Imagine you are working on a research paper about the **effects of playing video games**. Read the three information sources that follow this page and keep the CAARP model in mind as you review each source.

**Remember:**
C = Currency
A = Authority
A = Accuracy
R = Relevance
P = Purpose

For the third and final source you will see the address (URL) of a website. Click on that link to be taken to a website. Please review the website as a whole for your third and final source.

To complete your assignment, go to: [http://library.uncw.edu/instruction/UNI_library_assignment](http://library.uncw.edu/instruction/UNI_library_assignment). Login at the bottom of the page and follow the directions to answer questions about each information source.
THE RELATIONSHIP BETWEEN LEISURE SATISFACTION AND LIFE SATISFACTION OF ADOLESCENTS CONCERNING ONLINE GAMES

Edward Shih-Tse Wang, Lily Shui-Lian Chen, Julia Ying-Chao Lin, and Michael Chih-Hung Wang

ABSTRACT

Increasing evidence indicates adolescents are likely to occupy their leisure time with online games. This study investigates the influences of leisure satisfaction on life satisfaction among adolescent online gamers. The self-completed market survey questionnaire employed is comprised of two sections: the first is Internet usage frequency, while the second employs two measures—the Leisure Satisfaction Scale (LSS) and the Satisfaction with Life Scale (SWLS). Data were gathered in a medium-sized metropolitan section of north Taiwan and interviews took place at a Cyber Café. Youths (totaling 134) between the ages of 13 and 18 voluntarily participated in the research. Results revealed significant positive relationships between physiological and aesthetic dimensions of leisure satisfaction and life satisfaction. However, the educational dimension of leisure satisfaction has a significant negative influence on life satisfaction. Findings also reveal a significant negative relationship between web surfing frequency and life satisfaction in adolescents. This suggests possible explanations for these results and discusses the implications.

INTRODUCTION

Total online game market subscription revenue in Taiwan in 2005 reached 210 million, a 12.1% increase from 2004. The International Data Corporation (IDC, 2006), one of the largest online gaming markets in the Asia-Pacific region, conducted the above market research. Another research report by the Market Intelligence Center shows that...
Taiwan’s online gaming revenues will reach 260 million in 2006, growing to 290 million by 2007 (MIC, 2006). The Fubon Cultural & Educational Foundation (2004) research report, on the other hand, indicates that Taiwan teenagers are online an average of 1 hour, 45 minutes a day, mostly for electronic mail, online gaming and data search. The same report also points out that of the 34.26 hours of leisure time senior and junior school students spend each week, 12.27 hours are used for “online activities” or “playing video games and using the computer.” Clearly, online gaming has become a major leisure activity for Taiwanese teenagers.

Leisure generally provides adolescents with opportunities to experience different social roles and actions as well as a healthful balance of mind and body (Bammel & Burrus-Bammel, 1996). Therefore, Widmer, Ellis, and Trunnell (1996) suggest that for adolescents to establish healthful leisure models while growing up and continue to explore and search for life-long hobbies and leisure activities, inner satisfaction from leisure alternatives should avoid superficial simulation or blind consumption of commercial leisure products. However, previous research mainly focused on the negative affects of online gaming on adolescents as possible causes of pathological or addictive behavior (e.g., Morahan-Martin & Schumacher, 2000; Chuang, 2006; Wan & Chiou, 2006). Research has rarely explored the positive effects on teenagers of leisure satisfaction on life satisfaction. This study sought to fill this gap.

**LITERATURE REVIEW**

Ragheb and Griffith (1982) define leisure participation as the frequency with which one engages in a particular leisure activity. Leisure activities are particularly important during adolescence because they provide opportunities to explore autonomy and form an identity, as well as accomplish desired social ends (Gordon & Caltabiano, 1996). Through participation in leisure activities, adolescents acquire additional sociocultural knowledge, practice social and cooperative skills, achieve intellectual or physical goals, and explore a variety of peer, family, and community roles (Gordon & Caltabiano, 1996). Leisure satisfaction can be obtained through an individual’s choice of leisure (Beard & Ragheb, 1980). That satisfaction is measured by degree of conscious or unconscious fulfillment of an individual’s needs. Leisure is playing an increasingly important role in our lives because it meets many needs, such as releasing stress, increasing learning efficiency,
and attaining a healthy balance of mind and body. Mannell, Zuzanek, and Larson (1988) also state that leisure satisfaction helps us achieve a sense of satisfaction. Bearon (1989) defines life satisfaction as a relationship function between situational factors or achievements (what is) and aspirations (what one wishes for). Shichman and Cooper (1984) state that life satisfaction means living better, enjoying life, and in general having a better quality of life. However, overall satisfaction depends upon achieving satisfaction in various other areas; for example, health, work, and family. Moreover, satisfaction in these areas is a matter of degree of one's inner satisfaction. Riddick (1986) in examining possible life satisfaction indicators, found that inner happiness results mainly from leisure satisfaction—and not from family, work, health or economic factors. Kinney and Coyle (1992) further stress that leisure satisfaction in mature adults importantly increases one's life satisfaction.

