

Uses and Gratifications of Online Games among the Undergraduates of Bingham University, Karu, Nigeria

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Abstract

The study sought to find out the effect of online games on the undergraduate students of Bingham University, Karu, Nigeria. The study was anchored on uses and gratifications theory, while the survey method was used as research design and questionnaire as instrument for data collection. Findings showed the students play online games for various reasons such as escape from boredom, for fun, to obtain skills excluding playing for monetary gains. Also, online games have both positive and negative benefits. The researchers concluded that online games are not all about negativity, but moderation in terms of time spent and the kinds of games played are key to avoiding the negatives and having an exciting experience. The researchers recommended that government, individuals and NGOs should embark on sensitisation programmes to enlighten youth on the side effects of online games' addiction, the need to engage in sporting activities and avoid extreme violent games.

Keywords: Online Games, Undergraduates, Bingham University, Metaverse, Digital Technology

Introduction

Games date back to the early history of human existence because humans have always found ways of entertaining themselves and creating a happy environment. Games were played physically between humans for leisure and as a hobby. With the advent of technology, games moved from physical to computer and later the internet which has taken gaming to another level and made it a multi-billion-dollar industry. Technology has made gaming much more interesting as the gaming public can play games anywhere, anytime, with a virtual community or friends whom they have not met using digital online platforms. Online games have brought a whole new experience to gamers who find it convenient to subscribe online for any game of interest even in the comfort of their homes.

Rollings & Adams (2006) define an online game as a video game that is either partially or primarily played through the internet or any other computer network available. An online game is a computer or internet-assisted game where the player can either play alone on the network or with a community of players online. This has become very popular among the millennials who dedicate a substantial part of their time to mobile or static devices playing one game or the other. The advancement in

technologies such as game-specific devices and the development of other digital devices like mobile phones and tablets have made gaming more accessible to everybody especially the youth, who dedicate most of their time using digital platforms for games and other social activities. According to Ngene (2020), there are different genres of games available globally such as online Betting, Casinos, and Call of duty. Zero down, Counterstrike, Ludo, Whot, FIFA game, Dota, Battlefield, Fortnite, World Warcraft, League of Legends, the World of Tanks. Others are Scrabble, Chess, Subway surf, Knight Shot, Stunt Motorbike, Hero Rescue, Mortal Kombat and lots more. While some of these games are played for entertainment and leisure, others play these games for monetary gains.

Different studies have shown that online games can be addictive if much time is spent playing them. Some schools of thought ask if we are facilitating the creation of new types of addictions among the new generation of youngsters for the reason that the gadgets and data are made available for them (Ruzic, Strnak & Debeljuh, 2015). This is very common among adolescents and teenagers who get glued to their screens for the most part of the day playing different types of games. While this has also been found to trigger health issues and psychological problems, it has become a source of concern in the public space. Though, many still believe that online gaming is beneficial to the development of the young ones, who through the process learn different skills and improve their understanding of the environment and how to adapt. The availability of cheap and expensive digital devices like smartphones, tablets and internet penetration in Nigeria has granted youth across Nigeria access to online games anytime and anywhere. Youth have become so committed to playing games that they spend valuable time daily, glued to their gaming platforms. While some believe gaming is of immense benefits to youth, some think that the act is causing a lot of social, health and psychological issues to the youth and the society in general. The, researchers, therefore sought to determine the uses and gratifications of online games among the students of Bingham University, Karu, Nasarawa State.

Research Objectives

The objectives of this study include to:

1. Find out the extent to which the students of Bingham University play online games.
2. Ascertain the reasons the students of Bingham University play online games.
3. Determine the effect of online games on the students of Bingham University.

Theoretical Framework and Literature Review

The uses and gratifications theory was developed by Elihu Katz & Jay Blumler in 1974. The theory defines how the audience interacts with the media; the theory believes the audience is not passive as in the case of the traditional communication models (Turney, 2020). This theory contradicts the earlier communication models which see communication from a linear, sender-message-receiver perspective, rather, active and interactive as emphasised by the uses and gratification theory. The uses and

gratifications approach according to Baran & Davis (2006) assumes that “individuals actively use certain media to satisfy certain needs. This theory is relevant to the study about internet use (Morris & Ogan, 1996). Internet use fosters two ways of communication, which is interactive. Uses and gratification theory is more concerned about what and how the audience use the media, what they expose themselves to; it is dependent on the satisfaction they derive. The uses and gratifications theory is based on the idea that media audiences are active rather than passive, meaning they do not only receive information but also unconsciously attempt to make sense of the message in their context (Peirce, 2007).

