

**Online Gaming Addiction, Narcissistic Tendencies, Interpersonal Communication  
and Loneliness among University Students**



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**By**

**Isha Tariq**

**DEPARTMENT OF APPLIED PSYCHOLOGY**

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**KINNAIRD COLLEGE FOR WOMEN, LAHORE**  
**OFFICE OF RESEARCH, INNOVATION & COMMERCIALIZATION**

**Thesis Approval Certificate**

Date: 16-1-2023

I hereby recommend that the thesis prepared under my supervision by

**Student Name:** Isha Tariq

**Session:** 2020-2022

**Registration No:** F20MPSY009

**Title:** Online Gaming Addiction, Narcissistic Tendencies, Interpersonal Communication and Loneliness among University Students,

be accepted in partial fulfillment of the requirements for the award of M.S degree.

**Examination Committee Members**

1. Name: Dr. Shahnila Tariq

Signature & Date: Bunida

2. Name: Dr. Afsheen Gul

Signature & Date: Afsheen  
16/1/23

3. Name: Raamish Masud Khan

Signature & Date: Bunida  
16-1-2023

Supervisor's Name: Sania Naeem

Signature & Date: Sania  
16<sup>th</sup> Jan' 23

Dr. Afsheen Gul

Head of Department (Name)

Afsheen

Signature & Date

16/1/23

**COUNTERSIGNED**

Date: \_\_\_\_\_

Waza  
11/1/23

Director ORIC

## DECLARATION

### DECLARATION

It has stated that “All the changes suggested by examiners during the defense have been incorporated in this final copy”.

Student Name: Isha Tariq

Signature:



Supervisor: Ms. Sonia Naeem

Signature: *Sonia*

Head of Department: Dr. Afsheen

Signature:

*Afsheen.*

## RESEARCH COMPLETION CERTIFICATE

It is certified that Ms. Isha Tariq (Session 2020-2022), Department of Applied

Psychology, Kinnaird College for Women has carried out this research entitled “***Online Gaming addiction, Narcissistic tendencies, Interpersonal communication and Loneliness among University Student*** “ under my supervision. It is assured that this research work is original and has not been published anywhere else.

*Sonia*

Sonia Naeem

Assistant Professor

Department of Applied Psychology

Kinnaird College for Women, Lahore

*Afsheen.*

---

Dr. Afsheen Gul

Head of Department

Department of Applied Psychology Kinnaird

College for Women, Lahore

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Isha Tariq



F20-MPSY-009

Ms. Clinical Psychology

Signature:

Sonia

Signature of Supervisor

Afshen.

Signature of HOD

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Name: Isha Tariq:



## **Abstract**

In our fast-paced society, where everyone is busy in their personal achievement. The communication style is drastically changed and the new generation is experiencing more interpersonal communication difficulty, narcissistic tendencies and loneliness. The aim of the study was to investigate the relationship between online gaming addiction, narcissistic tendencies, interpersonal communication and loneliness among university students. It was hypothesized that there is likely of significant positive relationship between gaming addiction, narcissistic tendencies, Interpersonal communication and loneliness among university students. Secondly, it was hypothesized that gaming addiction, narcissistic tendencies and interpersonal communication are predictors of loneliness among university students. Thirdly, it was hypothesized that there is likely of significant gender differences in terms of online gaming addiction, narcissistic tendencies, interpersonal communication and loneliness among university students. The sample of 120 students were taken which includes both girls and boys. The purposive sampling strategy was used, sample of girls (n=60) and boys (n=60) selected for the study. The age range of the participants was 18-25 years. The target population was universities students. The measurement tools used for the study was gaming addiction scale, NP-16, Interpersonal communication inventory and UCLA loneliness scale. The Correlational research design used for this study. Independent Sample t-test, Multiple Hierarchical Regression was used for this study. The findings depict a significant positive relationship between gaming addiction, narcissism and loneliness. Gaming addiction, narcissism and interpersonal communication is significant predictor of loneliness among university students. The result of independent sample t- test reveal males are significantly more dependent to gaming addiction and female showed higher level of narcissism and Loneliness.

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### List of Abbreviations

Abbreviations	Full Form
GA	Gaming Addiction
NT	Narcissistic tendencies
ICT	Interpersonal communication Inventory
UCLA	Loneliness Scale
SDT	Self-Determination Theory

### List of Symbols

Symbols	Definition
$\alpha$	Cronbach's index of internal consistency
$\beta$	Population value of regression coefficients
Df	Degree of Freedom
k	No. of items
$f$	Frequency
N	Total sample
P	Significant value
SD	Standard Deviation

$\Delta R^2$

%

$R^2$  Change value

Percentage

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# Chapter I

## Introduction

### Gaming Addiction

Currently human has an access to internet and people especially young generation is spending much more time in playing online games which yield into online gaming addiction at global level. According to one research, online gaming the most addictive activities on internet now adays is online gaming addiction (Wan & Chiouh, 2006). Addiction can explain as an action which is performed again and again which yield into damage of individuals personality, mentality, body and day to day activities. In this sense, addiction can be considered as a condition that affects a society adversely in physical, mental, and behavioral aspects unable to control. In the history, massive multiplayer online role-playing game MMORPG was discovered by Korea in 1995 (Griffiths, et al. 2003). Players for the charm of win play online games more and more. Amount of time spent on online gaming vary from individual, availability of resources gadgets, internet, personalities and type of home environment. Graphic features of online gaming developed from simple to very complex. Addiction of video games seemed to a process resemble to compulsive gambling in which the primary motive of an individual is to rush of wining.

Fadil et al. (2010) stated that 85%users of internet are adults or undergraduate university students. On the global platform online gaming is increasing day by day. Addiction rate seemed high among young generation and increasing the rate of gaming addiction. The most active or popular activity now adays is online gaming (Wan & Chiou, 2006). Newzoo (2017) stated that about more than two billion people play online games in their leisure time. Reason behind tis high prevalence is higher level of entertainment and feeling of sovereignty which promote addiction. Some activities were assigned to the students and sked them to solve. The condition was they have to play and to achieve the next level, and they can take

another attempt if they get loss until they win. This condition yield into physical and mental health problems. The Internet can exceedingly turn individuals a productive to a destructive attempt. It enables the individuals addict to online gaming spoiling every day-to-day activity, personal relationship and work responsibilities. It serves as an enabler for people to play online games, disrupting everyday life, personal relationships, and work. Syracuse University on the Science Daily website (2007) depict negative implications of internet games, especially for the students' lives as it can skeptically affect social, personal and academic achievements. Hazar and Hazar (2018) depict that emotional social emotional, and physical health suffer of individuals due to attraction towards online gaming. All these effects activate damage to both physical and mental damage, aggression, and loneliness. All such issues or reason address the health professionals and psychologists to measure the effects of online games.

The irresistible involvement in playing online games were examined between the age ranges of 13-25 years and more prevalent in boys as compare to girls. Immoderate use of violent games depicts high association with trend of mass shooting (Singh, 2019). World health organization classified the obligation to desires of digital and video gaming a mental health disorder (WHO, 2018). Moreover, addiction to online games also defined as a different behavioral addiction mark by immoderate or uncontrollable use of online games or video games that impeded with an individual everyday life (World Health Organization, 1992). Researches also demonstrated that addiction of gaming is detrimental. Several studies in recent years have scrutinize that gamer faced a lot of problems in managing their video game playing (Hussain & Griffiths, 2008; Wan & Chiou, 2006). Arise in excessive use of online gaming yield poor productivity in social, occupational, educational and personal life domains (Wan & Chiou, 2006). Opinion on playing games most of the time in a day vary from individual to individual. Some parents believe that online gaming provide a platform to their children to enhance collaborative work, polished their cognitive skills. Cole and Griffiths, (2007 )deduce that playing different online games provide a chance to gamers create a social

bonding with others, an opportunity for friendship and even sometimes for establishing romantic relationships. On the other hand, researches also claim that excessive usage of online gaming yield into depression, social anxiety, poor interpersonal, low academic achievement and anger outburst. Individuals spent most of the time in their rooms playing games and hence poor affection and bonding between family members resulted (Kuss & Griffiths, 2012).

However, possible associated elements with the development of gaming pathologies are social isolation, personality traits, lessen self-control, mental health issues such as depression, anxiety and ADHD (Ferguson et al., 2011). Internet addiction has significant relationship with the family system. Family is the most important element of human life and had great impact on individual personality development. Researches claims that individuals lived in poor family functioning are more prone to internet addiction. It was also examined that child of single parent spent more time on internet gaming as compare to other children. Such children spent most of their time on internet gaming to get rid of apathy. Children lived in conflicting home environment also have a great tendency to develop internet addiction. Rejection from parents, overprotective and neglecting parenting styles are associated with addiction of internet (Huang et al., 2010). On the other hand, individuals who receive warmth and protective behavior from their mother and father depict less or no gaming addiction (Siomos et al., 2012).

## **Theoretical Perspective**

### **Self -determination Theory**

Self-determination theory displayed humans' positive growth and potential to achieve own achievements and self-regulation based on fulfilment of some fundamental needs (Rayan&Deci, 2000). The needs can be need for autonomy, need of elatedness and need for competence. When an individual meets their needs efficiently in their everyday life routine,

they experienced a higher level of well-being. On the other hand, individuals who failed to fulfil their needs will suffer their well-being. Such individuals look elsewhere to fix their needs and become motivated to chase activities for the fulfillment of these needs (Ryan,1995). Individuals who failed to fulfill their needs turn into video games to fulfill their needs and achieve the need of competence through completion of in games goal. (Weinstein & Ryan, 2009) The need of relatedness also fulfilled as the players interact with each other's. Players are sovereign in the games and can decide where to go and what they like to do and fulfill the need of autonomy. As the needs are fulfilled the behavior of online gaming become strengthen.