Of late, surfing the net has become one of the most popular daily leisure activities of adolescents. Previous research has viewed Internet usage negatively. Young (1996) for example, pointed out that excessive internet usage could result in addictive behaviors similar to those seen in excessive alcohol and drug use, as well as pathological gambling. Some researchers have noted that Internet absorption can result in decreased social contacts (SIQSS, 2000). Some even consider such absorption as the most serious psychological sickness of this generation (Young et al., 2000). Most research on adolescent online gaming has focused on these negative effects (Chuang, 2006; Wan & Chiou, 2006). However, online gaming may provide a means for adolescents to engage in virtual societal activities which can result in actual interpersonal relationships. Those with relatively distant social relationships may attain some social interaction through both competition and cooperation in online gaming. Adolescents who have suffered discouragement or failure in real life may derive consolation through communication with online peers and communities, or find encouragement by winning online games. Online games may also be intellectually stimulating, thus helping them gain a sense of confidence and accomplishment.

This work concludes, based on the above previous research, that through appropriate online activity participation, leisure satisfaction attained through online gaming positively increases adolescent life satisfaction. This research uses the six leisure satisfaction dimensions suggested by Beard and Ragheb (1980); psychological, social, educational, physiological, aesthetic, and relaxation, and respectively verifies their effects on life satisfaction.
METHOD

Measures
This research applies the Leisure Satisfaction Scale (LSS) developed by Beard and Ragheb (1980). Its six tables provide measurement standards for determining adolescent leisure satisfaction: psychological: “very interesting to me,” “gives me self-confidence,” “gives me a sense of accomplishment,” “uses many different skills and abilities”; Educational: “increases my knowledge,” “provides opportunities to try new things,” helps me learn about myself,” helps me learn about other people; Social: “social interaction with others,” “develop close relationships with them,” “people are friendly,” “associating with people”; Relaxation: “helps me to relax,” “helps relieve stress,” “contributes to my emotional well-being,” “I like playing the games”; Physiological: “physically challenging,” “develops my physical fitness,” “restores me physically,” helps me to stay healthy; Aesthetic: The areas or places are “fresh and clean,” “interesting,” “beautiful,” “well designed.”

The Satisfaction with Life Scale (SWLS; Diener et al., 1985) measures global life satisfaction. Scale items are “close to my ideal,” “excellent,” “satisfied,” “have gotten the important things I want,” “change almost nothing.” Individuals responded to items on a 7-point Likert scale ranging from 1 = “strongly disagree” to 7 = “strongly agree.” Responses were summed to produce a total score, with higher scores indicating greater satisfaction.

Data Collection
The research used a street survey interview method, gathering samples outside a Cyber Cafe in a medium-sized metropolitan section of north Taiwan. A total of 134 effective survey responses were collected. The SPSS statistical analysis software used the following method: reliability analysis using Cronbach’s alpha analysis of survey structure and reliability (the greater the value of $\alpha$, the higher the reliability). The researcher’s dimensions and contents were quoted to support researcher validity, followed by relationship verification between adolescent Internet usage and online gaming leisure satisfaction.

Results
This research project utilizes Cronbach’s alpha to test the internal consistency of various elements of leisure satisfaction and life satisfaction to determine survey reliability. One question was removed from the physiological dimension, thereby reducing the number of questions
under the leisure satisfaction category from 24 to 23; one question was also removed from the life satisfaction category reducing the number to four. After these adjustments, the Cronbach's alpha values for the various sub-measurements in the leisure satisfaction category were .88 for "psychological," .87 for "education," .81 for "social," .88 for "relaxation," .72 for "physiological," and .89 for "aesthetic." The α value for life satisfaction was .82, indicating strong internal consistency for the measurements table. Content analysis was used for validity, presented by academics; therefore it also has content validity.

Next, a regression analysis examined leisure satisfaction influence on life satisfaction in online games. Results (see Table 1) revealed that .254 variance (p < .001) in life satisfaction could be explained by frequency of surfing and leisure satisfaction. This analysis confirmed that frequency of surfing and leisure satisfaction are predictors of life satisfaction among adolescents.