The uses and gratifications theory of the media is one of the theories of mass communication that call attention to what people do with the media rather than what the media do to people (Asemah, 2011; Edegoh, Asemah & Nwammuo, 2013; Asemah, Nwammuo & Nkwam-Uwaoma, 2017). According to Perse (2014), audience gratifications can be derived from at least three different sources: media content, exposure to the media, and the social context in which one is exposed to the media. Turney (2020) also states that uses and gratifications seek to explain what combinations of attributes in media content lead to the satisfaction of audience members’ needs. Different mediums offer a wide range of characteristic content (topics), modes of transmission (print versus broadcasting), and places of exposure (at home, out of home, with or without others) for the audience to interpret, thus, leading to a need for media to provide as much satisfaction to the public as possible. Katz, Blumler & Gurevitch (1973) also argued that the role of an audience member is to select the type of media that meets their needs and requirements, while the media outlet, in turn, provides content that satisfies the audience needs. While some audience members choose to use media as a distraction from everyday life or to share the experience with other audience members, others may use it to obtain information about the world sub-consciously.

The uses and gratifications theory reveals that media audiences seek to meet their needs through the media which they deliberately expose themselves to. This theory relates to online games as studies show that people play a game to meet certain satisfaction, while online gaming can create important avenues for young people to get a sense of belonging, solidarity and connectedness (Ruzic, Strnak & Debeljuh 2016; Quandt & Kröger, 2013; Wong, 2020).

Blumler identified four categories as to why people use the media, this he attributed to diversion or escapism, ‘which is about finding temporary escape from societal and environmental pressure’; companionship and development of personal relationships; value reinforcement and exploring personal identity; and surveillance or getting information about the world, hence the relevance of this theory to this work. Games are played for companionship and development of relationships as most games are played with people who share certain things in common.

Online game simply means any game played with the aid of the internet and a device. To Kimberly (2019), online gaming means playing video games on the internet. It can be played solo, as well as in multiplayer mode and as far as the game is compatible with both PCs and mobile devices. A game can be composed of complex

visuals or simply text-based displays. Although, gaming is criticised by a few people due to gaming addiction and the promotion of violent acts, proponents' stand is that, online games have proved to benefit the gamer psychologically as well as physically.

Games are as old as humans. Chikhani (2015) is of the view that the first game machine was unveiled by Dr. Edward Uhler Condon at the New York World's Fair in 1940. Most of the early developments in computer games took place in the United States of America but this progress and expansion suffered a crash in 1983 due to competition and the development of inexpensive personal computers and games that flooded the market. The sector in the 1990s saw greater improvement and technological advancement in the personal computers, the development of the console game opened a new frontier in the gaming industry, while the success of the console game brought a fierce competition in the USA between two giants in the industry, Nintendo and Sega, Nintendo developed the first handheld video game console in the 1990s.

Sony's emergence on the scene with its PlayStation console line, diminished Nintendo's influence and share of the console hardware market while also driving Sega one of the industrial giants out of the console games business. Continuous changing technology and the evolution of the internet revolutionised the gaming industry and forced the main players to develop new strategies and technology in delivering their products to the consumers, there was a major shift in technology to mobile gaming, mobile gaming on smartphones and tablets replacing the older technology of consoles and handheld devices. The Dreamcast came with an embedded 56 Kbps modem and a copy of the latest Planet Web browser, making Internet-based gaming a core part of its setup rather than just a quirky add-on used by a minority of users.

The emergence of online App stores and smartphones in 2007 brought about another rapid evolution in the gaming industry, not only in the way people play games but also brought gaming into the mainstream culture in a way never seen. The gaming industry was previously monopolized by a handful of companies, but in recent years, companies such as Apple and Google have been making their way up the rankings due to the sales of their games earnings from their app stores. Some people are attracted to online gaming to kill time and reduce boredom. Angry Birds was a basic game that was so attractive to people, made Rovio \$200 million in 2012 alone, and broke two billion downloads in 2014, (Chikhani, 2015).

The allure in the gaming industry is no longer to provide just entertainment, but the driving force now is the financial benefits accruable to the designers and top players in the sector. The high-level competition in the industry is to remain relevant and get a substantial share of the ever-growing business. The evolution of cheap mobile devices had further increased the patronage of online games which is very popular among the youth. Skeldon (2020) believes the gaming industry has become a multibillion-dollar industry and one of the fastest-growing economic sectors in the world. Online games Skeldon believes represent the second-largest revenue generator in the entire gaming market.

