

# VOLUME 8

FACULTY OF BUSINESS AND MANAGEMENT

**BULLETIN**



# FBM

## Insights



eISSN 2716-599X



772716 599000

e-ISSN 2716-599X

**FBM INSIGHTS**

**Faculty of Business and Management**

**Universiti Teknologi MARA Cawangan Kedah**

**e-ISSN 2716-599X**

The editorial board would like to express their heartfelt appreciation for the contributions made by the authors, co-authors and all who were involved in the publication of this bulletin.

Published by : Faculty of Business and Management,  
Universiti Teknologi MARA Cawangan Kedah

Published date : 20 October 2023

All rights reserved. No part of this publication may be reproduced, copied, stored in any retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission from the Rector, Universiti Teknologi MARA Cawangan Kedah, Kampus Sungai Petani, 08400 Merbok, Kedah, Malaysia.

*The views, opinions, and technical recommendations expressed by the contributors and authors are entirely their own and do not necessarily reflect the views of the editors, the publisher and the university.*

## RECTOR'S MESSAGE



I would like to extend my gratitude for your visit to FBM Insights Volume 8, a publication brought forth by the esteemed Faculty of Business and Management, UiTM Kedah Branch. This bulletin endeavours to present a concise and beneficial collection of important insights and research findings derived from the domain of social sciences.

FBM Insights aims to simplify complex social science concepts into easily digestible bullet points, making valuable knowledge more accessible to a wider audience. In this bulletin, each article provides a glimpse into the diverse and dynamic world of social sciences, including psychology, sociology, economics, finance, and other pertinent fields. Through concise and informative summaries, the intention is to promote a deeper understanding of human behaviour, societal trends and the multifarious factors that shape our world.

My heartfelt appreciation is proffered to the dedicated researchers and scholars whose works form the foundation of this bulletin, contributing significantly to the ever-changing landscape of knowledge in social sciences. In navigating the modern era's challenges and opportunities, the intrinsic value of social science research in guiding policy decisions and fostering social cohesion cannot be overstated.

I sincerely hope that this bulletin will spark readers' curiosity and inspire them to delve deeper into the myriad facets of human society and behaviour. Irrespective of whether you are a student, educator, or policymaker, I firmly believe that this publication will serve as an invaluable resource in your quest for knowledge.

Once again, thank you for embarking on this journey of discovery with us. Together, let us explore the captivating world of social sciences and its profound impact on our lives.

Thank you.

*Prof. Dr. Roshima Haji Said*

Rector  
Universiti Teknologi MARA (UiTM)  
Cawangan Kedah

## **FBM INSIGHTS EDITORIAL BOARD**

### **Advisor**

Dr. Yanti Aspha Ameira binti Mustapha, Universiti Teknologi MARA Cawangan Kedah

### **Chief Editor**

Dr. Zuraidah binti Mohamed Isa, Universiti Teknologi MARA Cawangan Kedah

Dr. Norhidayah binti Ali, Universiti Teknologi MARA Cawangan Kedah

### **Managing Editor**

Dr. Azyyati binti Anuar, Universiti Teknologi MARA Cawangan Kedah

Puan Nurul Hayani binti Abd Rahman, Universiti Teknologi MARA Cawangan Kedah

### **Editors**

Dr. Dahlia binti Ibrahim, Universiti Teknologi MARA Cawangan Kedah

Dr. Nur Zainie binti Abd Hamid, Universiti Teknologi MARA Cawangan Kedah

Dr. Roziyana binti Jafri, Universiti Teknologi MARA Cawangan Kedah

Puan Rosliza binti Md. Zani, Universiti Teknologi MARA Cawangan Kedah

Puan Najah binti Mokhtar, Universiti Teknologi MARA Cawangan Kedah

Puan Yong Azrina binti Ali Akbar, Universiti Teknologi MARA Cawangan Kedah

Puan Hanani binti Hussin, Universiti Teknologi MARA Cawangan Kedah

Puan Shakirah binti Mohd Saad, Universiti Teknologi MARA Cawangan Kedah

Encik Mohd Radzi bin Mohd Khir, Universiti Teknologi MARA Cawangan Kedah

Puan Wan Shahrul Aziah binti Wan Mahamad, Universiti Teknologi MARA Cawangan Kedah

Puan Syukriah binti Ali, Universiti Teknologi MARA Cawangan Kedah

Dr Rabitah binti Harun, Universiti Teknologi MARA Cawangan Kedah

### **Manuscript Editor**

Cik Nurul Izzati binti Idrus, Universiti Teknologi MARA Cawangan Kedah

Cik Nurfaznim binti Shuib, Universiti Teknologi MARA Cawangan Kedah

### **Secretary**

Puan Intan Nazrenee binti Ahmad, Universiti Teknologi MARA Cawangan Kedah

Puan Syahrul Nadwani binti Abdul Rahman, Universiti Teknologi MARA Cawangan Kedah