### **Social Cognitive Theory**

Bandura Proposed the Social Cognitive Theory. In 1986. This theory states that human personal relations, behaviors, and environmental behaviors reflect its behavior. Theory of social cognition (SCT) was established in 1986 by Bandura. Individuals' feelings and thoughts are major elements of personal reasons. Behavioral factors cover information about health and skills define as behavioral, regulating and taking action. The theory claim that human learn from its environment. He gets knowledge by observing others skills, culture, attitudes, decision strategies, and laws (Bandura, 1986). In relation to this study, it can be said that individuals are hooked to playing online games may be amused or impressed by the personality they encounter therein and, to a certain extent, may end up imitating the characters' behavior. To put it another way, mimicking the character can cause individuals to act violently in their own thinking.

### **Narcissism**

Narcissism, in the history, introduced by the British essayist and physician Havelock Ellis (1898). It can be identified by blown up sense of growth and addiction to fantasy, by an unexpected chillness and self-confident vibrate only when the confidence of narcissistic is

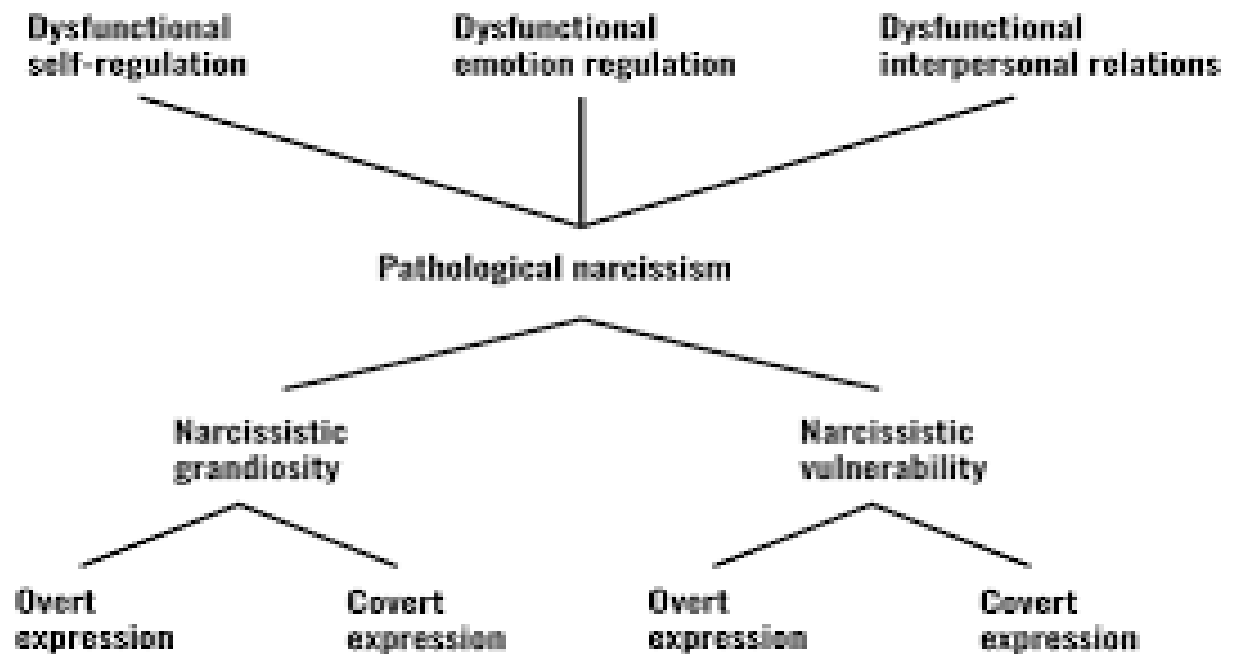
pressurized and by the likelihood to consider it for granted or to harm. Sigmund Freud depicts that; narcissism is labelled in puberty but it is considered normal during child development stage. The word narcissism is defined as “complex of personality traits and processes”. Munro, Bore, and Powis have defined narcissism as a universal way as “troublesome to others for the fulfillment of their own goals. Digital games, which are mostly played to spend time, relax, reduce stress, keep the mind active, dive into a different world, and socialize with friends or family members, cause many biological and psychological disorders besides behavioral addiction. They cause more severe problems in children whose personality is not fully established and whose biological development is not fully completed. Some studies showed that there was a 30% increase in the scores obtained from 16,275 university students who completed the narcissistic personality inventory in the years between 1979 and 2006. A study conducted by the U.S. National Institutes of Health in 2008 found that 6.2% of 35,000 participants showed narcissistic personality disorder at some time in their lives. In addition, it was found that narcissism has increased much faster with the spread of social media

Narcissism, one of these disorders, is a phenomenon increasing together with gaming disorder. Some studies showed that there was a 30% increase in the scores obtained from 16,275 university students who completed the narcissistic personality inventory in the years between 1979 and 2006. A study conducted by the U.S. National Institutes of Health in 2008 foundationally, there has been a significant relationship between life satisfaction and narcissism. Within academia, narcissism has been positively associated with a tendency to cheat in graduate school (McCabe, Butterfield, & Trevino, 2006), engage in academic dishonesty with a lack of subsequent guilt (Brunell, Staats, Barden, & Hupp, 2011), and attribute noncontingent success to personal ability (Rhodewalt, Tragakis, & Finnerty, 2006). The rising level of collegiate narcissism has prompted concerned instructors to examine their personal role in preparing a generation of employees that are more narcissistic than the last.

Individuals with narcissistic personality traits depicts giant correlation between gaming addiction. Such people have high vulnerability for life transactions, more aggressive, socially isolate, and high self-confident and feel being insulted more as compare to average individuals.

### **The Hierarchical Model of Narcissism**

A hierarchical paradigm, according to Pincus and Lukowitsky (2010), is the most effective way to conceptualize pathological narcissism. They contend that a combination of three psychodynamic phenomena—dysfunctional self-regulation, emotion control, and interpersonal relations—basically defines pathological narcissism



Pincus and Lukowitsky (2010),

They believe that these three dysfunctional behaviors serve as the fundamental tenets of pathological narcissism. From this angle, the Pincus and Lukowitsky model permits pathological narcissism to be located on a continuum between two prototypes, which are covered by several terminology in the clinical and research literature, in contrast to the DSM-5

NPD classification. The extreme of grandiose, thick-skinned, entitled, haughty, and unaware narcissism is at one end of the continuum (Force, 2006; Gabbard, 2015).

## **Interpersonal Communication**

Interpersonal communication is a dynamic and complex human phenomenon that includes at least two communicators. These communicators intentionally orient toward each other as both subject and object whose actions embody each other's perspectives both toward self and toward other. In essence, interpersonal communication is a goal-driven interaction between at least two people that typically occurs in a face-to-face environment. Littlejohn, S. W. (2002). Adolescence is the period and process of development from childhood to adulthood. It is a period demanding significant adjustment to the physiological, cognitive, psychological, and social changes which distinguish childhood behavior from adult behavior. These changes affect the personality and adjustment in later life. During adolescence, communication with other people is very important for adolescents (Muuss, 1996). Communication is one of the most basic elements of human functioning, because it is healthy interpersonal relationships. Interpersonal relationships begin and develop through communication. The quality of communication has a direct impact on the quality of the interpersonal relationships. And the quality of these interpersonal relationships often affects how they feel about themselves. The use of effective communication skills is an important interpersonal competency. Interpersonal competence involves the development of communication skills. Interpersonal competence also involves the ability to engage effectively in complex interpersonal interaction and to use and understand people effectively. People in an interpersonal relationship tend to influence each other, share their thoughts and feelings, and engage in activities together. Because of this interdependence, most things that change or impact one member of the relationship will have some level of impact on the other member.

Research indicates that students have good interpersonal communication tend to solve their problems in an appropriate way. It enables the students to use their resources, knowledge

and cognitive abilities to solve a problem and make decisions. Student with good communication skills challenge the situations, have tendencies of leadership and have belief on own probable achievements in different conditions (Erozkan, 2013).

Excess usage of internet apart the social gatherings and lessen face to face communication that yield poor interpersonal communication. Comfortable relationship with peers enhances the individual adjustment abilities, high self-esteem and self-confident. Individuals who remain connected other people through online rather than face to face communication faced more adjustment problems, low self-esteem and doubt on their abilities and high prevalence of depression and anxiety was examined among such kind of individuals (Sun, 2018).

### **Loneliness**

Humans are social animals. Humans make interactions and relationships for being alive and make inventions to make their lives easy. Now a days gaming addiction is increasing day by day and this addiction yield into loneliness among adults. Immoderate usage of internet games or video games results into long distance among individuals specially students. Gaming addiction has association with loneliness. Loneliness can be defined as inadequate and low quality of relationships among that where communication should be essential. Researches claim that individual who spent much more time on playing games depicts less interaction with family members which yield into difficulty to understand emotions of others (Zavaleta et al. 2017). Research was conducted to measure the rate of gaming addiction. For this purpose, sample was collected from National Population Registry of Norway. Random sampling technique was administered for data collection. Results depict that 1.4% participants fall on criteria of the gaming addiction, 7.3% participants fall on the criteria of problematic gaming, 3.9% were engaged gamers and 87.4% were normal gamers. Positive correlation was seemed among age, gender, problematic and engaged addictions.

Loneliness can lead the way to several difficulties that directly affect the individuals mental, physical and psychological and well-being. American College Health Association (ACHA), conduct a study and results depict that, over half undergraduate students suffer or experience loneliness (ACHA, 2018). In the spring of 2012, 57% of students examined felt lonely, which increased by 6.2% by the fall of 2018 (ACHA, 2012, 2018). Seon et al. (2019) conduct a study to measure the formal and informal impact of social support on those individuals who had traumatic memories of their childhood experienced for their academic achievements. Results depict that individuals who have more social support in terms of much more friends have significant and positive impact on academic achievements. Humans have been captivated with the schema of being isolated, from wanting to keep away from to ardently find it for many years. Even Abraham Maslow a very famous psychologist talks about absenteeism of friends, family and the loved one may lead hunger for the love, attachment, sadness and to experience loneliness in individuals and induced a drive to stop from everything (Maslow, 1954). Fascination has been found but until the 1960 but until the 1960s, the term “social isolation” was scarcely found in any literature.