Green (2020) quoting research by GoldenCasinoNews.com state that the online segment of the gaming industry is expected to reach \$17.8billion profit by 2024. The

findings also show that the number of online games users will hit 1 billion by 2024, while in 1919 revenue in the online games segment was \$16.9 billion, the most significant part of that amount or \$4.2 billion was generated in China. The United States of America is the second-largest gaming revenue generator with a revenue of \$3.5 billion while Japan took third place in the global online gaming revenue with a \$2.8 billion income (Green, 2020). Marshall (2020) also states that this decade of online gaming has also been wildly profitable, and many of these games are free, cosmetic content or progression is locked behind a paywall. League of Legends made \$1.4 billion in 2018 and that was considered a slow year. Fortnite topped that with \$2.4 billion. Online games have continued to gain popularity not only among the youth, but also in the older generation. What makes digital gaming so appealing is that it has become both a daily and a lifelong pursuit, even for people in their 50s and it gives distraction and a momentary feeling of escape from the environmental pressures of the world (Morris, 2021).

The Nigeria gaming industry is also not isolated from the rest of the world. It has also grown substantially in recent years with growth in internet penetration in the country. There has been an increase in mobile phones and tablets usage and lots of youth have embraced the online games as a pastime and a source of income through online betting. According to Olukomaiya (2021), Nigeria's online gaming market is worth \$41m. From the most popular games to the least played titles, the Nigerian gaming market is dominated by the millennials. These young age groups are mainly involved in the design, and development and are even the players, creators, and distributors, they have helped to create a multi-million-dollar market in the country. The enthusiasm that Nigerian youth are showing towards online games today, especially, betting, has become a thing of concern to Nigerians. They spend most times of the week predicting football scores and betting. This addiction to online betting is not only taking a toll on the pockets of our youth but also causing physical and psychological problems which are rather becoming a challenge to our society generally.

Olukomaiya also emphasises that mobile technology has gradually taken over the Casino business and broken its exclusivity. According to him, while some Nigerians prefer to play Blackjack at prestigious establishments like the Sheraton or the Concorde hotels, many people choose to play the game online. The Grand Rush online Casino has made it easy for Nigerians to play the Blackjack online anytime anywhere. Dot 2, Fortnite Battle Royale and League of legends are other very popular games played by Nigerians.

The evolution of digital devices places mobile phones and tablets in the hands of every youth, and the ease of access to the internet has enabled the youth to indulge in different online activities including gaming. Valuable time and money are spent on playing the games. This could however not go without effects, as it is observed that this is causing distraction and even affecting students' academic performance. Online games have their effects on the social, health, and economic life of members of society,

the effects can be positive or negative. Determining these effects has become so necessary because of the level of commitment the youth give to the gaming activities.

According to Aswathy, Davika & Girish (2019), online gaming has a positive distraction as it helps in keeping the young ones away from getting involved in dangerous behavior such as drug activities, youth gangs and associating with cult groups. Online gaming also engenders a competitive spirit among youth which in the long run prepares them for the rigors that await them in the larger society. This also makes players sharper and mentally alert.

Just as online gaming has a positive side, research also has shown that it may have more harmful effects than good. Sedentary behaviors by the new generations who are involved in gaming activities may expose them to lots of health issues mainly due to lack of physical movement. It is an obvious fact that addiction to online games consumes time that could be used for other valuable activities.

Online games may also lead to violent behaviour, many games have violent and sexual content, and children can copy these behaviours and put them to practice in real-life situations. While the designers of these games are smiling to the bank, the consumers which are predominantly the youth are being confronted with different social issues as a result of the usage of the online games.

Research carried out by the Centre for Internet Addiction Recovery (Young & De Abreu 2010, p. 357) revealed that some of the younger hardcore gamers suffered from emotional disorders that prevent them from properly socialising with others and they thus turned to MMOGs as an outlet to experiment with various aspects of their personality, or it can simply be influenced by the gamers' environment.