Multiple regression results (see Table 2) show that education dimensions of leisure satisfaction and web surfing frequency have a negative effect on adolescent life satisfaction (p < .05). However, physiological

<table>
<thead>
<tr>
<th>Model</th>
<th>Beta</th>
<th>t</th>
<th>Sig</th>
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<tbody>
<tr>
<td>(Constant)</td>
<td>.182</td>
<td>7.103</td>
<td>.000</td>
</tr>
<tr>
<td>Frequency of surfing</td>
<td>-.085</td>
<td>-2.239</td>
<td>.027</td>
</tr>
<tr>
<td>Educational</td>
<td>-.271</td>
<td>-2.506</td>
<td>.013</td>
</tr>
<tr>
<td>Social</td>
<td>.123</td>
<td>1.135</td>
<td>.259</td>
</tr>
<tr>
<td>Relaxation</td>
<td>-.125</td>
<td>-9.72</td>
<td>.333</td>
</tr>
<tr>
<td>Physiological</td>
<td>.251</td>
<td>2.511</td>
<td>.013</td>
</tr>
<tr>
<td>Aesthetic</td>
<td>.410</td>
<td>3.865</td>
<td>.000</td>
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Dependent: Life Satisfaction

Table 1. Model Summary

<table>
<thead>
<tr>
<th>Model</th>
<th>R</th>
<th>R Squares</th>
<th>p-value</th>
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<td></td>
<td>.504</td>
<td>.254</td>
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Predictors: (Constant), frequency of surfing, Psychological, Educational, Social, Relaxation, Physiological, Aesthetic

Dependent: Life Satisfaction

Table 2 Multiple regression results

Dependent: Life Satisfaction
and aesthetic dimensions of leisure satisfaction have positive effects on adolescent life satisfaction ($p < .05$). Relationships among psychological, social, and relaxation dimensions with life satisfaction were not strong.

**DISCUSSION**

The results support four main conclusions regarding the relationship between online gaming leisure satisfaction and life satisfaction of adolescents: (1) web surfing frequency and life satisfaction are negatively correlated, indicating that deep absorption in online games does indeed affect adolescent life satisfaction, a discovery in line with previous research. Long hours of excessive online gaming has a negative effect on life satisfaction, and deep absorption in online gaming may result in low school grades, deterioration in interpersonal relationships, and that use of online games becomes an excuse for not confronting problems. These problems result in even more time spent on games and a sense of anxiety when online, and having a deleterious effect on normal living habits. Thus, even though there are significant positive relationships between the physiological and aesthetic dimensions of leisure satisfaction and life satisfaction among adolescents participating in online games, appropriate online game time-consumption critically influences life satisfaction.

Secondly, this research found that the leisure satisfaction education dimension of online gaming has a strong negative correlation with life satisfaction. This finding also indicates that the negative effect on self-understanding, understanding other people, and understanding the surrounding environment of online gaming actually decreases adolescent life satisfaction. A possible explanation may be that although online gaming may increase adolescent insight, the games contain violence, sex, and even gender stereotypes and racial discrimination.

Third, mainstream culture often sees online gaming as having negative health effects on the game player; for example, fixation on a display monitor for long hours and lack of physical activity may negatively effect the eyes, muscles, and joints. However, the present research discovered that adolescent online gamers usually view online gaming as leisure that facilitates better health, energy, and good health status in achieving positive life satisfaction. Therefore, this thesis differs greatly with the image of online gaming as something that easily damages gamer health. This negative description is clearly at odds with how most adolescents view online gaming activities. Further research
can extend exploration of the cognitive mechanism regarding physiological dimensions of leisure satisfaction and life satisfaction among adolescents participating in online games.

Lastly, the design of the facility where online games are played is very important to adolescents. Research shows that this "aesthetic" dimension of online gaming has a positive effect on life satisfaction.

**Future Research**

Few studies have been done on relationships between adolescent online gaming and life satisfaction. Hopefully more work on this and related subjects will be done to create a clearer understanding of how the adolescent perceives online gaming life satisfaction. The present research also takes a cross-sectional approach, collecting research data at the same time period. This type of approach, while providing substantial insight, cannot show subsequent developments and their effects. Therefore, future researchers may consider taking a longitudinal approach, or both. In other words, results obtained by performing long-term analysis on dynamic data will provide an even higher degree of insight.

**REFERENCES**


Play Hard

The Culture

Games

With the Wii U, Nintendo aims to recapture the living room

SIX YEARS AGO THIS MONTH, JAPANESE video-game giant Nintendo released the Wii, a console with a motion-sensing controller that got players off the sofa and onto their feet. It became an instant phenomenon. Even 2½ years after its release, Nintendo struggled to keep up with worldwide demand.