Loneliness has intense effect on academic success. The impact of loneliness on academic success can be profound. Contemporary literature in this area state individuals exhibit poor or worse academic success when the social circle is zero or very limited and stay depressed and lonely. On the other hand, individuals that are more connected to their friends or family display a good academic result. (Cero et al., 2015; Keyes et al.,2016) explain the relationship between suicidal ideation, behavior issues, and college academic achievement, examining the behavioral consequences among freshman and lower classman students observing the behavioral health in undergraduate and lower-class students, if all these make resistance in their academic success. The study includes suicidal thoughts, noncollegiate activities, status of the current relationships, race, and status of the current situation. This study revealed that students had lower academic success rate with suicidal thoughts (Luca et

al., 2016), were younger reported lower level of romantic relationship (Luca et al., 2016; Seon et al., 2019), (Luca et al., 2016; Saeed et al., 2018) report religious affiliation and they were more likely to live with family or roommate more likely to report a domination of religious perspectives, and were more likely to live with family or roommate (Luca et al., 2016). Research articles suggest that students who had positive display the symptoms of current mental illness have greater risk for the loneliness and other psychological issues, academic failure and exhibit suicidal ideation (Cero et al., 2015). There is need for the social support on colleges campuses to improve the mental health so may promote the psychological well-being of the students.

## **Theoretical Perspective**

### **Discrepancy Theory**

According to the discrepancy theory, loneliness is a subjective or instinctive, unlikeable and upset condition or phenomena come from the deviation between desires of individual and attain levels of social relations. Basically, the discrepancy is correlated with specific circumstances and life events that develop loneliness in individuals, including relocation, widowhood and disability. Any kind of mismatch among the social relations which may be desired or achieved may be described by an individual as loneliness.

### **Theoretical Frameworks**

Self-determination theory was proposed by psychologists Edward Deci and Richard Ryan. Self-determination theory propose that fulfillment of basic psychological needs of individuals based on self-regulating abilities and wellbeing (Ryan & Deci, 2000). These needs comprise of freedom, need of competence and the need of kinship. When an individual meets their all-psychological needs, it results into psychological wellbeing. Rectification of another medium occur when the needs are not met (Ryan, 1995). Humans that find difficulty to meet their psychological needs in their daily life may shift to online gaming as they get power by

completing a level and appreciation. Player ultimately chooses what he wants to meet the need of independency (Przybylski, 2009). Literature also depicts such individual who do not have healthy relationships with parents or unable to fulfill their psychological needs, or individuals with narcissistic tendencies are more prone to develop online gaming addiction. Operant conditioning explain that occurrence of behavior depends on its consequences. Online gaming works on operant conditioning principals. It provides positive reinforcement which encourages the participate to play more and more, avoid their essential activities and even sometimes ignore family members (Wallace, 1999). Previous literature also demonstrates that individual who tend to play most of the time avoid social gatherings, ignore their daily activities and reinforced from gaining higher level achievement.

## **Literature Review**

This chapter review the literature findings of research. Different researches were reviewed to obtain the great deal of information about variables which were under study. These researches provide summary and explain the complete and current state of knowledge on the desired variables.

### **Gaming addiction, narcissistic tendencies and interpersonal communication**

Nawaz et al. (2020) conducted research to find effect of PUBG game addiction on social isolation and narcissistic tendencies among gamers. Through convenient sampling data was collected from gamers that were between the ranges of 13-30 years. To test the hypothesis measuring instruments consist of online game addiction, Narcissistic personality inventory, and social isolation measures. Correlation research design was used to yield results. Results indicates the negative correlation between PUBF game players and social isolation, narcissistic personality inventory. This research concluded that online gaming increases the rate of social skills and interconnection between the players. It was also concluded that emotional behavior and helping attitude were not associated with narcissistic personality.

Rosyid et al. (2019) examine the relationship between online gaming addiction, psychological and interpersonal relationships of the engineering students. 72 participants were taken from Universitas Negeri Malang. Out of 72 students 29 students were from electric engineering department, 19 participants were from mechanical engineering, the 13 students from civil engineering, and 11 participants were from Industrial Technology Department. Male participants were more dominant in the research sample. Self-inventory questionnaire was used for data collection that consist of 33 items and 15 questions belong to psychology and rest 10 of the items measure the interpersonal communication. Results indicates that males are more prone to addict as compare to females. Easy to access gadgets, internet

availability, comfortable environment influences the rate of gaming. Results also indicated that paying online games make an individual less frustrated, produce a sense of happiness and enhanced logical thinking. Results depicts that players who spent above four hours on playing online games have poor interpersonal communication. Such participants reported poor communication with friends and family and also faced difficulty in managing game timing. Anger outburst, disconcerted and social isolation was also examined in such participants.

Sun & Wilkinson (2020) examine the relationship between parenting style, personality traits, and interpersonal relationships as a prediction of internet addiction. 700 participants from a high school and 500 college students were selected through purposive sampling from a Zuhai, a big city of China. Measurement of personality trait was done by 17 items developed from Eysenck & Eysenck in 1985. An eleven-item scale developed from Zheng in 1999 to measure interpersonal relationship. Results indicate that males were more likely to prone internet addiction as compare to female. Participants with neglecting parenting style depicts more internet addiction. Individuals who faced more restrictions and criticism from parents were more prone to internet addiction. High prevalence of internet addiction behaviors was recorded among that participants who were not enough protected and favored from their parents. Results also revealed high prevalence of internet addiction among introvert personalities. A negative 11 and significant correlation was examined among interpersonal communication and internet addiction. Participant with more internet addiction reported poor contact with family and friends and maintained distance from society.

Nawaz et al. (2020) conducted research to find impact of PUBG game addiction on social isolation and narcissistic tendencies among gamers. Through convenient sampling data was collected from gamers that were between the ranges of 13-30 years. To test the hypothesis measuring instruments consist of online game addiction, Narcissistic personality inventory, and social isolation measures. Correlation research design was used to yield results. Results indicates the negative correlation between PUBF game players and social isolation,

narcissistic personality inventory. This research concluded that online gaming increases the rate of social skills and interconnection between the players. It was also concluded that emotional behavior and helping attitude were not associated with narcissistic personality.

### **Gaming addiction and loneliness**

Wang et al. (2019) examine the association between mobile game addiction and depression, social anxiety and loneliness. Participants were selected through random sampling from a high school. From grade seventh, eighth and ninth grade 600 participants were selected and consent form were signed from their parents. A scale was developed to measure mobile game addiction which was consist of Likert type 11 items. Depression, social isolation, child loneliness and child social anxiety from questionnaires consist of 6 items, 31 items and 32 items respectively. Results indicates significant positive relation between mobile phone, social isolation, depression and social anxiety. High rate of mobile phone addiction, social anxiety depression and social isolation was more prevalent among males as compare to females. Poor communication skills, anger outburst and low psychological wellbeing was examined among internet addiction participants.

Ozsaker, (2015) conduct a study to measure problematic internet use, loneliness, and dating, anxiety among young adult university students. Total 493 students were selected. The sample was collected through haphazard sampling in 2008-2009 academic session. To measure the problematic behavior internet using and level of loneliness Online Cognition Scale (OCS) and University of California, loss Angels Loneliness scale was used. The dating Anxiety level was measured by“Dating Anxiety Inventory scale for adolescent. Results depict a positive relationship among excessive usage of internet and problematic behaviors among university students. Results claim that students who spent more than 5 hours in a day on internet exhibit more problematic behaviors as compare to those students who spent less than 5 hours in a day. A significant and positive correlation was also examined between loneliness, internet use and dating anxiety level. Students who spent much more time on internet were

failed in maintaining existing relationships and face a lot of difficulty in making new friends or relationships. This research also depicts that level of problematic internet behavior and dating anxiety was higher in male students as compare to female students.

Rafiq (2016) conducted a study to examine how personality factors leads internet addiction among students which may lead procrastination. Total 301 students who spent most time on internet were selected from different schools and colleges of Islamabad. Internet Addiction Test, International Personality pool and Wittenberg Social and Emotional Scale was used for data collection. Results were generated through Pearson Moment correlation and Hierarchal regression. Results indicates that there is no effect of demographic variable on the internet addictive behavior. Result of this study depicts high positive correlation between internet addict behavior, loneliness, neuroticism and social support. Individuals spent most time on internet, avoid face to face communication and isolate themselves from sense of belongingness. Internet also enhance the distractions and seemed positively correlated with procrastination.

Bezginb and Ummet, (2021) conducted a study to investigate the effect and relationship of loneliness such as social and emotional and nomophobia levels among university students. The sample size of the study was 692 university students who studying in Trakya University in Turkey. The measurement tools used for this study was NMP-Q and UCLA scale. The results of the study depicts that there was a significant relationship among the loneliness and nomophobia among the university students. It was also noted insignificant results with nomophobia or in context of loneliness in social and emotional relations. Basically, if the level of loneliness is high in the university students also the risk of the nomophobia was also high in the university students.

## **Indigenous Researches**

Qureshi et al conduct a study to measure the impact of video games on changing the level of aggression and loneliness in adolescents. The authors of this study claim that male students addicted to online games have more aggression and suffer loneliness as compare to female gamers. Sample was consisting of 150 school students of age range 12 -20 years. The instruments were consisting of Video Game Addiction questionnaire, The Aggression Scale, Loneliness by R-UCLA Scale. Results depict that addiction to internet o video game induced aggression and a sense of loneliness among students. Results also reveal that adolescents that have high score on hostility have more tendency to indulge into fight and more arguments with their friends and teachers. Boys seemed to more dependent on video games as compare to girls. Therefore, video games are predictor of aggression and isolation among university students.

