



Research Article

A STUDY ON EXPLORING THE PSYCHOSOCIAL SKILLS OF VIDEO GAMERS

Nidha Sidhique K^{1*}, Ankalesh B N²

Student ^{1*}, Lecturer ^{2*}

Department of Research and Studies in Psychology, Tumkur University, Tumakuru, Karnataka, India

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ABSTRACT

The aim of the study was to explore the key psychological, social and tactical skills that affect players' performance in gaming. Qualitative research was carried out, consisted a total of ten players from a range of different individual and team from game pubg were interviewed. Semi structured interview method was used to collect the data. The data analysis was carried out through thematic analysis. The interview consisted of 13open-ended questions. The results obtained suggested the following three main dimensions underpin the optimal performance of the players: (a) technical-tactical skills, (b) psychological skills and (c) social skills. Within the category of psychological skills, 8 components were found: (a) Attentional control(b) Emotional control(c) Communication (d) Team cohesion (f) Thought control (g) Goal control and (h) Behavioural control. In addition, an emerging theme was found that they have developed own coping strategies within games, with all participants following a similar pattern. The results suggested the importance of emotional control as a performance-related activity, the similarity of the psychological skills found with those that are prevalent in traditional game, the importance of working on sustained attention and coping with tilt, and the importance of interest in gaming.

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INTRODUCTION

Psychosocial skills are a person's ability to deal effectively with the demands and challenges of everyday life. It is a person's ability to maintain a state of mental well-being and demonstrate this in an adaptive and positive behaviour, while interacting with others and his / her culture and environment. A video game, also known as a computer game, is an electronic game that involves interaction with a user interface or input device. A mobile game, or smartphone game, is a video game that is typically played on a mobile phone. The term also refers to all games that are played on any portable device, including from mobile phone (feature phone or smartphone), tablet, PDA to handheld game console, portable media player or graphing calculator, with and without network availability.

The word psychosocial aims to define the Intersection of one's individual thoughts/needs and external social factors. ('APA' n.d). It encompasses how a person copes and accepts their own thoughts and behaviours in connection to the external world. The psychosocial meaning focuses on the internal cognitive aspects of a person's life and how that internal world causes them to interact with family, friends, and their community. Psychosocial issues encompass mental, emotional, social, and spiritual aspects of a person's life. They could look like a fight between friends, a loss of faith, a difficult choice that could hurt family members, or the battle against a disorder such as anxiety. Psychosocial factors are

characteristics or facets that influence an individual psychologically and/or socially. Such factors can describe individuals in relation to their social environment and how these affect physical and mental health. Psychosocial factors include protective psychosocial resources and psychological risk factors. Psychosocial resources in the social environment include social network and social support.

REVIEW OF LITERATURE

Reynaldo, C. (2021). The aim of this study was to determine whether video games could really improve cognitive skills and decision-making; and which video games genre affect which cognitive skills. Video games provide a means to improve a human's cognitive skills. There are several genres of games that affect different cognitive subcategory. The results of the review proved that video games do improve cognitive skills and decision-making. Cognitive skills such as perception, attentional control, and decision-making improves when subjects were trained with video games. In relation to video games genre, Real-time strategy players outperforms First-person shooter players on cognitive flexibility while FPS players tend to have lower switching cost in work. People with profession such as nurses and doctors showed improved decision-making and risk assessment when trained with serious simulation games. High school and undergraduate students who played video games exhibit better result when given tasks related to cognitive abilities compared to students who do not play video games.

*Corresponding author: **Nidha Sidhique K**

Department of Research and Studies in Psychology, Tumkur University, Tumakuru, Karnataka, India

Torkel Klingberg and Bruno Sauce (2022). Conducted a study on children who play more video games show greater gains in intelligence over time. The study investigated how video games affect the minds of children, interviewing and testing more than 5000 children aged 10 to 12. The results found that when we first asked the child at age ten how much they played, both watching videos and socialising online were linked to below-average intelligence. Meanwhile, gaming wasn't linked with intelligence at all. These results of screen time are mostly in line with previous research. But when followed up at a later date, study found that gaming had a positive and meaningful effect on intelligence. While children who played more video games at ten years were on average no more intelligent than children who didn't game, they showed the most gains in intelligence after two years, in both boys and girls. This is evidence of a beneficial, causal effect of video games on intelligence.

