

# The Relationship between Gaming Addiction, Aggressive Behaviour and Narcissistic Personality Traits among University Students in Malaysia

Chan Jun Heng<sup>1</sup>, Mohtaram Rabbani<sup>2</sup>

<sup>1</sup>Student, <sup>2</sup>Lecturer, Head of Programme, UCSI University, 1, Jalan Puncak Menara Gading, Taman Connaught, 56000 Kuala Lumpur, Malaysia

## Abstract

The impact of gaming addiction to all the university students in Malaysia have been concerned by the public as it can cause a lot of problem especially on violence behaviour and the development of narcissistic personality traits. This research aimed to examine the relationship between gaming addiction, aggressive behaviour and narcissistic personality traits among university students in Malaysia among university students in Malaysia. The target sample will be 100 university students between 18 to 30 years old from universities in Malaysia. The survey will include three instruments which are Internet Gaming Disorder Test questionnaire, Aggression Questionnaire and Narcissistic Personality Inventory. The result of data analysis showed that gaming addiction and aggressive behaviour have significantly positive correlation but there is no relationship found between gaming addiction and narcissistic personality traits. The implication of this research is gaming addiction might cause gamer that are addicted to possess aggressive behaviour.

**Keywords:** *Aggressive behaviour, gaming addiction, narcissistic personality traits, university students.*

## Introduction

The definition of aggressive behaviour is behaviour that can cause emotional and physical harm to others people. It can range from physical to verbal abuse<sup>1</sup>. Meanwhile, Narcissistic personality traits is the characteristics of people that have excessive self-love<sup>2</sup>. Some of us have Narcissistic personality traits but it doesn't mean we have Narcissistic Personality Disorder (NPD) which is a mental disorder<sup>3</sup>. So, gaming addiction is always a very controversial thing among all of us

because a lot of the people doesn't have a clue on what behaviour should be considered as addictive to video game. But according to American Medical Association definition of video game addiction in the year of 2007, they suggested that playing for more than two hours per day is considered to have gaming addiction or heavy game usage<sup>4</sup>.

Gaming addiction has another name known as Internet Gaming Disorder and it is a "Condition for Further Study" in the DSM-5<sup>5</sup>. This means that it is not an "official" disorder in the DSM, but one on which the American Psychology Association request additional research in the year of 2013. In conclusion the full criteria of diagnostic for Internet Gaming Addiction including strong urges and obsession on playing online games, withdrawal symptoms appeared when the gamer didn't play the game, spent more and more time on online gaming the gamer try to stop themselves from playing but in the end fail miserably the gamer has lost their interest on other hobbies or life activates the game know there is bad consequences of spending too many

---

### Corresponding Author:

**Mohtaram Rabbani**

Lecturer, Head of Programme, UCSI University, 1, Jalan Puncak Menara Gading, Taman Connaught, 56000 Kuala Lumpur, Malaysia

Tel: +60(3)91018880

Fax: +60(3)91022614

e-mail: mohtaram@ucsiuniversity.edu.my

hours on gaming but still continue to do so the gamer tell lies to their friend and family about the time they spent on playing online game the gamer uses online gaming to reduce the anxiety and feeling of guilty the gamer has risk or lost a friend or relationships because of annoying his or her friend to play online game with them. Although currently gaming addiction is still not an official disorder that can be included to the mighty DSM-5 the APA has always spent their time encouraging more research to conduct on this matter. The present study wants to test the relation between the independent variable which is gaming addiction and does it have any correlation with aggressive behaviours and narcissistic personality traits among university students in Malaysia that spent more than 2 hours in playing online game either alone or with their friends since this criterion is set by American Medical Association. By the way, another famous American psychiatrist Michael Brody have set his definition of online gaming addiction as two condition the first condition is the person will need more and more of time in gaming to keep him going. The second condition is if the person couldn't play more, he will become irritable and felt miserable on his life<sup>6</sup>.