Salahuddin & Muazzam (2019) conduct a study with adolescents' boys to examine the relationship among Gaming Addiction, narcissistic personality, expression of anger and interaction in social context. The data was collected from five different schools for boys of Lahore age ranging 13-16 years. Data was collected with the help of Anger Expression Scale, Narcissistic Personality Scale, Social Interaction and Technology use Scale and gaming Addiction Scale. Samples were selected through purposive sampling technique. Results reveal that Gaming addiction is predictor of anger expression. A negative and significant relationship between social interaction and gaming addiction was seemed. Individuals spent more time on playing games and their relations suffers a lot. Non-significance relationship was observed between narcissistic personality and gaming addiction.

Salazar L, (2016) conducted research to examine the relationship compassion, interpersonal communication, apprehension, narcissism and verbal aggression among

university students. Total 613 undergraduate students were selected from large Southwestern university. The questionnaire was consisting of Communication Apprehension, Hyper Sensitive Narcissism Scale and Verbal Aggressive Scale. Results were generated through Pearson Product Moment Analysis and independent sample T Test. Results depict negative association between compassion and interpersonal communication. Individuals who have higher interpersonal communication get lower scores on compassion towards their same sex friends. Study also reveals that individual with narcissism traits showed less empathy or concerned towards their dynamic friends as such kind of individuals showed more concern about their personal issues. Individuals with poor narcissism traits always showed friendly attitude towards other in difficult situations. Results also displayed negative relationship between compassion and verbal aggressiveness with a strong relationship. Thus, displaying poor communication skills such as verbal aggressiveness might disable individuals' ability to alleviate another person's suffering. Overall, these findings indicate that one should continue to investigate compassion and its inverse relationship with verbal aggressiveness in the context of friendships.

Sidra et.al (2020) conduct this study to investigate the effect of gaming addiction on Narcissism and Social Isolation among gamers. Current research was based on correlation survey and data was collected on google form. Total 130 students through non probability sampling were selected. The questionnaires were consisting of The Online Game Addiction Scale, Narcissistic Personality Inventory and Measure of Social Isolation. Results depict negative relationship between online game addiction, narcissistic tendencies and social isolation. Playing online games helps individuals to maintain social elation, more prone to share their experiences and established or maintain their relationships.

Saleem et.al, (2015), conducted a study to examine the effect of internet addiction on loneliness. For this purpose, 225 males and 225 female's undergraduates took from educational institutes. Chen Internet Addiction scale, and UCLA Loneliness scale were used

to find the desire variables. Cross sectional research design was used in this study. All the data was collected through purposive sampling technique and results were generated through regression, independent sample t-test. Results confirmed a positive and significant relationship between internet addiction and loneliness. Scores reveal that students spent more time on internet showed higher scores on loneliness. Bahaudin Zakariya students' scores were high on loneliness and addiction scale as compare to Islamia University. The prevalence of internet addiction and loneliness was high in male students as compare to female student.

### **Summary of literature**

Gaming addiction is increasing day by day. Addition in gaming yield into unhealthy results. It was seemed that rate of aggression, anxiety, loneliness and poor interpersonal communication increased as the prevalence of gaming addiction increased. Almost all of the mentioned studies were quantitative or qualitative in nature and used correlational or cross-sectional research designs. Participants were mostly recruited through purposive or convenient Most researches support high prevalence of gaming addiction in male as compare to females. Studies also suggests that online gaming also increase the contacts of people, make them sovereign and build interpersonal communication.

## **Rationale**

Humans invent a lot of gadgets for the sake of pleasure in their free time and spend most of their time alone. But the excessive usage of these gadgets yields into unhealthy results and has a direct effect on individuals' mental, social and physical health. In this modern digital era these electronic gadgets have become our essential part of life. At the time of pandemic situation our youth prefer to depend on electronic devices rather than face-to-face communication. As the new generation spends most of his time on the mobile phone and spends less time with each other and other contributing factors to raise the level of loneliness, poor interpersonal communication and narcissistic tendencies. Students are more susceptible to experiencing loneliness in their life. During pandemic, the lifestyle of the people was changed. People spend most of his time at home the use of the mobile phone was increased. People spend most of his time on the mobile phone such as video games, watching series etc. The excess use of the mobile phone causes problems such as gaming addiction, loneliness, poor interpersonal communication and narcissistic tendencies. The data from the global survey 2020 describe that 70% of people worldwide were increase the use of internet during the outbreak pandemic (WHO, 2020). The purpose of the research is to find out the level of gaming addiction, narcissistic tendencies, interpersonal communication and loneliness, in university students.

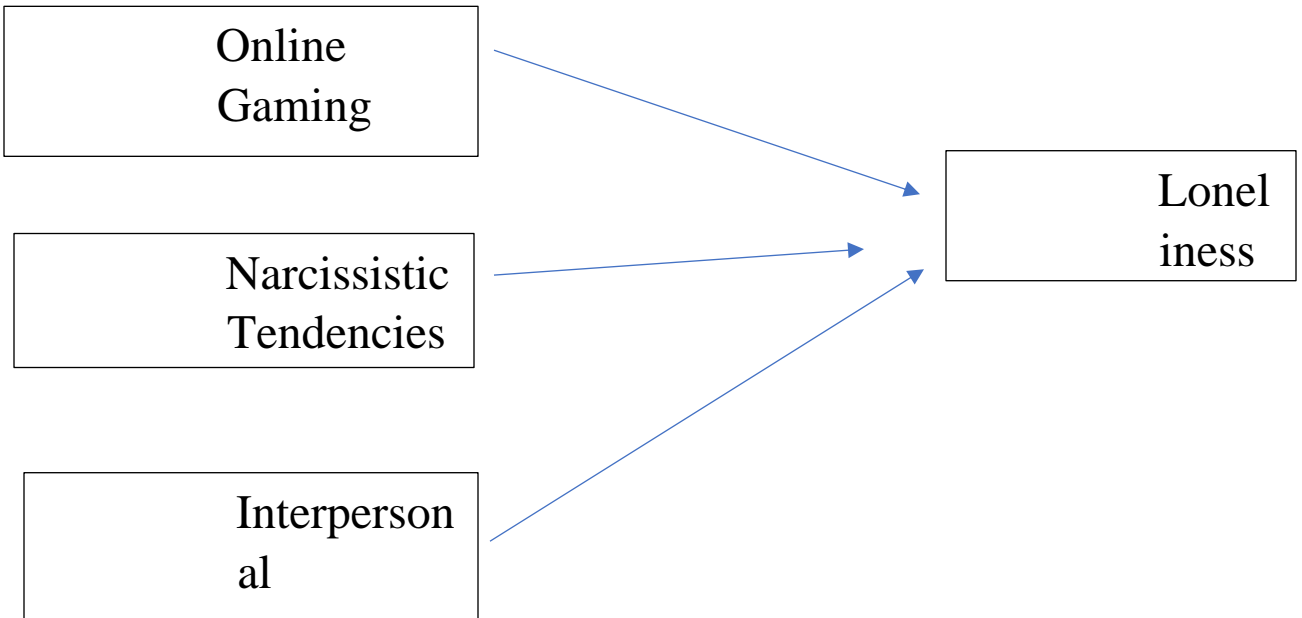
## **Objectives**

- To find the relationship between online gaming addiction, narcissistic tendencies, interpersonal communication and loneliness among university students.
- To identify the predictor of loneliness among university students

- To find the difference between online gaming addiction narcissistic tendencies interpersonal communication and loneliness in males and females university students.

## **Hypotheses**

- There is likely to be significant relationship between online gaming addiction, narcissistic tendencies, interpersonal communication, and loneliness among university students.
- Online gaming addiction narcissistic tendencies and interpersonal communication will likely be predicting loneliness among university students.
- There is likely to be significant difference between online gaming addiction, narcissistic tendencies interpersonal communication and loneliness among male and female university students.



**Figure 1:** Proposed Model of Online gaming addiction, Narcissistic Tendencies Interpersonal Communication and loneliness

## **Chapter II**

### **Method**

#### **Research Design**

Correlation research design was used in the research which measures the strength of association variables and direction of relationship (Creswell & John, 2014)

#### **Sampling strategy**

Nonprobability purposive sampling strategy was used to collect data. Nonprobability sampling is a technique of sampling which is also known as grab or accidental sampling which involve the selection of sample which is near to access and readily available.

#### **Sample**

The data will be comprised of 120 participant (60males and 60 females) which is estimated through G power analysis. The mean age of the participants was from 18 to 25 years. The data was collected from four different educational institutes.

- **Inclusion Criteria**
- Participants of age range of 18-25 was included.
- Participants who spent almost 4 hour per day in online gaming was included.
- Participants who spent 8 hours on weekend in online gaming was included

## Exclusion Criteria

- Participants who were currently not studying was excluded.
- Participants who had physical and psychological illness was excluded.

**Table 1**

Descriptive analysis of demographic variables

Demographic variables	<i>F</i>	%
Gender		
Male	60	50
Female	60	50
Age		
19-22 years	89	74.2
23 years and more	31	25.8
Family Income		
50000-80000	75	62.5
More than 80000	45	37.5
Level of Education		
Intermediate	34	28.3

Bachelors or Higher	86	71.7
Type of Institution		
Government	59	49.2
Private	61	50.8
Family System		
Nuclear	73	60.8
Joint	47	39.2
Time Duration of Playing Online		
2 Hours	32	26.7
4 Hours	57	47.5
6 Hours	18	15
More than 8 hours	13	10.8
Weekend Play Time Duration		
More Than Usual	74	61.7
Less than Usual	46	38.3

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Note.  $f$ =frequency,

## **Operational Definition**

### **Gaming Addiction**

Gaming addiction means relatively or fundamentally playing game on internet or other available computer networks. World Health organization states that playing online games enhance an individual's mental problems as individual spent much more time in playing online games and ignoring important activities (Billieux, 2017). Online games had a great attraction for all age nationalities and professions (Martney, 2004). Researches claim that about 1 % to 16% of gamers fulfill the criteria of addiction. Online Gaming Addiction firstly observed in 1990s and seemed rapidly spread in all over the world and easy to access (Kenneth & Laura, 2014).