### **Technical Board**

Dr. Afida binti Ahmad, Universiti Teknologi MARA Cawangan Kedah

### **Graphic Designer**

Dr. Shafilla binti Subri, Universiti Teknologi MARA Cawangan Kedah

14	<b>FACTORS INFLUENCING MALAYSIAN MUSLIM TRAVELERS' DESTINATION CHOICE IN HALAL TOURISM</b>	34
	<i>Fatihah Norazami Abdullah, Noriza Mohd Saad &amp; Nor Edi Azhar Mohamed</i>	
15	<b>SUSTAINABLE DEVELOPMENT GOALS (SDGs): WHAT CAN UNIVERSITIES DO ON CAMPUS?</b>	37
	<i>Muhammad Zarunnaim Haji Wahab &amp; Mohamad Hanif Abu Hassan</i>	
16	<b>SEAMLESS LEARNING: UNLEASHING CLOUD COMPUTING'S POTENTIAL IN EDUCATION</b>	41
	<i>Abd Rasyid Ramli, Burhanuddin Haji Wahab &amp; Ahmad Fauzi Yahaya</i>	
17	<b>THE CONCEPT OF SUSTAINABILITY FROM AN ISLAMIC PERSPECTIVE</b>	43
	<i>Mohd Radzi Mohd Khir &amp; Hadzli Ishak</i>	
18	<b>LEAN MANAGEMENT DRIVING SUSTAINABILITY IN MALAYSIAN EDUCATION</b>	48
	<i>Azyyati Anuar &amp; Daing Maruak Sadek</i>	
19	<b>EVALUATION OF ARTIFICIAL INTELLIGENCE'S IMPACT ON CUSTOMER SERVICE</b>	52
	<i>Shakirah Mohd Saad</i>	
20	<b>PARENTAL STRESS AND CHILDREN'S GAME ADDICTION: A BRIEF OVERVIEW</b>	55
	<i>Yong Azrina Ali Akbar, Wan Shahrul Aziah Wan Mahamad &amp; Ramli Saad</i>	
21	<b>THE LIVING WAGE: UNDERSTANDING THE IMPORTANCE AND IMPACT</b>	58
	<i>Nor Azira Ismail, Jamilah Laidin &amp; Shahiszan Ismail</i>	
22	<b>IMPACT OF SOCIAL MEDIA ON UNIVERSITY STUDENTS</b>	61
	<i>Nurul Izzati Idrus &amp; Nurfaznim Shuib</i>	
23	<b>THE SIGNIFICANCE OF NOTE-TAKING SKILLS FOR OFFICE MANAGEMENT PROFESSIONALS</b>	63
	<i>Nurfaznim Shuib &amp; Nurul Izzati Idrus</i>	
24	<b>THE READINESS OF RETAILERS IN MALAYSIA TO ACCEPT MOBILE PAYMENTS AS A PAYMENT ALTERNATIVE</b>	66
	<i>Nur Syazana Mohd Nasir &amp; Azlyantiny Mohammad</i>	

# PARENTAL STRESS AND CHILDREN'S GAME ADDICTION: A BRIEF OVERVIEW

Yong Azrina Ali Akbar

Faculty of Business and Management, Universiti Teknologi MARA, Cawangan Kedah  
yong198@uitm.edu.my

Wan Shahrul Aziah Wan Mahamad

Faculty Business and Management, Universiti Teknologi MARA, Cawangan Kedah  
aziah436@uitm.edu.my

Ramli Saad

Faculty Business and Management, Universiti Teknologi MARA, Cawangan Kedah  
ramli107@uitm.edu.my

## ABSTRACT

Concerns about the potential negative effects on children's well-being have been sparked by the advancement of technology and the growing popularity of video games. Parental stress has been identified as a significant factor that can influence the behavior and development of children. This paper briefly overviews the relationship between parental stress and children's video game addiction, shedding light on the connection and potential interventional implications.

**Keywords:** Parental stress, children, game addiction

## CONTENT

More than ever, children today adore video games. Gaming is a big part of their generation and how they interact with their friends. Whether it is a recent release or an old favorite, the child may discuss gaming with their friends, compare strategies online, and play for what seems like hours. Furthermore, a child's gaming habits might be influenced by family dynamics, parental attitudes regarding gaming, and the existence of parental supervision. Gaming addiction can arise from a lack of parental monitoring or encouragement to participate in other hobbies. This can happen due to parental stress.

What is parental stress? Parental stress is the term used to describe the emotional and psychological strain that parents go through as a result of numerous circumstances like work pressure, financial hardships, marital issues, and parenting obstacles or challenges (Gwen Dewar, 2020). It is crucial to understand that parental stress can significantly impact parent-child relationships and children's general development (Brown, 2022). Moreover, parents and their children may both suffer from excessive parental stress. For parents, it could result in fatigue, problems with their physical health, and mental health problems. This includes anxiety and depression, and strained relationships with their kids and partners. Additionally, high levels of parental stress can also influence parenting behaviors, such as inconsistent discipline or disengagement. For children, they have emotional problems, including behavior issues, aggression, anxiety, and depression, affected by parental stress (Fields et al., 2021).