Nadia Kounan (2022). The study aimed to find that gaming may help with both cognition and impulse control. The results showed that more video gaming will lead to better impulse control or working memory in non-screen contexts, such as classrooms or doing chores at home. Supportive teachers/caregivers and social-emotional skill-building approaches help with those skills in more naturalistic environments. It found that kids who played video games for three or more hours a day did better on tasks associated with memory and impulse control than children who didn't play video games at all. The gamers also had higher levels of activity in parts of the brain associated with attention and working memory.

Ozlem Tezol, et., (n.d). This study aimed to investigate the relationship between the psychosocial wellbeing and video gaming in preschool children. The results showed that 30% of the video gamers played video games for more than 1 hour per day. Factors associated with video gaming included sex, birth order, age of first screen exposure, daily screen time, and parents video gaming. The conclusion is there was no association between video gaming and being borderline or abnormal in emotional symptoms, conduct problems, hyperactivity/inattention, peer relationship problems, prosocial behaviour, and total difficulties. Study revealed that video gaming is not associated with psychosocial wellbeing in preschool children.

METHOD

Statement of the problem

Psychosocial skills of video gamers of age group 18 to 26 who plays Pubg for more than two hours daily.

Objective

To explore the psychosocial skills of video gamers.

Specific Objectives

- To explore the psychological skills of the video gamers.
- To explore the social skills of the video gamers.
- To explore the tactical skills of the video gamers.
- To explore the coping strategies of video gamers.

Operational definitions

Psychosocial skills

The psychosocial skills refer to a collection of techniques and procedures used to support specific workers who have psychological or emotional issues or that limit their capacity for socially acceptable interaction.

Gaming

Gaming is an interactive activity or sport that involves the use of electronic devices, and requires the player to apply skills, knowledge, and/or chance in order to achieve a goal. The activity may be single-player or multiplayer and may involve competition against other players, the game itself, or both.

Videogame

Video gaming is the playing of electronic games, typically on a console or computer, for entertainment purposes. Video games are often interactive and involve problem-solving, strategy, and/or luck.

Game

A game in which players manipulate images on a monitor or other device created by a computer programmed electronically.

Single player

A single player is the one, who plays the game alone (Single).

Multiplayer

It refers to players, who play the video game in a group as co-players.

Sampling Method and Population

The population was selected using purposive sampling. In this study the researcher interviewed 10 participants. All participants were adult video gamers. The sample size was limited as the studies with smaller population enable the researcher to gather a deeper understanding of participants' experience and to develop a thick, rich description of the perception.

Ethical Considerations

In the present study, open-ended semi-structured interview was used to collect the data and the researcher recorded the interview section with the informed consent from the participants. Confidentiality and privacy of the participant was maintained throughout the study. When the participant did not provide permission to record the information then only notes were taken. The audio records and the notes of the participants were safely protected till the end of the study and only the researcher had access to them. Participants were anonymised by replacing names with codes.

Research design

Phenomenological research design

Method of Data Collection

Semi structured open-ended interview

Limitation of the study

The data collection was time consuming and there may be a chance for the occurrence of the error. The study was

conducted on a small population not on a large population. There was a narrow variety of genres, which limits the generalizability of the results to emerging genres, such as Pubg, especially in relation to psychological skills with less relevance.

FINDINGS

This study conducted with an aim to explore the psychosocial skills of video gamers.

Psychological skills

Psychological skills comprise the deliberate use of pre-prepared and structured sequences of specific thoughts and behaviours by gamers to regulate their psychological state. Psychological skills play a critical role in gaming, especially in competitive gaming. Developing psychological skills in gaming takes time and effort. It requires consistent practice and self-reflection to identify areas that need improvement. One way to develop psychological skills is by seeking feedback from others players. The use of psychological skills can give gamers a significant advantage in achieving success in their game. Developing these skills requires practice and focus, just like developing any other skill. Players who prioritize the development of their psychological skills are more likely to reach their full potential in gaming. Every psychological skill can be found only by practice as RK said "Pubg is all about reflexes and spotting the enemies. So, find strengths and weakness by practicing in training grounds and through matches itself".

Cognitive skills

Cognitive skills such as concentration, attention, and strategy are crucial for success in competitive gaming. Players who can stay focused on the game's objectives and adapt to changing circumstances are more likely to outperform their opponents as GK, MR and MZ said "Learned to take cover heal and battle again if injured instead of fighting with low health. Learned to fight in stealth mode in intense fight time". "I have good skills in spotting enemies better than my co-players that helps succeed in my gaming". "Strategies like concentration and attention should be fully engaged in game".