### **Narcissism**

Narcissism refers to personality trait. Individual with narcissism personality trait have hubristic thinking, no empathy for others, addiction to fantasy and self-centered characteristics (APA, 2013). Low self-esteem, disturbance in intimate relationship, entitlement in the relationship and lack of empathy is associated with narcissistic personality. Individual with this personality trait make efforts to control the conversation with active and passive strategies (Cooper,1998).

### **Interpersonal Communication**

Interpersonal communication refers to communication between two people and they shared some kind of knowledge, feelings or ideas. Interpersonal communication can be done in a small

group like with in a family and on large platform like with in a community group (Berger & Charles, 2008).

## **Loneliness**

Loneliness is troublesome feelings which go along with individual social needs that are not fulfilled. Individuals who face difficulty in maintain satisfying their relationships with others they experience sense of deprivation, loneliness and depression. Loneliness has significant effect on individual cognition and social and mental health (Baumeister& Leery, 1995).

## **Measurement Tools**

### **Demographic Form**

Demographic sheet was used to administer the participants to gain information about age, gender, education, family system, monthly income and time duration of playing online games.

### **The Online Game Addiction Scale**

It was comprised of 7 items. Each item correlated with gaming counting withdrawal dependency and psychological dependency. It also measures sleep related problems, family, time management and school management. It is a liker type item scale from 1- rarely to 5- always. Higher scores indicate likelihood towards addiction. This scale has good reliability with Cranach's alpha value of 0.91.

### **Narcissistic Personality Inventory (Raskin & Hall, 1981)**

Narcissistic 16 personality inventory is used to measure narcissistic traits. This scale was developed by Raskin and Hall in 1979. Narcissistic personality inventory initially

emerged from 220 items to NPI-40 and NPI-16 (2006) as well as the novel NPI-1 inventory (2014). Reliability and validity of Raskin and Hall research, it has strong constructive validity. The Cronbach 's alpha reliability for the scale was 0.74.

### **Measure of Interpersonal communication**

This scale is used to measure social isolation. It is a self-report inventory. It was developed by Jinhyun Cho. It has 40 items. Scoring was classified as Yes, NO, sometimes. It has good internal and external reliability with Cronbach alpha value is 0.74.

### **UCLA Loneliness Scale**

This scale was developed by Russell et al. (1980) and later on modified by Demier (1989). It contains 20 items which find the range of loneliness in individuals' daily life. The scale consists of ten positive and 10 negative items that ranges from 1(never to 4(always). The scores range from 20 to 80 and high scores depicts higher level of loneliness among individuals' life. The coefficient alpha value is 0.94 test rest reliability is .96.

### **Ethical Consideration**

- Permission for measurement scale was taken from authors by email.
- Information obtains from participants was only used for research purpose.
- Confidentiality was ensured to participants regarding the information they provided.
- The participants were ensured that the results will not influence their social and personal life.
- This research was conducted with the purpose in order to avoid using deceptive practices.
- Permission was taken from the participants before collecting data.
- No participant was exposed to any dangerous/ stressful stimuli during the conduction of the study.

## **Procedure**

First of all, permission letters were signed by head of the department and college. Permission letters was signed from respective institutes. After obtaining official permission, the participants were selected from Govt. MAO College Lahore, Govt Islamia College for Boys and Pakistan Navy War college. We also seek permission from authors of measurement scales by an email. The sample was selected according to the inclusion and exclusion criteria. The participants who were willing to participate in response questionnaire were briefed about the research and ensure that their confidentiality and privacy was not be harmed. It was be ensured that their all information will be used only for research purposive. Consent form was signed from the participants before filling the research questionnaire. After getting the questionnaires filled, the participants were thanked for their timely cooperation. Total 120 (60 male and 60 female) participants completed the questionnaires. After data collection, SPSS 21 Version was used for data analysis.

## **Proposed Statistical Analysis**

Desire analysis were run using the Statistical Package for Social Science version 21. This was included Descriptive Statistics: mean (M), standard deviation (SD) and percentage (%). Test of normality was run to check the data's normality. Reliability analysis was also be applied to find out the reliability of the scales. Alpha ( $\alpha$ ) level was set at 0.5 in this research study. Pearson Product Moment Correlation was applied to assess the relationship between online gaming addiction, narcissistic tendencies, interpersonal communication, and loneliness among university students. Multiple Hierarchal Regression was also be applied to find out the predictors of loneliness among university students.

## Chapter III

### Results

Current chapter discusses the details of analysis that are applied in the data to draw meaningful conclusions. Demographics table shared the details of the university students' sample that was recruited for current study. The descriptive table explained the alpha reliability details of all scales along with disclosing the details of normality of data. Correlation analysis showed the relation between different study variables. The effect of independent variables on the dependent variable was examined by multiple hierarchal regression. The gender differences among all study variables were explained by independent sample t -test.

Table 1 depict number and percentage of all demographics that were used in the current study. In the present study distribution of the university students' participants according to age range is, 19-22 years ( $f=89$ , 74.2%) and 23 and more ( $f=31$ , 25.8%). ( $f=60$ , 50%) Male and ( $f=60$ , 50%) female participants were taken for present study. The participants were taken from the two major strata of population. ( $f=59$ , 49.2%) of the respondents studied in government universities and ( $f=61$ , 50.8%) in private universities. Participants belonging to intermediate group ( $f=34$ , 28.3%) and bachelors or higher degree grade ( $f=86$ , 71.7%). Majority of population belonged to nuclear family system ( $f=73$ , 60.8%) and ( $f=47$ , 39.2%) belonged to joint family system. Time duration of playing online of participants varied between 2 hours, 4 hours, 6 hours and any other, Majority of participants had online playtime of 4 hours ( $f=57$ , 47.5%) then 2 hours ( $f=32$ , 36.7%), then 6 hours ( $f=18$ ,%) and then more than 8 hours ( $f=13$ , 10.8%). As for play time duration on

weekends, participants reported that majority of participants played games online more than usual ( $f=74, 61.7\%$ ), and participants who reported less than usual play ( $f=46, 38.3\%$ ).

**Table 2**

*Descriptive Statistics and Alpha Reliabilities for gaming addiction scale, narcissistic tendencies, interpersonal communication and loneliness*

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Note. N= sample size, M= mean, SD, standard deviation,  $\alpha$ = alpha reliability.

Table 2 demonstrates that all the study variables are significant and have high alpha reliability coefficients. With gaming addiction scale having alpha reliability of .75, .70 for narcissistic tendencies and .89 for interpersonal communication. loneliness having alpha reliability of .77. Univariate normality analysis confirmed that all the scores were normally distributed i.e., value of Skewness is less than  $\pm 2$  and Kurtosis values fall within the acceptable range of  $\pm 1.96$ .

### **Hypothesis**

There is likely to be a significant relationship between Gaming addiction, narcissistic tendencies, interpersonal communication and loneliness among university students.



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Note: LS= loneliness scale, GA= gaming addiction, NT= narcissistic tendencies, IPC= interpersonal communication,

\* $p < .05$ . \*\* $p < .01$ .

Table 3 shows the correlation analysis result between study variables i.e gaming addiction, narcissistic tendencies, interpersonal communication and loneliness. Pearson correlational analysis was run on the data to study the relation between study variables. The results reported that gaming addiction has significant positive relationship with loneliness. There was a strong, positive correlation between the two variables,  $r = .519$ ,  $n = 120$ ,  $p < .01$ , indicating high level of gaming addiction is related to high level loneliness. On the same note results reported that narcissistic tendencies have significant positive relationship with loneliness. There was a strong, positive correlation between the narcissistic tendencies and loneliness,  $r = .195$ ,  $n = 120$ ,  $p < .05$ , indicating high level of narcissistic tendencies is related to high level loneliness.

However, results reported that interpersonal communication has significant negative relationship with loneliness. There was a strong, negative correlation between the two variables,  $r = -.239$ ,  $n = 120$ ,  $p < .01$ , indicating high level of interpersonal communication is related to low level loneliness.

An additional finding was also reported by current data. Results reported that interpersonal communication has significant negative relationship with gaming addiction. There was a strong, negative correlation between interpersonal communication and loneliness.,  $r = -.548$ ,  $n = 120$ ,  $p < .01$ , which indicates there is negative correlation between interpersonal communication and loneliness which indicates that higher level of interpersonal communication leads to lower level of loneliness.

## **Hypothesis**

Gaming addiction, narcissistic tendencies, interpersonal communication are likely to predict the isolation among university

**Table 4**

*Regression Analysis Predicting gaming addiction, narcissistic tendencies, interpersonal communication and loneliness among university students*

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*95% CI*

*for B*

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Note. *CI* = confidence interval, *LL*= lower limit, *UL*= upper limit, *SE B*=standard error,  $\beta$ = standardized coefficient beta,  $R^2$ = r square,  $\Delta R^2$  = r square change, *GA*= gaming addiction, *NT*= narcissistic tendencies, *IPC*= interpersonal communication, \*\* $p < .01$ .

Table shows the impact of gaming addiction, narcissistic tendencies and interpersonal communication on loneliness. In Step I, The  $R^2$  value of .27\*\* showed that gaming addiction explained 27% variance in loneliness with ( $F=43.55, p<.01$ ). The findings showed that gaming addiction positively predicted loneliness in university students with ( $\beta= .52, p<.01$ ).