Based on a research in Malaysia, it is confirmed that a lot of people spending their time for entertainment purpose such as playing online game<sup>7</sup>. This study will focus on undergraduate university students or college students because they are the generation who have grown with the technology and Internet access, a lot of them have the highest potential to become heavy virtual world users. According to a study in the year of 2005 the ages between 18-30 are more likely than older users such as those users that are over age 30 to play online games<sup>8</sup>.

**Literature Review:** The research problem of this study is to find out whether there are any relationships between gaming addiction and aggressive behaviour, narcissistic personality traits among university student in Malaysia. According to past studies and research journal articles that most of the research focus on internet addiction or social media addiction instead of gaming addiction. One of the research is about what would be the possible causes and effects of internet addiction that are published online on the year of 2013<sup>9</sup>. The research for how social media addiction influence in Malaysia has also been done by faculty of business and law of Multimedia University<sup>10</sup>. Malaysia do have research study about the impact of online gaming on undergraduate students. This study mainly focuses

on whether online gaming positively or negatively impact this three aspects, time management, social life and emotion<sup>11</sup>. But, this study didn't try to find out the effect of addiction of gaming will causes the undergraduate students to have aggressive behaviour and narcissistic behaviour or not which is a research gap. So the deficiencies of this research and knowledge will be improved parents will also have benefited from this research because it can help them to decide whether or not they need to control the time their children play online game. The gamer will also have benefited from this research because it can help them to decide whether they want to continue play game or not if the positive correlation between gaming addiction, aggressive behavior and narcissistic personality traits is proven.

## Methodology

The data collection of this research can be separate into two parts. The first part of the research is to find around 100 participants that have gaming addiction. In order to do that IGD-20 Test which stands for Internet Gaming Disorder Test questionnaire will be distribute to all the potential people that have gaming addiction such as those people that are playing game in cyber centre near UCSI University and other places cyber centre because all of this people are highly suspect to have gaming addiction compares to other people. The link of google form for IGD-20 Test have also been posted to all the online gaming Facebook group in Malaysia to search for potential gaming addicted university students. After the calculation and screening of the participants that have completed the IGD-20 Test is done, participants that have obtained the scored of 71 or above in the IGD-20 Test is selected as the sample of this research since they have fulfilled the criteria of addicted gamer because the cut-off point of this test is 71.

Participants that are addicted gamer will have received the google form of Aggression questionnaire and Narcissistic Personality Inventory (NPI) which commenced the second part of the research. Aggression questionnaire is used to assess whether the participants have aggressive behaviour. There is no cut-off point for this questionnaire so the higher the total score of the participants the greater the severity of the aggression he or she possess. Meanwhile the test for narcissistic personality traits will be using Narcissistic Personality Inventory (NPI). The cut-off point of this test is 25. Although based on previous study male are more susceptible to gaming addiction compared to female

gamer (12-14) but this research is participated by both gender instead of just male participant.

### Results

**Table 1. Age and Gender Profiles of the Participants**

Variable	n	%
<b>Gender</b>		
Male	100	91
Female	10	9
<b>Age</b>		
18-20	13	11.8
20-25	66	59.9
25-28	31	28.2
Mean	23.34	
SD	3.50	

After data analysis have been conducted using SPSS for the demographic information the demographics results in TABLE 1 show that most of the participants are males which is 91%. More than half of them are in their young adult period because the Mean of the data is 23.34 while Standard Deviation is 3.50. Participants that have gaming addiction are around the age of 20 till 25 because this age ranges have the most percentage in the data collected which is 59.9 percent.