Wong *et al* (2020) examined the relationships between severity of internet gaming disorder (IGD), severity of problematic social media use, sleep quality and psychological distress. The aim of the study was to find out the relationships between severities of internet gaming disorder (IGD) and problematic social media use, that is, operationalised as social media addiction (SMA) with sleep quality and psychological distress among young adults. A cross-sectional study with snowball sampling was conducted among Hong Kong university students in 2019. Finding of the investigation revealed that internet gaming and social media use are prevalent and integral to many people's lives. The result of the study further showed that excessive engagement in either could lead to negative health impacts. The implication of the findings suggests that both severities of IGD and SMA associate with more psychological distress and poorer sleep quality, although the strengths of associations may differ. The study is reviewed here because it has a lot of similarities which bother on addiction and the psychological effects such as the uses and gratifications of online games among the undergraduates of Bingham University, Karu, Nigeria. Although, the earlier study was done among Hong Kong university students in 2019, the key similarities include the age bracket of the respondents, who tend to have the same or similar cravings and being university students in both countries, that is, Hong Kong and Nigeria. However, the studies differ in geographical locations and the time of the study as well as in the attraction online gaming has for young people. This is particularly so because online

gaming has become a multibillion-dollar industry and it is also a great attraction to youth and adults globally.

Islam *et al* (2020) carried out a study on “the effect of internet use and electronic game-play on academic performance of Australian children.” The aim of the study was to examine the association of internet use, and electronic game-play with academic performance respectively on weekdays and weekends in Australian children. It also assessed whether addiction tendency to internet and game-play is associated with academic performance. Overall, 1704 children of 11–17-year-olds from young minds matter (YMM), a cross-sectional nationwide survey, were analysed. The generalised linear regression models adjusted for survey weights were applied to investigate the association between internet use and electronic-gaming with academic performance. The result of the study showed that about 70% of the sample spent > 2 h/day using the internet and nearly 30% played electronic-games for > 2 h/day. The findings further revealed that internet users during weekdays (> 4 h/day) were less likely to get higher scores in reading and numeracy and internet use on weekends (> 2–4 h/day) was positively associated with academic performance. In contrast, however, 16% of electronic gamers were more likely to get better reading scores on weekdays compared to those who did not. Addiction tendency to internet and electronic-gaming is found to be adversely associated with academic achievement. Further, results indicate the need for parental monitoring and/or self-regulation to limit the timing and duration of internet use/electronic-gaming to overcome the detrimental effects of internet use and electronic game-play on academic achievement. The study has a lot of similarities to the current research. Foremost, the two studies are concerned with the attitude of young people towards online gaming and the benefits they derive from the exercise.

Equally, Ruzic, Strnak & Debeljuh (2016) carried out a study on Online Video Games and Young People. The availability of new information and communication technologies to an increasingly younger population, the constant availability of the internet and the opportunity to search information, to create new types and models of communication, types of acceptance and ways of accepting and coping with the infinite amount of information, the velocity and choice of well- designed marketing products, especially video games, in particular in the last decade, caused a real “gaming boom” among almost all age groups. Addictions are a well-known problem of the human kind and they are as well a challenge for professionals and scientists from different fields of interest. Considering the large number of addictions, one of the new types is the addiction to video games affecting a younger and younger population. Smartphones and tablets are available to a growing number of children and youngsters. It is almost incomprehensible and unacceptable that a child in the first grade of primary school does not have its own mobile phone, PDA, game console, laptop, desktop, or similar. By playing video games for several hours a day, either at school, during school hours or after, they enter a world exit from which sometimes requires seeking the help of experts. Are we facilitating the creation of new types of addiction among the new generation of youngsters? In the paper we present the results of the research conducted with children of the seventh and eighth grades of the primary schools of Pula

on the time they spent playing online videogames during and after the lessons, on playing video games get to know.

Similarly, Dinesh & Chalawadi (2016) did a study on the effect of internet uses on youth. The result of the study showed that internet is an integral part of most college students with more than 90 percent of the college students in have access to the Internet. Addiction to positively and negatively. The world of paper and print is giving way to a digital world where everything has digital form whether text, graphics or sound. The digitised world being fast and current, the younger generation is moving fast towards the digital way. Cyberspace and blogosphere are the new worlds of the young generation who exploit and experiment all possibilities of the digital environment. The internet and online social network sites can affect a student's academic performance both. The rapid growths of electronic media with all their potential to change the pattern one gathers and communicates information have brought about positive and negative possibilities of using and misusing the media. On the positive side, the electronic media like the Internet provide facility to communicate faster, retrieve and handle information in an easier way and copying and distributing in innumerable number. On the negative side, it causes concern about the possibility of accessing and distribution of unwanted information, plagiarism and security threat. These concerns can be worsened by parents' relative lack of the Internet sophistication compared to their children's. The combination of the rapid growth of the Internet, not knowing the effects of Internet use, and concerns about the negative consequences of Internet use has created a climate where bad news can become magnified.

