

THE INFLUENCE OF ELECTRONIC GAMES IN PHYSICAL HEALTH AMONG SCHOOL OF TECHNOLOGY MANAGEMENT AND LOGISTIC (STML) STUDENTS

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Abstract: Electronic games is the most popular entertainment in modern societies especially students. Despite the factors that influence the impact of electronic games on students is still unclear. The purpose of this study was to develop addictive criteria and physical health effects for electronics games using a qualitative contents analysis. Besides, the purpose of this study to test the developed approach in School Technology Management and Logistics (STML) and to propose solutions or recommendations to overcome the problems by using qualitative research method, the data collected through questionnaire and open-ended questions. The respondents involved 340 students from STML. This questionnaire was analyzed by using multiple choice and Likert-Scale. Data was analyzed using IBM SPSS Statistic.

Keywords: Electronic games, addictive, physical health

1. INTRODUCTION

This purpose of this study is to identify the influence of electronic games in physical health perspective among STML students. Researcher also related this influence of electronic games with the addictive criteria among STML students. Researcher have two variables where each variable has four sub-variables. It will focus on eight (8) sub-variables which are in first variables is salience, mood modification, withdrawal and conflict. For the second sub-variables which are obesity, sleep deprivation, musculoskeletal problem and vision problem. Both variables will identify with dependent variable where is an electronic game.

2. METHODOLOGY

The researcher quantitative method approach from a sample size where 340 respondents among the size of populations which is 1523. The sample size of respondents being determine by using Krejcie and Morgan (1970). The researcher used the cluster sampling and only focus on STML students every year of study. Moreover, the questionnaire analyzed using Likert Scale that were Strongly Disagree, Disagree, Agree and Strongly Agree. Data was analyzed by using Excel and IBM SPSS Statistic.

3. RESULTS AND DISCUSSION

In this study, total of the respondent is 340 from STML students. Respondent's distribution based on demographic of STML students which is gender, ethnicity, major of field and year of study. The distribution of respondents by gender where from male is 115 (34%) while from female is 225 (66%). In addition, for ethnicity where from Malay is 209 (61%), 76 (22%) is from Chinese, from Indian is 53 (16%) students and also from others is 2 (1%). The distribution of respondents by major of field for STML students shows that from MOT is 126 (37%), POM is 101 (30%) and from LOG is 113 (33%). For the year of study where in first year is 90 (27%), second year is 96 (28%), while students from third year is 79 (23%) and also 75 (22%) is from forth year and above. According to the result, Table 1 above, overall of statistic of mean value for each variable.

Table 1
Overall of statistic of mean value for each variable

Variables	No. of Item	Mean
Salience	3	2.13
Mood modification	4	3.07
Withdrawal	3	2.18
Conflict	3	2.51
Obesity	3	2.22
Sleep deprivation	3	2.50
Musculoskeletal	2	2.53
Vision problem	3	2.40

4. CONCLUSION

The aim of this study is to research the influence of electronic games in physical health perspective among STML students. In addition, the total 340 for students participated in this study and the result shows that electronic games are not very influential to the physical health among STML students.

5. REFERENCES

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