**Table 2. Number of Students in Each Faculty**

Faculty	n	P
Faculty of Business and Information Science	36	32.1
Faculty of Science	3	2.7
Faculty of Social Science and Liberal Arts	14	12.1
Faculty of Engineering and Technology	24	20.9
Faculty of Computer and Information Technology	16	13.8
Faculty of Creative Arts and Design	3	2.6
Faculty of Hospitality	2	1.7
Faculty of Medicine and Health Science	6	5.2
Faculty of Divinity	1	0.9
Faculty of Architecture and Surveying	3	2.7

For the numbers of participants in faculty based on TABLE 2, most of the participants are from the faculty of Business and Information Science which consists of 32.1 percent of participants. The lowest participant's percentage is 0.9 which come from the faculty of

divinity.

**Table 3. Using Internet**

Variable	n	P
≤ 5 hours	3	2.7
6-10 hours	64	58.2
11-14 hours	23	20.9
15≤ hours	20	18.2
Mean	10.54	
SD	4.64	

For the hours in using internet based on TABLE 3, most of the participants spent 5 till 10 hours online because the percentage is 58.2%. More than half of the participants would spent around 10 hours in using internet because the mean is 10.54 and the Standard Deviation is 4.64.

**Table 4. Correlation between Gaming Addiction and Aggressive Behaviour**

Variable	r	P
Gaming Addiction	1	0.00
Aggressive Behaviour	0.39	0.00

\*\*p<0.01

**Table 5. Correlation between Gaming Addiction and Narcissistic Personality Traits**

Variable	r	P
Gaming Addiction	1	0.00
Narcissistic Personality Traits	-0.02	0.82

\*\*p<0.01

The relationship between gaming addiction and aggressive behaviour, narcissistic personality traits was explored by using the Pearson's product moment correlation. The result in TABLE 4 show that gaming addiction (r=1, p<0.01) and aggressive behaviour (r=.39, p<0.01) were significantly associated. As opposed to the hypothesis the correlation coefficient showed that there was positive weak correlation between gaming addiction and aggressive behaviour. This also mean that gaming addiction promoted gamer toward aggressive behaviour. However, Table 5 shows that there is no significant relationship between gaming addiction and narcissistic personality traits. This is most probably due to the fact that gamer that participate in this research are from Malaysia which is a country that are more collectivistic

oriented compared to those western countries such as United States of America.

### **Conclusions, Implications and Recommendation**

The conclusion for this research study is online game such as Massively Multiplayer Online Role Playing Game are more competitive and include a lot of aggressive stuff because a lot of online games involved violent content such as Dota 2, Righteous Army, Counter Strike series, Left 4 Dead and Dead By Daylight where the player that take on the killer role need to find and sacrifice all the survivors to the sacrificial hooks so they can win the game<sup>10</sup>. Game that are violence in nature can seriously causes aggressive behaviour of the player that are addicted to the game itself. Based on the demographic information, most of the participants are males because they are 91% of male game addict compared to female that only have 9 percent. This result is congruent with the findings of an ethnographic and grounded theory research which concluded that men are more likely than females to identify as a gamer and are more prone to gaming addiction<sup>15</sup>.

Gaming addiction can and will potential harm the player that are addicted to it without the player itself realise the potential harmless while playing it. So, in line with the literature review which are done in this study the findings from this research study have showed that there is significant relationship between gaming addiction and aggressive behaviour but no relationship between gaming addiction and narcissistic personality traits have been found. Thus the parents, teacher or anyone that suspect their friends, sons or students have gaming addiction should have paid attention to their behaviour to see whether they have aggressive behaviour towards other or not because if they have most probably they are one of the victim of gaming addiction since both of this variable are positively correlated. Meanwhile the findings of this research shows that narcissistic personality traits have no relationship with gaming addiction are incongruent with the findings results of a research study about the relationship between online game addiction and self-control, narcissistic personality traits and aggression in South Korea that have reach a conclusion of there is positive correlation between online game addiction and aggression. The differences in research findings shows that researcher around the world should discover and conduct more research on relationship between gaming addiction and narcissistic

personality traits so that everyone can gain a better understanding in this area of knowledge. By the way, we need to advice our friends and any relatives that have narcissistic personality traits to seek help from professional psychologist or counsellor to prevent them developed into narcissistic personality disorder which is one of the mental illness that have the symptoms of abnormal behaviour that are characterized by the exaggerated feelings of excessive need for admiration, self-importance, and lack of empathy towards those people that are in trouble with their life<sup>16</sup>.