In Step II, The  $R^2$  value of .33\*\*, revealed that gaming addiction and narcissistic tendencies explained 33% variance in loneliness. The findings showed that gaming addiction positively predicted loneliness in university students ( $\beta = .54, p < .01$ ). and narcissistic tendencies positively and significantly predicting effect on loneliness ( $\beta = .24, p < .01$ ).  $\Delta R^2$  explained .06\*\* revealed 6% change in the variance of model-I and model-II with regression with ( $\Delta F = 28.49, p < .01$ ).

In Step III, The  $R^2$  value of .34\*\*, revealed that gaming addiction, narcissistic tendencies and interpersonal communication explained 34% variance in loneliness. The findings showed that gaming addiction positively predicted loneliness in university students ( $\beta = .68, p < .001$ ). and narcissistic tendencies positively and significantly predicting effect on loneliness ( $\beta = .08, p < .01$ ) with insignificant effect of interpersonal communication ( $\beta = .02, p > .05$ ).  $\Delta R^2$  explained .01\*\* revealed 1% change in the variance of model-I, model-II and model-III with regression with ( $\Delta F = 19.58, p < .01$ ).

### **Hypothesis**

There is likely to be significant gender differences in term Gaming addiction, narcissistic tendencies, interpersonal communication and social isolation among university

### **Table 5**

*Independent Samples T-test for Comparison of gaming addiction, narcissistic tendencies, interpersonal communication and loneliness on Male and Female university students*

Variable	Gender	
	Male	Female
	(n=60)	(n=60)

	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
LS	3.99	.41	3.69	.65
GA	1.50	.36	1.18	.58
NT	1.50	1.81	2.28	1.87
IPC	2.80	2.27	3.65	3.21

Note. CI = confidence interval; M= mean; SD= standard deviation; P= significance; LL= lower limit; UL = upper limit; LS=loneliness scale; GA=gaming addiction; NT=narcissistic tendencies; IPC=interpersonal communication

Table 5 shows result of independent sample t-test analysis on the data to compare the mean of male and female special education teachers on study variables i.e. gaming addiction, narcissistic tendencies, and interpersonal communication and loneliness. Cohen's d value was calculated and interpreted with reference to Cohen (1988) as follows: .2 = small effect, .5 = moderate effect, .8 = large effect. The results of independent sample t-test indicate that perception of male university students regarding loneliness ( $M= 3.99, SD=.41, p<.01$ ) differs significantly from that of female university students ( $M= 3.69, SD=.65 p<.01$ ). Cohen's d value also confirms large effect.

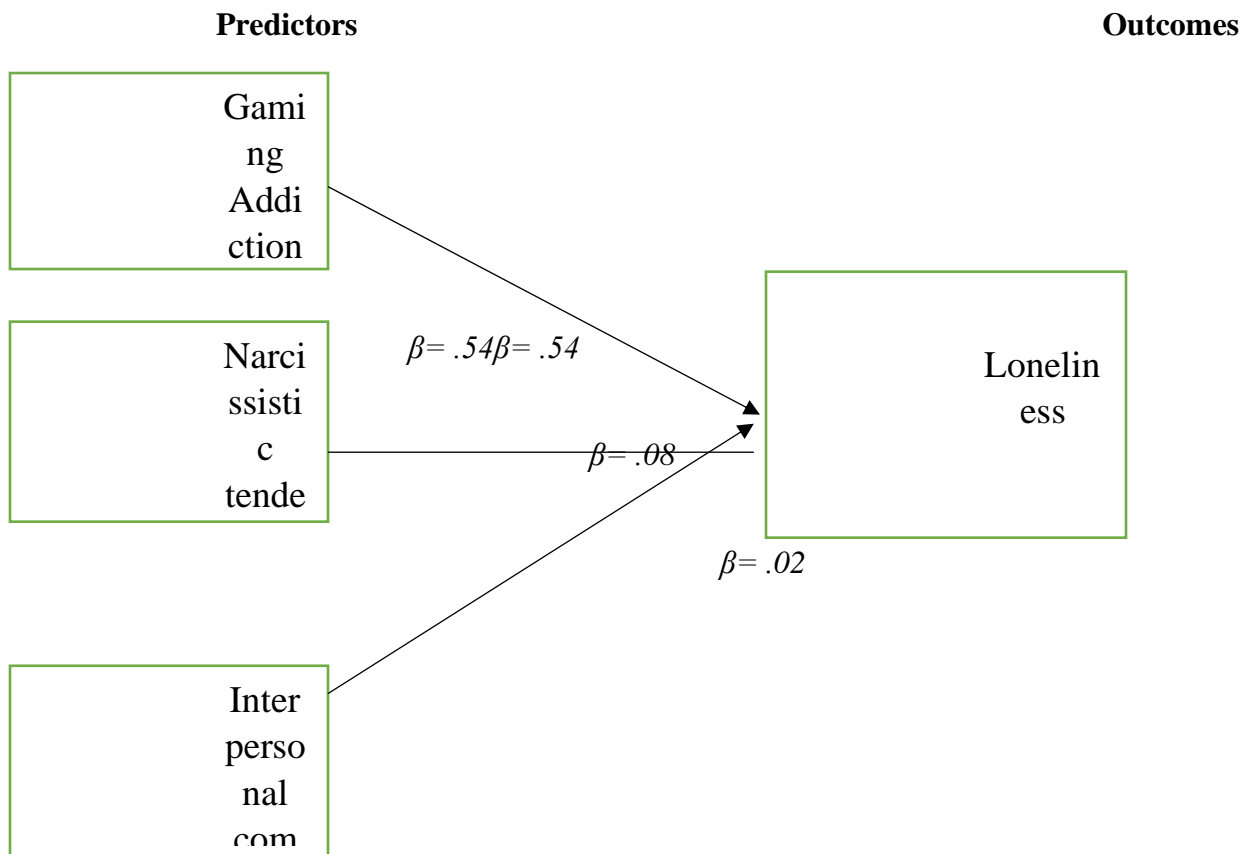
The results of t-test indicate that perception of male university students regarding gaming addiction ( $M= 1.50, SD=.36, p<.01$ ) differs significantly from that of female university students ( $M= 1.18, SD=.58 p<.01$ ). Cohen's d value also confirms large effect.

The results of t-test indicate that perception of female university students regarding narcissistic tendencies ( $M= 2.28, SD=1.87, p<.01$ ) differs significantly from that of male university students ( $M= 1.50, SD=1.81 p<.01$ ). Cohen's d value also confirms large effect.

However, the results of t-test indicate that perception of male and female university students regarding interpersonal communication does not differ significantly. Cohen's d value also confirms small effect. Still the mean differences and standard deviation reported that female have interpersonal communication than male university students

**Figure**

Emerged model of the predictors of gaming addiction, narcissistic tendencies, interpersonal communication and loneliness among university students.



## Chapter IV

### Discussion

The aim of this study is to observe the relationship between online gaming addiction, narcissistic tendencies, interpersonal communication and gaming addiction among university students. This study also aims to investigate gaming addiction narcissistic tendencies, interpersonal communication as the predictor of loneliness. Also, gender differences will be observed in gaming addiction, narcissistic tendencies, interpersonal communication and social isolation.

**H: There is likely to be significant relationship between gaming addiction, narcissistic tendencies, interpersonal communication and loneliness.**

The hypothesis was partially proved. The result of the correlation analysis revealed that gaming addiction has significant positive relationship with gaming addiction. It shows that higher level of gaming addiction among university students indicated higher level of loneliness. Students suffers loneliness when they spent much more time on playing games who spent much more time on computers or mobile phones. The results can be explained by self-determination theory. The theory hypothetically provide explanation for addiction among individuals or students. Theory stated that players are sovereign in the games and can decide where they go and what likely to do and fulfillment the need of autonomy. Gamers fulfill the need of autonomy, competency and need of relatedness. As the individuals' needs are fulfilled the behavior of online gaming become strength. A recent study also found that individuals who were dependent to video games experienced higher level of depression and anxiety, as well as feeling of loneliness. The association between all the variables to loneliness caused by spending too much time on gaming, which in turn leads to diminished psychological well-being and increased the level of loneliness.

People's lifestyles changed during the COVID-19 period. Because people spend most of their leisure time at home, the use of mobile phones has increased. People spend the majority of their time on their phones, playing video games or watching television shows. The excessive use of mobile phones during COVID-19 causes issues such as FOMO, loneliness, and aggression and anxiety.

According to data from the 2020 global survey, 70% of people worldwide increased their use of smartphones during the COVID-19 outbreak.

A study by Bernard & Elam in 2020 looked at how much time we spent on social networking platforms, FOMO, and loneliness among undergraduate college students. Age, gender, ethnicity, and the number of SNSs were among the demographic variables that were gathered, along with the use-motivations of academic, public, free, and stress relief. Essentially, this was a quantitative study, and cross-sectional surveys were used to gather the data. The numerous study variables were subjected to various analyses, including correlational analysis, in order to identify relationships between them. The study's conclusions show that SNSs, loneliness, and other variables have a predictive association.

Correlation analysis also depicts a significant and positive relationship between narcissistic tendencies and social isolation. Individuals with narcissistic traits depict more loneliness. Kim et al (2008) measure relationship between online gaming addiction and aggression, self-control and narcissistic personality traits. Results reveal that the degree of addiction to online games was positively connected with the narcissistic personality trait. People with a greater narcissistic personality trait will collect valuable items and upgrade their skills to advance their players in the game. As power, and that they require excessive admiration and recognition. Because they place the same emphasis on wealth and power in the virtual world as they do in the real one. They achieve their goals and remain isolated (Sang, 2004). On the other hand, literature also supports negative relationship between narcissism and loneliness.