Emotional skills

Emotional skills, such as emotional regulation and communication, are also important. We can think of game emotions as emotions of competition; they are emotions generated due to winning, losing, accomplishment, and frustration. When you are playing a videogame, game emotions are directly related to your performance. Video games can act as distractions from pain and psychological trauma. Players who can manage their emotions and communicate effectively with their team are more likely to work together effectively and achieve their goals as HV said "Communication, emotional balance, goal setting these are the skills needed for a video gamer".

Social skills

Social skills are the skills we use to communicate and interact with each other, both verbally and non-verbally, through gestures, body language and our personal appearance. Human beings are sociable creatures and we have developed many ways to communicate our messages, thoughts and feelings with others. Online video games can allow players to talk to

others and make friends at their current ability level even when they are not emotionally or physically able to leave their homes. This can help build the skills and confidence necessary to try it in-person.

Leadership

Leadership skills from gaming to their careers or personal lives, and discuss the potential benefits and limitations of using gaming as a tool for leadership development. Leading a team in a multiplayer game, can translate to real-world leadership skills like communication, decision-making, and problem-solving. It could also examine the ways in which gaming can help develop important soft skills like teamwork, adaptability, and empathy, which are valuable in many professional settings. In a game like pubg there each should have a IGL or else there will be miscommunication as MS said "Skills is like I am the IGL of my squad and I constantly motivates my co-players and that leads our team to winning"

Communication

Effective communication is essential in improving gameplay for a number of reasons. In games, players work in teams to achieve a common objective. Effective communication allows team members to coordinate their actions and work together more efficiently, leading to a higher chance of success. For instance, in game, players need to coordinate their attacks and defences to maximize their chances of winning. Communication allows players to share critical information with each other, such as the location of enemies, the location of key objectives, and other important details. Effective communication allows players to discuss and plan their strategies. This can help players develop a cohesive game plan and execute it more effectively.

"Fun gameplays often creating a good environment and connections with teammates outside gaming also".

Teamwork

Teamwork is an essential aspect of gaming, especially in multiplayer games where players are required to work together to achieve their objectives. The success of a team is often determined by the level of cooperation, communication, and trust among its members. When players work together, they can combine their unique skills and abilities to overcome challenges and accomplish goals. This not only makes the game more enjoyable but also helps players progress through levels and achieve higher scores. Another advantage of teamwork in gaming is the ability to learn from one another. When players work together, they have the opportunity to observe and learn from each other's strategies and techniques. This can help players improve their own skills and become more effective team members as MN said "As an IGL I use to lead my team how to cover and when to rush".

Tactical skills

Tactical skills are strategic mental abilities that successful gamer's use to win games and competitions. Tactical games are generally those where on your turn you make a move to your greatest advantage as the board can significantly change between turns. Strategic games are more about making moves over several turns that are aimed at a game winning maximum gain in the long turn. Mastering these skills can help a gamer or team use their techniques effectively. They might involve problem-solving skills and often rely on the gamer's

knowledge of their IGL's goals. Many of these skills can apply to multiple sports. Teaching strategies and their experience with a certain game to help gamers improve their performance in games and competitions.

Strategic thinking

Thinking is very important in game because we have to know our opponents mind so that strategic thinking is necessary. Strategy games encourage players to make plans, manage resources and balance competing objectives. Strategic thinking often requires you to assess a situation or process and break it down into steps so you can choose the best approach to solving a problem. A critical aspect of strategic thinking can be gaining as much information and knowledge about the problem or situation in game. With more knowledge, you can develop a deeper understanding of what's required to overcome the situation and the challenges you faced in a crucial period. Gathering information can include talking with people familiar with the game. From here, you may be in an excellent position to understand the end goal and break the problem up into manageable steps that can guide you to success in gaming. Video games also offer people who are introverted or who might struggle with real-world interactions the chance to be a vital part of a team and sometimes to lead that squad. Games provide a safe place to practice strategic thinking, preparing for the unexpected, and resource allocation. An advantage of using a game to teach strategic thinking is that the act of playing a game requires players to remove themselves from everyday situations and focus on what is happening in the game. Strategy games improve teamwork and decision-making skills. The games often require players to make decisions similar to those done in business. This representative nature of the challenges allows to improve these skills in real life. Video games can build empathy, a strategic skill among leaders.