In a similar study, Thelkar (2016) investigated the impact of computer games on students. The aim of the study was to identify the negative impacts on of computer gaming on the high school students. The study also focused on the views of the people towards computer gaming. Literature survey was used to carry out the survey and the findings showed that computer video game has gained enough popularity among teenagers as well as children. The popularity is described as alarming and this has raised serious concern about its impact on the youngsters. It is also revealed that the games have some sort of violent themes coupled with their interactive nature and this has led to the accusations that they may be worse than televised violence in affecting children's antisocial behaviour. Addiction is also identified as one of the reasons that might hamper the effect on health. Other allegations include addictive quality and that excessive playing results in a diminished social contact and poorer school performance. The study raised a very important question of "how bad are video games?" However, there are strong methodological reasons for not accepting the evidence for video games effects at face value.

Video games can be online or offline via downloads. Whichever form it takes, the findings of the many studies reviewed showed some sorts of similarities in terms of effects or impacts, methods of study, reviewed literature and the implication of the study.

Methodology

Due to the fact that majority of those who play online games are youth, this study narrowed down the research population to students of Bingham University, Karu, Nasarawa state using the survey method. According to Olley (2007), survey research is a very vital method for collecting data to describe a population that is too large to be observed directly, through careful sampling and the construction of a standardised questionnaire. Survey as noted by Asemah, Gujbawu, Ekharefo & Okpanachi (2012) is perhaps the most popular technique of data collection among communication researchers. It, therefore, becomes possible to gather data from a group of respondents whose characteristics are taken as being representative of those of the larger population. The population for this study is the undergraduate students of the Faculty of Social Sciences, Bingham University, Karu, Nasarawa state. The size of the population is 1, 000 spread across Faculty of Social Sciences. Survey research design was used to sample the views of 286 students of the Faculty of Social Sciences, Bingham University, Karu, Nasarawa State, Nigeria. The population of the study covers all the Departments of the faculty. Based on this population and using the simplified formula for proportions and sample size and precision of population estimates, a 95% confidence level and P = .5% error margin, the sample size for the study is 286. This was calculated using the conservative assumption about the nature of the population values (Yamane, 1967). The sample size is determined using Taro Yamane formula as stated thus:

$$n = \frac{N}{1 + N(e)^2}$$

Where:

n = sample size required

N = number of people in the population

e = level of allowable error (0.05)

Given N = 1, 000

e = 0.05

Substitute numbers in the formula:

$$n = \frac{1,000}{1 + 1,000(0.05)^2}$$

$$n = \frac{1,000}{1 + 1,000 \times 0.0025}$$

$$n = \frac{1,000}{3.5}$$

n = 285.7

Rounded up to 286.

A total of 286 copies of the questionnaire were administered to the respondents randomly selected across the Faculty of Social Sciences of Bingham University on Karu Campus. Out of the 286 questionnaire distributed, 280 were returned usable. The mortality rate is 2% representing 6 unreturned copies of the questionnaire. This represents 98% return rate. The mortality is considered insignificant as it is not large enough to affect the outcome of the investigation significantly.

Data Presentation and Analysis

Table 1: Responses on playing Online Games

Response	Frequency	Percentage
Strongly agree	200	71.4
Agree	80	28.6
Neutral	-	-
Disagree	-	-
Strongly disagree	-	-
Total	280	100

Data analysis on table 1 shows that all the respondents engage in online games. The implication of this analysis is that all the undergraduate students of the Faculty of Social Sciences, Bingham University are not only knowledgeable in the use of computers and other digital devices for online games, but have access to internet facility that enables them to play online games.

Table 2: Extent of Playing Online Games

Response	Frequency	Percentage
Very high	195	70
High	85	30
Can't tell	-	-
Low	-	-
Very low	-	-
Total	280	100

The implication of the data in the table is that all the respondents play online games to a large extent. This is because none of the respondents was uncertain about the online games as their responses to the extent of playing online games were between very high (70%) and high (30%).

Table 3: Devices mostly used for Playing Games

Response	Frequency	Percentage
Mobile phone	265	94.6
Tablet/iPad	12	4.2
Laptop	3	1.1
Desktop computer	-	-
Total	280	100

The data in the table show that the respondents use mobile phones. This is based on the fact most of the respondents answered in that direction. This is a reflection that we are in the mobile digital age and students are very tech-savvy using more of mobile devices such as phones which are handier.

