important areas of my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Appendix D: Wong and Law Emotional Intelligence Scale (WEIS)

Appendix D



Visit www.emotivity.org for more self-assessments

How Emotionally Intelligent are You? (Wong and Law Emotional Intelligence Scale, WLEIS)

Instructions

Here is a short 16-item measure of emotional intelligence, developed for use in management research and studies. The items on the Wong and Law Emotional Intelligence Scale (WLEIS) is based on the ability model of emotional intelligence. A list of statements are provided below, and to complete this questionnaire, mark the extent to which you agree or disagree to each of the statements.

	Strongly Disagree	Disagree	Slightly Disagree	Neither Agree nor Disagree	Slightly Agree	Agree	Strongly Agree
1. I have a good sense of why I feel certain feelings most of the time.							
2. I have a good understanding of my own emotions.							
3. I really understand what I feel.							
4. I always know whether I am happy or not.							
5. I always know my friends' emotions from their behaviour.							
6. I am a good observer of others' emotions.							
7. I am sensitive to the feelings and emotions of others.							
8. I have a good understanding of the emotions of people around me.							
9. I always set goals for myself and then try my best to achieve them.							
10. I always tell myself I am a competent person.							
11. I am a self-motivating person.							
12. I would always encourage myself to try my best.							
13. I am able to control my temper so that I can handle difficulties rationally.							
14. I am quite capable of controlling my own emotions.							
15. I can always calm down quickly when I am very angry.							
16. I have good control of my emotions.							

Appendix E: Subjective Happiness Scale (SHS)

Appendix E

Subjective Happiness Scale

(Lyubomirsky & Lepper, 1999)

For each of the following statements and/or questions, please circle the point on the scale that you feel is most appropriate in describing you.

1. In general, I consider myself:

not a very happy person 1 2 3 4 5 6 7 a very happy person

2. Compared with most of my peers, I consider myself:

less happy 1 2 3 4 5 6 7 more happy

3. Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you?

not at all 1 2 3 4 5 6 7 a great deal

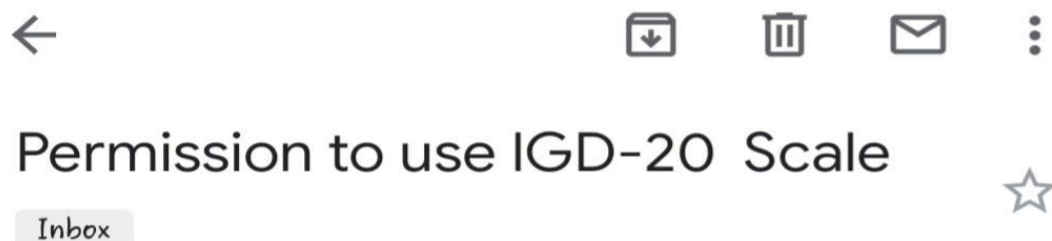
4. Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you?

not at all 1 2 3 4 5 6 7 a great deal

To score the scale, reverse code the 4th item (i.e., turn a 7 into a 1, a 6 into a 2, a 5 into a 3, a 3 into a 5, a 2 into a 6, and a 1 into a 7), and compute the mean of the 4 items. Norms are available in the reference below, as well as in many other publications that have used the scale (see PsycInfo).

Lyubomirsky, S., & Lepper, H. (1999). A measure of subjective happiness: Preliminary reliability and construct validation. *Social Indicators Research*, 46, 137-155.

Appendix F: Permission Letter To Use Internet Gaming Disorder (IGD-20) Scale



 **Zara Rana** 17 Oct
Greetings Sir Mark Griffiths , I hope this email finds you well ! I'm a student at Capital University of

 **Griffiths, Mark** 17 Oct
to me, rabia.batool@cust.edu.pk  

Hi Zara. No permission is needed to use the scale. It is in the public domain. good luck with your research

Dr Mark Griffiths
Distinguished Professor of Behavioural
Addiction

Download my articles and papers

at: https://www.researchgate.net/profile/Mark_Griffiths2

Follow me on Twitter: <https://twitter.com/#!/DrMarkGriffiths>

Director, International Gaming Research Unit
Psychology Department, Nottingham Trent
University
50 Shakespeare Street, Nottingham, NG1 4FQ

Direct Telephone Line: 0115-8482401

Appendix G: Permission Letter to Use Wong and Law Emotional Intelligence Scale



Permission to use (WLEIS)

Inbox

Zara Rana 7 Oct

Sir Wong , I hope this email finds you well ! I'm a student at Capital University of Science and



Chi Sum Wong (MGT) 10 Oct

to me ▾



Dear Zara Rana,

So far as you are using the scale for non-profit making research projects, feel free to use it. Attached are papers reporting the scale items, its development and validation. Good luck to your study.

Regards,

C.S. Wong

Dept. of Management

The Chinese University of Hong Kong

[Show quoted text](#)



Appendix H: Permission Letter to Use Subjective Happiness Scale (SHS)



Sonja Lyubomirsky 8 Oct
to me, rabia.batool@cust.edu.pk ✓



Not sure if this went out, so I'm sending again:

Hi there — You are welcome to use the Subjective Happiness Scale (SHS). (My website, which includes the SHS, states that anyone can use it for research purposes.) Just be sure to cite the scale validation paper, attached.

All the information is also included here: <http://sonjalyubomirsky.com/subjective-happiness-scale-shs/>

You may also be interested in my two books, *The How of Happiness* and *The Myths of Happiness* (translated into many languages too).

All best,
—Sonja

Appendix I: Support Letter for Data Collection



C.U.S.T.

Capital University of Science & Technology
Islamabad

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Zone - V, Islamabad, Pakistan
Telephone : +92-51-111-555-666
 : +92-51-4486700
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Email : info@cust.edu.pk
Website : www.cust.edu.pk

Ref. CUST/IBD/PSY/Thesis-220
October 21, 2022

TO WHOM IT MAY CONCERN

Capital University of Science and Technology (CUST) is a federally chartered university. The university is authorized by the Federal Government to award degrees at Bachelor's, Master's and Doctorate level for a wide variety of programs.

Ms. Zara Anjum, registration number **BSP183001** is a bona fide student in BS Psychology program at this University Fall 2018 till date. In partial fulfillment of the degree, she is conducting research on "Association between internet gaming behavior, Emotional intelligence and Subjective happiness Among youngsters". She is required to collect data from your institute.

Your cooperation is highly appreciated. Please feel free to contact undersigned, if you have any query in this regard.

Best Wishes,

Dr. Sabahat Haqqani
Head, Department of Psychology
Ph no. 111-555-666 Ext: 178
sabahat.haqqani@cust.edu.pk

report

ORIGINALITY REPORT

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