Video game addiction, also known as problematic gaming or gaming disorder, is defined as excessive and compulsive play that severely impacts a child's development in several areas (Mohammad et al., 2023). A few examples are poor academic performance, less social engagement, disturbed sleep patterns, and emotional issues (Malik & Kumra, 2016; Tur-porcar, 2017). Besides, video game addiction prevents self-identity development since the "ideal self" in the game cannot be integrated with the "real self" in reality. This leads to identity diffusion over time and impairs one's ability to know oneself and others objectively (D.H. Liu et al., 2014). Moreover, children's activity impacts their capacity to use their imagination, creativity, and logical

thinking. Most video games feature violence, murder, and pornography, making them incredibly bad role models for children with immature morals and poor judgment (Y.N. Liu et al., 2014).

According to Bozoglan and Kumar (2022), children's game addiction and parental stress are significantly related. Children may be more prone to turn to video games as a coping method or escape from a stressful environment if parents are stressed. Children's game addiction might emerge due to challenging family dynamics, such as tense interpersonal connections or inconsistent parenting. The connection between parental stress and children's game addiction is mediated by a few factors. One of them is self-control. The self-control of young gamers can be improved by strengthening parent-child attachment ties, which can restrict their online gaming habits (Malik et al., 2020). Parenting techniques and styles are vital since authoritative parenting, characterized by love, support, and firm boundaries, has been linked to reduced levels of game addiction. A pleasant emotional environment at home and effective parent-child communication can help reduce the likelihood of excessive gaming (Lei et al., 2018).

Understanding the connection between parental stress and children's game addiction affects intervention techniques. Offering parenting education and support programs focusing on stress management, successful parenting techniques, and wise technology use can be helpful. Children's chances of developing gaming addiction can be decreased by promoting change in hobbies such as family hiking and advocating balanced screen time. Additionally, a psychologist warned that removing gaming consoles from children who exhibit symptoms of gaming addiction could lead to physical violence (Chadwick, 2023). Some strategies for parents are to explain to children that their gaming has become excessive, and as a parent, we are concerned about it. Next, parents should set gaming limits. For example, a child's gaming time is one hour on school days and no more than three hours on weekends. Furthermore, parents can use gaming as a reward. For instance, a child's gaming time could be contingent on other responsibilities, such as chores or excellent grades (Moonpreneur, 2023).

In conclusion, there is a strong correlation between parental stress and children's game addiction. Having a better understanding of this relationship can help initiatives that work to reduce the harmful impacts of excessive gaming and encourage healthy technology use. Moreover, the likelihood of game addiction in children can be decreased by treating parental stress and promoting positive parent-child relationships, ultimately improving the children's general well-being.

## REFERENCES

- Bozoglan, B., & Kumar, S. (2022). Parenting styles, parenting stress and hours spent online as predictors of child internet addiction among children with autism. *Journal of Autism and Developmental Disorders*, 52, 4375–4383. <https://doi.org/10.1007/s10803-021-05324-x>
- Brown, M. (2022, January 6). Here's how to navigate parenting stress. *PsychCentral*. <https://psychcentral.com/stress/parenting-stress>.
- Chadwick, J. (2023, March 28). Children addicted to video games are attacking their parents - and taking away their console only makes them more aggressive; experts warn. *Mail Online*. <https://www.dailymail.co.uk/sciencetech/article-11910237/Children-addicted-video-games-attacking-PARENTS-experts-warn.html>.
- Fields, A., Harmon, C., Lee, Z., Louie, J. Y., & Tottenham, N. (2021). Parent's anxiety links household stress and young children's behavioral dysregulation. *Developmental Psychobiology*, 63(1), 16–30. <https://doi.org/10.1002/dev.22013>
- Gwen Dewar (2020, August 6). Parenting stress: What causes it, and how does it change us? *Parenting Science*. <https://parentingscience.com/parenting-stress/>.

- Lei, H., Li, S., Chiu, M. M., & Lu, M. (2018). Social support and Internet addiction among mainland Chinese teenagers and young adults: A meta-analysis. *Computers in Human Behavior*, 85, 200-209. <https://doi.org/10.1016/j.chb.2018.03.041>
- Malik, A. & Kumra, R. (2016). Gaming dependency among Indian adolescents: A phenomenological study. *International Journal of Indian Culture and Business Management*, 12(3), 361-375. <https://doi.org/10.1504/IJICBM.2016.075539>
- Malik, A., Nanda, A.P. & Kumra, R. (2020). Children in the digital world: exploring the role of parental–child attachment features in excessive online gaming. *Young Consumers*, 21(3), 335-350. <https://doi.org/10.1108/YC-01-2020-1090>
- Mohammad, S., Jan, R. A., & Alsaedi, S. L. (2023). Symptoms, Mechanisms, and Treatments of Video Game Addiction. *Cureus*, 15(3), e36957. <https://doi.org/10.7759/cureus.36957>
- Moonpreneur (2023). *Tips to prevent gaming addiction in young children in 2023*. <https://moonpreneur.com/blog/prevent-gaming-addiction-in-young-children/>
- Tur-Porcar, A. (2017). Parenting styles and internet use. *Psychology & Marketing*, 34(11), 1016-1022, <https://doi.org/10.1002/mar.21040>.