Table 4: Reasons for playing Online Games

Response	Frequency	Percentage
To kill boredom	80	28.5

For fun	186	66.5
To make money	-	-
To learn skills	14	5
Total	280	100

Those students who play games for fun were more in number and followed by those playing games as escape from boredom. This shows that the students play games for fun and to escape from boredom.

Table 5: Most Played Online Games

Response	Frequency	Percentage
Game of war	20	7.1
Frontline	10	3.5
Spiderman	60	21.4
Online gambling	2	0.7
FIFA	20	7.1
Other games	168	60
Total	280	100

From table 5, it is clear that students who play play one game or the other not reflected in the table were more.

Table 6: Longer Hours Playing Online Games and possible Health Challenges

Response	Frequency	Percentage
Yes	200	71.5
No	10	3.5
Can't tell	70	25
Total	280	100

In table 6, 270 (96.4%) respondents believe spending longer hours playing online games can cause health issues. From the responses, it shows that long hours of playing online games could cause different health issues.

Table 7: Impact of Playing Online Games on Academic Performance

Response	Frequency	Percentage
Positive	130	46.4
Negative	139	49.6
Can't tell	11	4
Total	280	100

In table 7, it is evident that there is an affirmation of impact of online games on students' academics.

Discussion of Findings

This study was carried out to examine the effects of online games on the students of Bingham University. The first objective of the study was to ascertain why the students

play online games. The findings showed that majority of the students play online games for fun 66.5% and 28% play to kill boredom. The remaining 4.5 % respondents represent those who play games to learn new skills.

The second objective was to determine if playing online games have negative effect on the students. From the results obtained in table 7, it is shown that online gaming has a negative impact with 46.9% responses in the affirmative. The implication of this finding is that respondents believe that spending long hours playing online games pose health challenges as negative effects.

The third objective was to find out if online games have any positive benefit on the students. Data in table 7 further showed that 46.4% respondents believe playing online games enhance their academic performance, while 4% respondents said they can't tell. By this data, it means that even with more responses in disagreement, there is also an affirmation of impact of online games on students' academics.

This shows that the "millennials" are generally exposed to technologies at a very young age as observed by Adams & Rollings (2006). More findings were that 94.6% of the students use mobile phones more than other devices for playing online games because they are handier. Also, 52.1% respondents play online games on a daily basis implying that this group spend more time playing online games. This corroborates the view of Ruzic, Strnak & Debeljuh (2016) that this group form a clan online and spend time for other activities playing games. It was also discovered that students play online games such as game of war, frontline game, Spiderman, FIFA, online gambling by 1%, while the rest 60% play one game or the other online.

Most students play online games largely for fun and entertainment other than any other reasons. Online gaming is found to cause distraction as indicated by most responses. Most respondents also believe that spending long hours playing online games pose health challenges as negative effects. This affirms Young & De Abreu's (2011) opinion that some of the younger hardcore gamers suffer emotional disorders which prevent them from properly socialising with others and other effects. There is also an affirmation of the impact of online games on students' academics by 46.7%. However, 53.2% respondents disagreed on this. Data retrieved also showed that the students play games for different reasons, while some take it as a pastime. Thus, some play games to escape from boredom, for fun, to learn some skills and none for monetary benefits. This is in line with the idea of uses and gratifications theory that people use media for different needs and obtain different gratifications.

Conclusion and Recommendations

This study just like previous ones has confirmed that youth generally play online games for different reasons, excluding gambling, while there are both positive and negative benefits to online games among the students of Bingham University. Thus, the researchers concluded that online games are not all about negativity, but also moderation in terms of time spent and the kinds of games played which are also key to avoiding the negatives and having an exciting experience. Based on the findings and recommendations, the following recommendations are hereby given:

1. Sensitisation programmes should be embarked upon by parents and other relevant authorities to enlighten the youth on the side effects of online games addiction and spending long hours playing games.
2. Counseling and guidance by parents, guardians, school management, health institutions and everyone who cares about the youth and their future will help to reduce the health and social challenges associated with online and offline gaming.
3. Sporting activities should however be encouraged such as outdoor games like football, basketball, handball, judo, polomania (snooker) and badminton rather than getting glued to electronic devices like mobiles phone, laptops, and tabs for relaxation, leisure and recreation. Other types of indoor games should be encouraged such that could help the youth to improve mental alertness. Chess, Scrabble, Ludo and Checkers are few examples and lots more.
4. Young ones should be encouraged to undertake trade and skills acquisition when they are not in school. This will preoccupy their minds and time and increase their business creativity for future benefits

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