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QUALITY OF LIFE AMONG YOUNG FEMALE ADOLESCENTS WITH REGULAR DAILY USE OF ELECTRONIC/VIDEO GAMES IN HONG KONG

Abstract:

Playing electronic/video games has gradually become an important part of leisure and social activities for people of all ages. Apart from its popularity, long duration of electronic/video game use have been identified as an important factor contributing towards a sedentary lifestyle in adolescents and children in many countries. This study further investigated its influence on the physical and mental/psychological domains of the quality of life in young female adolescents in Hong Kong. A total of 366 young female adolescents (mean age: 11.85 ± 0.51 ; range 11- 14 years old) were recruited from local secondary schools in Hong Kong Their physical and mental/psychological domains of the quality of life was measured by the 36-Item Short Form Health Survey (SF-36). The SF-36 consisted of eight domains: (1) physical functioning, (2) role limitation due to physical health problems (3) bodily pain, (4) general health, (5) vitality (energy/fatigue), (6) social functioning, (7) role limitation due to emotional problems, and (8) mental health. Their daily average duration of electronic/video games during recent month was asked and their quality of life was then compared between three groups based on their daily average duration of usage (group 1, n = 106: never/rarely; group 2, n = 147: 1 hour or less/day; group 3, n = 113: 2 hours or more/day). The results suggested that as compared with both groups 1 & 2, group 3 had significantly lower scores on the mental/psychological domains of SF-36, including mental health, social functioning, vitality and role limitation due to emotional problems ($p < 0.05$). Therefore, poorer mental/psychological functioning was observed in young female adolescents who were regular daily users of electronic/video games for 2 hours or more.

Keywords:

electronic/video games, quality of life, young female adolescents