Wenjun (2015), conducted a study to examine role of dark triad and traits and two constructs of emotional intelligence on loneliness in adolescents. Total three hundred ninety-six students were selected through purposive sampling from Chinese schools. Questionnaires were consisting of Mach-IV to measure Machiavellianism traits, Narcissistic personality inventory in Chinese version, and Levenson self-report psychopathy scale. Results displayed that three dark triad and latent dark trait predict loneliness among university students but narcissism was negatively associated with loneliness.

Current study has reported positive yet insignificant effect of interpersonal communication on loneliness. That is the higher the interpersonal communication level higher is the level of loneliness. These findings can be explained with reference to previous one by Mellor et al. (2006), who reported a positive yet weak relation between need to belong and loneliness. Meaning even if a person has high level of communication, it does not necessarily mean that it covers for their feeling of loneliness they have deep down. Studies have found that loneliness is inversely related to the willingness to disclose personal information; however, the revelation of personal information to others has been implicated as a crucial factor in the development of interpersonal relationships (Fallah, 2014). Thus, the associations between interpersonal relationships and loneliness may be bidirectional.

#### **H: Gaming addiction, narcissistic tendencies and interpersonal communication as predictor of loneliness among university students.**

Multiple hierarchical Linear regression was run to identify the predictor of gaming addiction, narcissistic tendencies and interpersonal communication. Results revealed that gaming addiction positively predict loneliness among university students. Higher level of gaming addiction among students predicts loneliness. Individual spent much more time on playing

games have tendency to violation and hostility (Aksel, 2018). Overindulging in video games has a negative impact on a person's socialization process and makes him lonelier. The person becomes more isolated from society as a result. When communication declines, personality attributes including communication skills, entrepreneurship, and courage suffer. One can decide to play games and be alone instead of creating genuine acquaintances (Yücel & Gürsoy, 2013, p. 212). Literature also supports current results of this study. In 2015 research was conducted to measure the relationship between internet addiction and loneliness among undergraduate students of South -Punjab students. Results depicts that 20 students out of 1020 depict loneliness as they had identified addiction of playing online games. Internet addiction is associated with loneliness (campbell, 2006). Internet addiction create feelings of loneliness (Fioravanti, 2012).

Results of this also shows positive and significance relationship between gaming addiction, narcissistic tendencies and interpersonal communication. Students playing online games depict narcissistic tendencies and suffer loneliness. Literature also supports this hypothesis. The main draw for many gamers is receiving things, accolades, and adoration from other players (Weimer, 200). A study looked into how parenting practices, narcissistic personality traits, and cognitive distortion contribute to high school boys' addiction to online video games in Sahneh, Iran. Findings indicate that addicted online gamers have high levels of narcissism and cognitive distortion, and that their parents tend to raise their children in a more authoritarian manner. Results indicates gaming addiction and narcissistic tendencies positively predict loneliness among university students. On the other hand, insignificant effect of interpersonal communication was observed on loneliness. Some academics contend that playing video games online is time-wasting and addictive. The frequent behavioral tendencies Online gaming has been associated with social withdrawal due to a lack of in-person interaction and physical contact (Blinka and Skarupova, 2016). Gaming addiction has also been related to cognitive and behavioral issues like attention-deficit/hyperactivity disorder and

obsessive-compulsive disorder, especially in people who are prone to depression and have poor impulse control (Zastrow 2017). These studies have, however, disregarded the fact that, according to gamers, online gaming provides them with "social support" and a sense of community (Sundberg 2018). Researchers neglect to look at the interactions many people have with online gaming by focusing on aggression, anxiety, and isolation and solely considering it as "unhealthy habit."

**H: There will be significant gender difference between online gaming addiction, narcissistic tendencies, interpersonal communication and lone lines among university students.**

Results of this study depict that male participants were more addicted to online gaming addiction and narcissistic tendencies as compared to female participants. Male students spend much more time on playing online games as compared to female students. Average scores of gaming addiction were high for male participants as compared to female participants. The most studies on digital game addiction depict male students are more dependent than female students. These results are consistent with findings. One of the main reasons for the higher level of games addiction among male participants is their interest in technology. For male students, they play games at home and outside by using their mobile phones while females prefer social media in their free time. Computer games are also seen for girls to spend their free time; it is quite different for boys. Male students can build virtual identities through these digital games. Results of this study also reveal that perception of male and female students regarding interpersonal communication does not differ significantly. Narcissistic tendencies were also seen high in male as compared to female participants. When the literature is examined, there are studies that are in line with the findings of the study (Aydin, 2017).

## **Strength of the Study**

The strength of the present study to be highlighted. This study helps to fill the contextual gap in the literature as in our knowledge, it is pioneer study that examine online gaming addiction, narcissistic tendencies, interpersonal communication and loneliness in an Eastern context. This study helped to fill the methodological gap as used in the interpersonal communication inventory to study interpersonal communication. This study included to study both male and females' university students from different Govt and private educational institutes in order to obtain a representative image of the research population.

## **Limitations and recommendations**

This study was limited using 120 sample. The samples were collected from only one region and results cannot be generalized. To generalized the results the participants should be from different cities. The sample size also should be more than 120. Studies with larger and more diverse sample will yield more comprehensive and generalized results. Self-report questionnaire was used which may be open memory recall biases and social desirability factor. Questionnaire should be not so long as it take a long time to fill it and participants get bored.

## **Conclusion**

It is concluded that gaming addiction had significant positive relationship with loneliness. A positive significant relationship between narcissistic tendencies and loneliness was found. Significant negative relationship was also examined between interpersonal communication and gaming addiction. Results also revealed significant gender difference between gaming addiction, narcissistic tendencies and loneliness. Insignificant difference was seemed interpersonal communication between male and female participants.

## **Future Implications**

The current study finds the direct relationship between gaming addiction, narcissistic tendencies, interpersonal communication and loneliness among university students. Future studies can also add mediation and moderation effect to gain different insight about these variables. Results depict insignificant relationship between interpersonal communication and gaming addiction, so the future studies can observe other ways and variable through which the effect of interpersonal communication on loneliness can be seen. Gaming addiction is the habit of very student and their negative effects on personality was seemed. Future findings can observe strategies to reduce the level of addiction among university students.

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## **Informed Consent**

Hi, my name is Isha Tariq and I am a student of MS Clinical Psychology in Kinnaird College for Women Lahore. I am conducting research as a part of my degree requirement under the supervision of Ms. Sonia Naeem (Assistant Professor). The purpose of this research is to study the relationship between gaming addiction, narcissistic tendencies, interpersonal communication and loneliness among university students. The inclusion criteria for the participation in this research includes: 1) Students between the age ranges of 18 to 25 years and who spend at least two hours playing online games. It will take 10-15 minutes to complete the questionnaire. Your participation in this research is completely voluntary. The information being shared by you would remain completely confidential and will only be used for research purpose. You can withdraw from this research anytime you want, and no penalty would be imposed. If you have any complaints or questions regarding this research, you can contact the researcher through the email addresses provided below:

Name of the researcher:

Isha Tariq

Email id: [ishaayish@gmail.com](mailto:ishaayish@gmail.com)

Your cooperation would be highly appreciated. If you agree to participate with the above-mentioned conditions, please proceed to the next page.

**Demographic Information**

**Name:** \_\_\_\_\_

**Age:** \_\_\_\_\_

**Gender:** Male/Female

**Religion:** \_\_\_\_\_

**Family Income:** -----

**Education:** Matric/Bachelor/Masters

**Family System:** Nuclear/Joint

**Which online game you play most of the time:** -----

**How much time you spent in online gaming** \_\_\_\_\_

**Duration of playing online games:** -----

**Institution**-----

**Rate of gaming on weekends:** 2hours \ 6 hours \ 8 hours

# Gaming Addiction Scale

Read the statements and mark tick in appropriate column.

Item s	N	r	so	m	e
Have you thou ght all dayl ong abou t playi ng a gam e					

Have you play ed long er than inten ded.					
Have you play ed gam es to forge t abou t real life.					
Have other s unsu ccess					

fully tried to redu ce your time spent on gam es.					
Have you felt upset whe n you were unab le to play ?					
Have you					

<p>arguments with others (e.g. family, friends) over your time spent on games?</p>					
<p>Have you neglected important activities</p>					

(e.g., Scho ol, work ,  sport ) to play gam es.					
---	--	--	--	--	--

### **Narcissism Tendencies**

Read each pair of statements below and place an “X” by the one that comes closest to describing your feelings and beliefs about yourself. You may feel that neither statement describes you well, but pick the one that comes closest. Please complete all pairs.

