

HOW ONLINE HABITS PRODUCE IMPACT ON MENTAL HEALTH AND LEARNING AMONG JUNIOR HIGH STUDENTS

by:

JANET B. RODRIGO

Teacher III, Orani National High School Parang-Parang

In recent years, mobile gaming has gained enormous popularity especially from junior high school students. Games can be played at any place and at any time on smartphone, tablets etc. Mobile games have been shown to be entertaining and sociable, but, more generally speaking I also consider that there are methodological concerns for performing research in mobile game playing. The unbreakable usage of different online platforms may gradually affect the students' life specially on their mental health which may lead to falling down of their academic performance.

Studies have found that unlimited mobile gaming can place a boost-inducing label on your state of mind and open up the gates to depression. Gaming can be cathartic, helping students unwind and de-stress with the removal from reality it offers. It may help with loneliness Games are a social activity and playing together can bring people into communities doing the same activities as you. In contrast, spending too much time playing games may be associated with numerous mental health issues such as higher levels of anxiety and depression and even social isolation. Research has shown that higher gaming times may be related to symptoms of anxiety and depression. It could even worsen feelings of inadequacy and loneliness as the immersive nature of mobile games means you might end up neglecting your real-life responsibilities, along with those around you.

Some, perhaps, will be able to keep their time management skills strong and juggle gaming with the responsibilities of academic life. It destroys their time-management skills and they start missing the deadlines of assignments which ultimately leads to a decrease

in performance. Students can get much more serious: they may prefer gaming to learning, you will receive a lower grade.

Excessive gaming and spending more time on different social media platform may lead to attention problems and decreased engagement in academics. Just as gaming in the wee hours can mess with sleep patterns leaving them lethargic and at a loss of concentration during school time. Sleep deprivation is associated with lower academic grades and cognitive failure.

The mobile game, mental health, and junior high school student academic performance relationship is a complicated and diverse one. On the one hand, mobile games can be a source of enjoyment and social interaction, but, prolonged usage may be a risk factor for mental problems and academic failure. Through developing the consciousness of the students and promoting healthily gaming habits, the parents and teachers can help the students overcome the difficulties of mobile gaming and make sure that their gaming experiences are a positive factor to their overall development. The question is: is it game over for the junior high school students or can they balance their passion for mobile gaming with their mental health and academic responsibilities?

References:

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