

Impact of Online Game Playing on the Academic Performance of Undergraduates: Evidence from Rajarata University of Sri Lanka

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Abstract

The aim of the research is to see the effects of online gaming on undergraduate academic performance in state universities in Sri Lanka with special reference to Rajarata University of Sri Lanka. Online gaming is becoming one of the most popular activities among the university students, and this fact has given rise to concerns over the influence it has over academic performance among the university students. This study seeks to find out the relationship between five elements that include gaming behaviour, psychological factors, time management, social influences and contextual factors with academic performance. A quantitative approach to the research was applied, and a structured questionnaire was issued to 368 undergraduates. Descriptive statistics, correlation and regression analysis were used in analysing the data. The results demonstrated that, of all five factors, each of them influences academic performance significantly and positively, although the factor of time management has the strongest effect. Responsible gaming behaviour, properly handled in combination with good time management and a favourable environment, has no adverse impact on academic performance, as has commonly been assumed. Such insights will be able to provide educators, students and policymakers with a better understanding of the correlation between online gaming and academic achievement and draw up equitable approaches to controlling gaming behaviour in the university settings.

Keywords: academic performance, contextual factors, gaming behaviour, online gaming, psychological factors