<p>----I really like to be the center of attention</p> <p>___ It makes me uncomfortable to be the center of attention</p>
<p>___ I am no better or no worse than most people</p> <p>___ I think I am a special person</p>
<p>___ Everybody likes to hear my stories</p>

\_\_\_ Sometimes I tell good stories

\_\_\_ I usually get the respect that I deserve

\_\_\_ I insist upon getting the respect that is due me

\_\_\_ I don't mind following orders

\_\_\_ I like having authority over people

\_\_\_ I am going to be a great person

\_\_\_ I hope I am going to be successful

\_\_\_ People sometimes believe what I tell them

\_\_\_ I can make anybody believe anything I want them to

\_\_\_ I expect a great deal from other people

\_\_\_ I like to do things for other people

\_\_\_ I like to be the center of attention

\_\_\_ I prefer to blend in with the crowd

\_\_\_ I am much like everybody else

\_\_\_ I am an extraordinary person

\_\_\_ I always know what I am doing

\_\_\_ Sometimes I am not sure of what I am doing

<p>___ I don't like it when I find myself manipulating people</p> <p>___ I find it easy to manipulate people</p>
<p>___ Being an authority doesn't mean that much to me</p> <p>___ People always seem to recognize my authority</p>
<p>___ I know that I am good because everybody keeps telling me so</p> <p>___ When people compliment me I sometimes get embarrassed</p>
<p>___ I try not to be a show off ___ I am apt to show off if I get the chance</p>
<p>___ I am more capable than other people</p> <p>___ There is a lot that I can learn from other people</p>

**Interpersonal Communication**

<b>Items</b>	<b>Yes</b>	<b>No</b>	<b>Seldom</b>
<p>1. Do your words come out the way you would like them to in conversation?</p>			

<p>2. When you are: asked a question that is not clear, do you ask the person to explain what he means?</p>			
<p>3. When you are trying to explain something, do other persons have a tendency to put words; in your mouth?</p>			
<p>4. Do you merely assume the: other person knows what you are trying to say without your explaining what you really mean?</p>			
<p>5. Do you ever ask the other person to tell you how he feels about the point you may be trying to make?</p>			
<p>6. Is it difficult for you to talk with other people?</p>			
<p>7. In conversation, do you talk about things</p>			

which are of interest to both you and the other person?			
8. Do you find it difficult to express your ideas when they differ from those aromata you?			
9. In conversation, do you try to put yourself in the other person's shoe			
10. In conversation, do you have a tendency to do more talking than the the another person?			
11.. Are you aware of how your tone of voice may affect others?			
1.2. Do you refrain from saying something that you know"" will Only hurt others or make matters worse.?			

13. Is it difficult to accept constructive criticism from others?			
14. When someone has hurt your feelings.; do you discuss this with him?			
15. Do you later apologize to someone whose feelings you may have hurt?			
16. Does it up. Set you a great deal when someone disagrees with you?			
17. Do you find it difficult to think clearly when you are angry with someone?			
18. Do you fail to disagree with others because you are afraid, they will get angry?			
19. When a problem arises between you and			

another person, can you discuss it without getting angry?			
20 Are you satisfied with the way you settle your differences with others?			
21 Do you pout and sulk for a long time when someone upset you?			
22. Do you become very uneasy when someone pays you a compliment?			
23. Generally, are you able to trust other individuals?			
24. Do you find it difficult to compliment and praise others?			
25. Do you deliberately try to conceal your faults from others?			
26. Do you help others to understand you by saying			

how you think, feel and believe?			
27. Is it difficult for you to confide in people?			
28. Do you have a 'tendency to change the subject when your feelings enter into a discussion?			
29. In conversation, do you let the other person finish: talking before reacting to what he says?			
30. Do you find yourself not paying attention while in conversation with others?			
31. Do you ever try to listen for meaning when someone is talking?			
32. Do others seem to be listening when you are talking?			

<p>33. In a discussion is it difficult for you to see things from the other person's point of view?</p>			
<p>34. Do you pretend you are listening to others when actually you are not?</p>			
<p>35. In conversation, can you tell the difference between what a person is saying and what he may be feeling?</p>			
<p>36. While speaking, are you aware of how others are reacting to what you are saying?</p>			
<p>37. Do you feel that other people wish you were a different kind of person?</p>			
<p>38. Do other people understand your feelings?</p>			

<p>39. Do others remark. that you always seem to think you are right.</p>			
<p>40. Do you admit that you are wrong when you know that you are wrong about something?</p>			

**Self-Measure of Loneliness**

**Read the statements and tick the appropriate column**

Items	O	S	R	N
<p>I am unhappy doing so many things alone</p>				
<p>I have nobody to talk to</p>				
<p>I cannot tolerate being so alone</p>				
<p>I lack companionship</p>				

I feel as if nobody really understands me				
I find myself waiting for people to call or write				
There is no one I can turn to				
I am no longer close to anyone				
My interests and ideas are not shared by those around me				
I feel left out				
I feel completely alone				
I am unable to reach out and communicate				

with those around me				
My social relationships are superficial				
I feel starved for company				
. No one really knows me well				
I feel isolated from others				
I am unhappy being so withdrawn				
It is difficult for me to make friends				
I feel shut out and excluded by others				

People are around me but not with me				
--	--	--	--	--



Respected sir, I am isha Tariq a post graduate student completing my Ms Clinical



**Jeroen Lemmens** 14 Nov

to me ▾



Dear Isha,

Thank you for your interest in our game addiction scale. Please feel free to use it in your research.

Attached is the scale article. You can find additional information here:

<https://www.ccam-ascor.nl/game-addiction-scale-for-adolescents>

All the best,

Jeroen Lemmens

[Show quoted text](#)



Isha Ayish Yesterday

to lapeplau@ucla.edu ▾



Respected author

I am Isha Tariq a post graduate student completing my Ms Clinical psychology from Kinnaird College for women Lahore Pakistan.

For my research purposes I am working on the topic "Online gaming addiction, social isolation, narcissist tendencies and interpersonal communication among university students" under the supervision of Ma'am Sonia Naeem assistant professor at Kinnaird College for women Lahore.

I want to use the questionnaire title 'UCLA Loneliness.

Kindly grant permission and access to scale.

I shall be very Great full to you for this great support.

Thank you.



LETITIA PEPLAU 29 Nov

Hi, I'm happy to have you use the UCLA Loneliness Scale. Letitia A. Peplau UCLA



Isha Ayish Yesterday

to LETITIA ▾



Thank you so much for this kind response 😊

[Show quoted text](#)

(no subject) Inbox



**Isha Ayish** 11/11/2021

to da358@columbia.edu ▾



Respected sir,

I am Isha Tariq a post graduate student completing my Ms Clinical psychology from Kinnaird College for women Lahore Pakistan.

For my research purposes I am working on the topic "Online gaming addiction, social isolation, narcissist tendencies and interpersonal communication among university students" under the supervision of Ma'am Sonia Naeem assistant professor at Kinnaird College for women Lahore.

I want to use the questionnaire developed by you with title 'narcissitic personality inventory.

Kindly allow me to use your scale and send these scales to me for the purpose of degree completion.

I shall be very Great full to you for this great support.

Thank you.



**Ames, Daniel** 14/11/2021

Thanks for your interest. You are welcome to use the scale for research purposes. You



**Isha Ayish** 14/11/2021

to Ames ▾



Thank you so much.

### Statistics

	age	gender	religion	familyincome	education	familysystem	onlinegame
Valid	120	120	120	120	120	120	120
Missing	0	0	0	0	0	0	0
n	21.79	1.50	1.00	2.76	2.72	1.39	2

### age

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 19	5	4.2	4.2	4.2
Valid 20	10	8.3	8.3	12.5
Valid 21	25	20.8	20.8	33.3
Valid 22	49	40.8	40.8	74.2
Valid 23	28	23.3	23.3	97.5
Valid 24	2	1.7	1.7	99.2
Valid 25	1	.8	.8	100.0
Total	120	100.0	100.0	

### Reliability Statistics

Cronbach's Alpha	N of Items
.771	20

### Reliability Statistics

Cronbach's Alpha	N of Items
.704	16

## Reliability Statistics

Cronbach's Alpha	N of Items
.895	40

## Descriptive Statistics

	Mean	Std. Deviation	N
MeanLS	3.8476	.56954	120
MeanGAD	1.3412	.50869	120
MeanNT	1.8943	1.87668	120
MeanPC	3.2288	2.80932	120

## Correlations

		MeanLS	MeanGAD	MeanNT	MeanPC
MeanLS	Pearson Correlation	1	.519**	.195*	-.239**
	Sig. (2-tailed)		.000	.032	.008
	N	120	120	120	120
MeanGAD	Pearson Correlation	.519**	1	-.086	-.548**
	Sig. (2-tailed)	.000		.352	.000
	N	120	120	120	120
MeanNT	Pearson Correlation	.195*	-.086	1	-.085
	Sig. (2-tailed)	.032	.352		.355
	N	120	120	120	120
MeanPC	Pearson Correlation	-.239**	-.548**	-.085	1
	Sig. (2-tailed)	.008	.000	.355	
	N	120	120	120	120

\*\* . Correlation is significant at the 0.01 level (2-tailed).

\* . Correlation is significant at the 0.05 level (2-tailed).

## Descriptive Statistics

	Mean	Std. Deviation	N
MeanLS	3.8476	.56954	120
MeanGAD	1.3412	.50869	120
MeanNT	1.8943	1.87668	120
MeanPC	3.2288	2.80932	120

## Correlations

		MeanLS	MeanGAD	MeanNT	MeanPC
Pearson Correlation	MeanLS	1.000	.519	.195	-.239

	MeanGAD	.519	1.000	-.086	-.548
	MeanNT	.195	-.086	1.000	-.085
	MeanPC	-.239	-.548	-.085	1.000
Sig. (1-tailed)	MeanLS	.	.000	.016	.004
	MeanGAD	.000	.	.176	.000
	MeanNT	.016	.176	.	.178
	MeanPC	.004	.000	.178	.
N	MeanLS	120	120	120	120
	MeanGAD	120	120	120	120
	MeanNT	120	120	120	120
	MeanPC	120	120	120	120

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.	Coefficients
		B	Std. Error	Beta			
1	(Constant)	3.068	.126		24.294	.000	
	MeanGAD	.581	.088	.519	6.600	.000	
2	(Constant)	2.898	.133		21.799	.000	
	MeanGAD	.604	.085	.540	7.095	.000	
	MeanNT	.073	.023	.242	3.175	.002	
3	(Constant)	2.720	.196		13.899	.000	
	MeanGAD	.675	.103	.603	6.585	.000	
	MeanNT	.078	.023	.257	3.338	.001	
	MeanPC	.023	.019	.113	1.235	.219	

a. Dependent Variable: MeanLS

		gender	N	Group Statistics
MeanLS	male		60	
	female		60	
MeanGAD	male		60	
	female		60	
MeanNT	male		60	
	female		60	
MeanPC	male		60	
	female		60	

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