“Also, as an IGL I'll make my team comfortable and won't make them panic. We should find enemies positions and strategies so that I'll make the things to get advantage for us and will go for a fight”.

Knowledge

Knowledge in gaming is never ending because we'll be getting every time. It is the mental interactions and experiences between the player and the game. Knowing cooldowns, what items to buy, where to go, your role, what everything does. Intuition refers to the utilization and practice of game knowledge in gaining an advantage, usually predicting an opponent's move, knowing their power spikes and strengths or weaknesses. It allows players to make plays without necessarily having the skill to pull them off by analysing patterns and coming up with a strategic plan. Game-based learning is a great way to improve young learners' creativity, critical thinking, and problem-solving skills. It is based on the use of imagination. Team leaders can give students the freedom to come up with solutions and ideas which boost their level of creativity.

“A player should need good IQ, thoughts, patience and mainly gaming skills”.

Coping strategies

Coping usually involves adjusting to or tolerating negative events or realities while you try to keep your positive self-

image and emotional equilibrium. Coping occurs in the context of life changes that are perceived to be stressful. Effect of an incident, event, or occurrence on the mental or emotional state of individuals or groups resulting in a change in perception and/or behaviour. Coping through video games allows them to imagine themselves differently and to find pleasure in their daily lives. Benefits of video games may include: Improving one's mood. Distracting from stress. Video games are a great way to meet new people online and relieve yourself of stress once in a while. People have used video games as a coping mechanism for depression. It's a distraction, it acts as a red herring to get distracted from problems for a while.

Adaptability

The ability to learn from mistakes and adapt to changing situations is critical for success in gaming. Players who can learn and adapt quickly are more likely to succeed in competitive gaming. Adaptability in video gaming is the ability of a game to adjust its difficulty level or other aspects of gameplay in response to the player's performance. This can be done through a variety of methods, such as changing the number of enemies, increasing or decreasing their health, altering the rate at which they spawn, or adjusting the number of resources available. Adaptability can also be used to create a more personalized experience for each player by allowing them to customize their own difficulty settings. This can help ensure that everyone has an enjoyable and challenging experience regardless of their skill level.

“I'll be giving roles to mates when any of them spot the enemies. A player should know how to change the game at any time”.

Self-motivation

Motivation is very important in gaming because every gamer should meet crucial situations at time co-players should be in stress so we have to motivate self and others. When all of an individual's motivations to play video games are for the pursuit of fun it is said that an intrinsic motivation is the most prevalent motivation. However, the primary motivation for playing video games among periodic gamers is different from the primary motivation of regular gamers: periodic gamers are driven by extrinsic motivation, whereas regular gamers are driven by intrinsic motivation. Computer games may facilitate the development of self-monitoring and coping mechanisms. If the avoidance or escape from other activities is the primary motivation for playing video games, there tends to be an increased risk of engaging in addiction-related behaviours.

“Patience is must to stay motivated. Sitting in a comfortable position to play game eases the gaming experience”.

Consequences

A consequence is the result, either negative or positive, of a person's action. Consequences measure our behaviour and for the most part we strive to achieve positive outcomes and avoid negative outcomes. The social consequences of gaming can be devastating. It can put a huge strain on relationships with family members and friends. Lying about the amount of time spent gaming and neglecting others to play video games compulsively can cause conflict, confrontation and even breakdowns. The ones we are addressing now, happen as a result of behaviour that are not planned or controlled. Nature,

society, or another person, without parental involvement, imposes natural consequences.

External factors

Internet connectivity is critical internal factor that can impact gaming. Video gaming is a rapidly growing industry that is heavily influenced by external factors. These external factors can include the availability of new technology, changes in preferences, and the influence of co-players. The introduction of virtual reality technology has allowed gamers to experience a more immersive gaming experience. Changes in preferences have led to an increased demand for games with more realistic graphics and storylines. Finally, popular culture has had a major impact on video gaming, with many games taking inspiration from movies, television shows, and other forms of media. All of these external factors have helped shape the video gaming industry into what it is today. Multiplayer games rely on a stable and fast internet connection, and poor connectivity can cause lag, which can severely affect gameplay, especially in fast-paced action games as MA said "External difficulties are like situations without proper range or internet connection".

