

The background of the entire cover is an abstract, high-energy image. It features a blurred figure of a person, likely a runner, in motion. The figure is overlaid with vibrant, streaky light trails in shades of teal, blue, and orange, creating a sense of speed and dynamic movement. The overall composition is energetic and modern.

INTERNATIONAL GRADUATE COLLOQUIUM

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COLLOQUIUM PROCEEDINGS

EXTENDED ABSTRACT

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QUANTIFYING THE IMPACT OF MOBILE GAMING ADDICTION ON THE QUALITY OF LIFE OF MALAYSIAN YOUNG URBAN ADULTS

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I. INTRODUCTION

Mobile gaming addiction is increasingly prevalent among young adults, with significant implications for their overall wellbeing. This study investigates the level of mobile gaming addiction in Petaling Jaya, its effects on young adult wellbeing, and the relationship between addiction and wellbeing. The findings aim to offer actionable insights into addressing addiction-related challenges within this demographic.

II. METHODS

This non-experimental, quantitative study employed questionnaires to measure mobile gaming addiction and its effects on young adult wellbeing. The sample consisted of young adults aged 18 to 24 years, selected through simple random sampling in Petaling Jaya. Data collection focused on the relationship between gaming addiction levels and wellbeing indicators.

III. RESULTS AND DISCUSSION

A. Mobile Gaming Addiction

The study revealed that 69.0% of participants were at severe risk for mobile gaming addiction, with an average addiction level of 3.66 ± 1.12 . This highlights a significant prevalence of addiction among young adults in Petaling Jaya.

B. Effects on Young Adult Well Being

Mobile gaming addiction was associated with moderate negative effects on mental health, social relationships, and overall well being, with a mean score of 3.51 ± 0.784 . Variations in severity reflected individual differences.

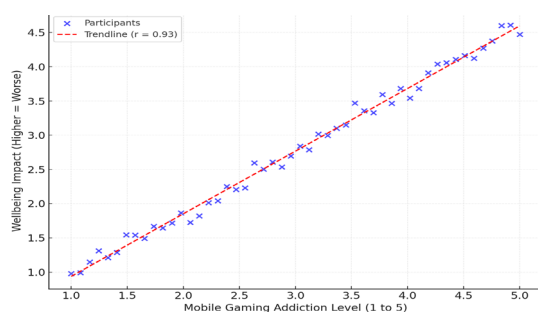


Fig. 1 The relationship between mobile gaming addiction levels and their impacts on wellbeing. The red dashed line represents the trendline, showing a strong positive correlation ($r = 0.93$).

C. Correlation of Mobile Gaming Addiction Effects on Young Adult Well Being

A strong positive correlation ($r = 0.928$, $p < 0.001$) was identified between addiction levels and wellbeing impacts. This underscores the detrimental effects of severe addiction, consistent with global findings but uniquely pronounced in this tech-savvy urban sample.

IV. CONCLUSIONS

Mobile gaming addiction among young adults in Petaling Jaya is highly prevalent, with severe risks significantly affecting their wellbeing. Findings highlight the need for targeted interventions to address addiction's adverse effects on mental health, social relationships, and quality of life. The strong correlation between addiction and wellbeing impacts underscores the importance of prioritizing awareness and support strategies in urban communities.

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