**Conflict of Interest:** The authors certify there is no conflict of interest for this manuscript.

**Source of Funding:** This research is funded by UCSI University.

**Ethical Clearance:** The ethical considerations for this paper cleared and all inform consent collected from respondents.

### **References**

1. Eagly AH, Steffen VJ. Gender and aggressive behavior: a meta-analytic review of the social psychological literature. *Psychological bulletin*. 1986 Nov;100(3):309.
2. Glover N, Miller JD, Lynam DR, Crego C, Widiger TA. The five-factor narcissism inventory: A five-factor measure of narcissistic personality traits. *Journal of personality assessment*. 2012 Sep 1;94(5):500-12.
3. Kacel EL, Ennis N, Pereira DB. Narcissistic personality disorder in clinical health psychology practice: case studies of comorbid psychological distress and life-limiting illness. *Behavioral Medicine*. 2017 Jul 3;43(3):156-64.
4. Hartney, E (2018). Is Video Game Addiction Really an Addiction? Retrieved from <https://www.verywellmind.com/what-is-video-game-addiction-22333>
5. American Psychiatric Association. Diagnostic and statistical manual of mental disorders (DSM-5®). American Psychiatric Pub; 2013 May 22.
6. Sherry Rauh, (2006) Video Game Addiction No Fun Retrieved from <https://www.webmd.com/mental-health/addiction/features/video-game-addiction-no-fun#1>
7. Wong, T., Wong, N., & Canaday, E. (2003). Online

- consumers spent \$18.5 Billion during 2003 holiday seasonn (e Spending Report): Goldman Sachs, Harris Interactive, Nielsen/NetRatings.
8. Fox S. Generations online. Retrieved 6 July, 2007, from Pew/Internet and American Life Project Website: [http://www.pewinternet.org/pdfs.PIP\\_Generations\\_Memo.pdf](http://www.pewinternet.org/pdfs.PIP_Generations_Memo.pdf). 2005.
  9. Kapahi A, Ling CS, Ramadass S, Abdullah N. Internet addiction in Malaysia causes and effects. *iBusiness*. 2013 Jun 26;5(02):72.
  10. Gao X, Weng L, Zhou Y, Yu H. The Influence of Empathy and Morality of Violent Video Game Characters on Gamers' Aggression. *Frontiers in psychology*. 2017 Nov 14;8:1863.
  11. LatifRA, AzizNA, JalilMT. Impact of online games among undergraduate students. In *Proceedings of the 6th International Conference on Computing & Informatics 2017* (pp. 523-532).
  12. Brunborg GS, Mentzoni RA, Melkevik OR, Torsheim T, Samdal O, Hetland J, Andreassen CS, Pallesen S. Gaming addiction, gaming engagement, and psychological health complaints among Norwegian adolescents. *Media psychology*. 2013 Jan 1;16(1):115-28.
  13. Ferguson CJ, Coulson M, Barnett J. A meta-analysis of pathological gaming prevalence and comorbidity with mental health, academic and social problems. *Journal of psychiatric research*. 2011 Dec 1;45(12):1573-8.
  14. Brunborg GS, Hanss D, Mentzoni RA, Pallesen S. Core and peripheral criteria of video game addiction in the game addiction scale for adolescents. *Cyberpsychology, Behavior, and Social Networking*. 2015 May 1;18(5):280-5.
  15. Shaw A. Do you identify as a gamer? Gender, race, sexuality, and gamer identity. *new media & society*. 2012 Feb;14(1):28-44.
  16. Catigor E, Levy KN, Yeomans FE. Nareissistic Fers Disorder: &lmgmostic and Ct. *Am J Psychiatry*. 2015 May;172:5.