Internal factors

Internal factors can play a significant role in gaming and can impact the gaming experience in many ways. Internal factors which allow players to interact with each other while playing the game. This social interaction can add an extra layer of enjoyment to the gaming experience, as well as providing an opportunity for players to make new friends and form relationships with other gamers around the world. Player skill is a major factor in video gaming, as it determines how well a player can perform in-game. Players must be able to master the controls and mechanics of the game in order to succeed.

Summary and Conclusion

The major objective of the Study was to explore the psychosocial skills of video gamers. Psychological skills comprise the deliberate use of pre-prepared and structured sequences of specific thoughts and behaviours by gamers to regulate their psychological state (e.g., feelings of confidence). Psychological skills are of interest within games, enhances their performance. This chapter also includes limitations of the study, implications of the research and suggestions for future research. The data was collected among video gamers at home based on inclusion criteria. Literature review suggests that studies focusing psychosocial skills are very few and recent researches related to video games are limited.

Phenomenological research design and purposive sampling method was used in the research. A Purposive sampling refers to a group of non-probability sampling techniques in which units are selected because the researcher has laid the inclusive criteria that the individuals who regularly play video games for 2 to 5 hours and were in the age period of 18 to 25 as samples for the research. Semi-structured interviews were conducted to collect the data about the psychosocial skills of video gamers. In semi structured interview the interviewee is encouraged to talk freely about the topic. The interviewer can pursue in-depth information around the topic. The interview schedule had a set of 13 questions that focusing on the psychosocial skills. The collected data was analysed by thematic analysis. Thematic analysis was done using inductive approach to identify different themes. Inductive thematic

analysis was opted for the current study as the themes were obtained with the help of the responses provided by the participants. The major themes identified via inductive thematic analysis were as follows(a) Psychology skills (b) Social skills (c) Tactical skills (d) Coping strategies and (e) Consequences.

Major objective of the research was to study to explore the psychosocial skills of video gamers. The specific objectives of the study were (a) To explore the psychological skills of the video gamers, (b) To explore the social skills of the video gamers, (c) To explore the tactical skills of the video gamers and (d) To explore the coping strategies of video gamers.

Major findings of the study were that majority of the gamer's had experienced issues with network and many of them wished they had good gadgets. Few of them mentioned about the patience and communication one should need. They also highlighted the adjustments made in personal and professional life. Strategy games encourage players to make plans, manage resources and balance competing objectives. Strategic thinking often requires the ability to assess a situation or process and break it down into steps so you can choose the best approach to solving a problem. Social skills are the skills we use to communicate and interact with each other, both verbally and non-verbally, through gestures, body language and our personal appearance. Emotional skills, such as emotional regulation and communication, are also important. Leadership skills from gaming to their careers or personal lives, and discuss the potential benefits and limitations of using gaming as a tool for leadership development. Effective communication is essential in improving gameplay for a number of reasons.

Major Findings

- Cognitive skills such as concentration, attention, and strategy are crucial for success in competitive gaming.
- Emotional skills play a major role because communication and patience are mentioned as one should need.
- Adaptability to create a more personalized experience for each player by allowing them to customize their own difficulty settings.
- Motivation is very important in gaming because every gamer meet crucial situations at time co-players should be in stress so we have to motivate self and others.
- Internal factors can play a significant role in gaming and can impact the gaming experience in many ways.
- Teamwork is an essential aspect of gaming.
- External and internal factors like network issues, lack of family support.
- Thinking is very important in game because we have to know our opponents mind so that strategic thinking is necessary.

CONCLUSION

The major objective of the research was to explore the psychosocial skills of video gamers. All of them shared their experience in a positive manner. Through this research we came to a conclusion that the patience is very important in gaming. From participant responses, coping strategy has been identified.

Implications of the study

The research was undertaken to understand the psychosocial skills of video gamers. Findings suggested that the most of the players have lack of family support and skills, so the family support can be enhanced to give more cognitive and emotional ability to the gamers. Findings also showed lack of coping strategies, which can be suggested to them by co-players. Encouraging self-practices can be effective.

Suggestions for future research

Future research studies can be conducted by increasing the sample size. Research method can also be changed to focus group discussions, which helps to bring all the gamers together and make interventions. It is necessary to design and evaluate specific psychological training programs for gamers that address the needs of each esports.

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