But back then, the Wii had far less competition. Nobody had flung even one Angry Bird at a villainous pig or tended to a single FarmVille crop. The iPhone, iPod Touch and iPad didn’t exist. Facebook, which had been open to nonstudents for only a few weeks, didn’t do games. And no one assumed that a console or any other gadget could stream movies and TV shows over the Internet. Hulu hadn’t launched; Netflix’s business consisted solely of mailing DVDs in little red envelopes. In 2006 a console could thrive purely by being good at games.

Nov. 18 marks the arrival of the Wii U, Nintendo’s take on what a console should look like in 2012 and beyond. With an array of impressive new games, a dynamic new controller, high-definition streaming via Amazon Instant Video, Hulu Plus and Netflix, and social-networking capabilities, the Wii U (available in $300 and $350 versions) is imaginative, ambitious and a lot of fun. But so much has changed in the game business that it’s not clear whether any amount of imagination, ambition and fun can rekindle Nintendo’s old Wii magic.

The Wii peaked in 2009, when consumers snapped up almost 26 million units. Last year they bought fewer than 10 million, and sales of Wii games have tumbled in tandem. Nintendo’s stock has taken a beating, and earlier this year it reported its first loss in five decades as a public company and slashed its profit outlook for its current fiscal year by 70%.

Financial worries aside, Nintendo might seem an unlikely candidate to reinvent console gaming for an era in which games and consoles are blurring into the world of personal technology. Years ago, when Microsoft and Sony hatched plans for the Xbox 360 and PlayStation 3, respectively, they anticipated that this convergence was on its way. So they moved to reposition their consoles as do-everything HD boxes for the living room. Nintendo did not. (It didn’t even bother to give the Wii HD capability.)

It’s gaming that remains at the core of Nintendo’s identity, making it a fundamentally different outfit from Microsoft and Sony, each of which has total revenue nearly 10 times Nintendo’s fiscal-2012 figure of $8 billion. “For both of those giant companies, gaming is just one tentacle of the octopus,” says Jeff Ryan, author of Super Mario: How Nintendo Conquered America. “For Nintendo, this is it.”
Games have been enormously good to Nintendo, and vice versa. Founded in 1889 in Kyoto to produce playing cards, the company had its first electronic blockbuster in 1981 with the Donkey Kong arcade machine, designed by Shigeru Miyamoto, who is still Nintendo's presiding genius. Mario, that game's barrel-hopping protagonist, has gone on to star in more than 200 Nintendo titles -- the best-selling series in console history. Other Nintendo franchises, such as Metroid, Pokémon and The Legend of Zelda -- the last of these co-created by Miyamoto and Takashi Tezuka, who also collaborated on the Wii U -- are remarkably durable, inspiring sequel after sequel.

This vertical integration -- Nintendo characters appearing in Nintendo games available only on Nintendo hardware, all created by Nintendo's in-house wizards -- is reminiscent of how Apple builds iPads, iPhones and Macs. But it's strikingly different from the business models of the PlayStation 3 and Xbox 360, both of which are more dependent on games produced by independent publishers like Activision and Electronic Arts.

For all the ways in which Nintendo has gone its own idiosyncratic way, the company has "been the best at innovating in this industry for many years," says Laurent Detoc, president of game publisher Ubisoft North America. "The way Nintendo creates new hardware is by having game developers work side by side with hardware engineers," says Reggie Fils-Aime, the president and chief operating officer of Nintendo America. "When the game developers have an idea that can't be fulfilled by the current hardware, that's what's next."

What's next includes the GamePad, the Wii U's new controller. It sports a 6.2-in. touchscreen, motion sensors, dual joysticks, a stylus and a gaggle of buttons, and no two games use it the same way. In The Legend of Zelda: Battle Quest, you can swing it around 360 degrees to view the world around you. In Takamaru's Ninja Castle, you flick throwing stars off the touchscreen onto the TV. In Donkey Kong's Crash Course, you rock the GamePad to propel a cart through a maze. (Those three games are part of Nintendo Land, a virtual amusement-park title.)

Like the PlayStation 3, Wii and Xbox 360, as well as boxes such as Apple TV and Roku, the Wii U streams movies and TV shows in HD with its TVii feature. It can also control cable boxes and TiVo DVRs, and it lets you use the GamePad to browse and search across all its sources, melding disparate video into one unified interface. "Our hope," Fils-Aime says, "is that the GamePad is going to sit on the living-room table and be touched by every member of the household at least once a day."

The Wii U's games and TV features are tied together by Miiverse, an ambitious social network that Nintendo plans to bring to PCs and phones as well as its own hardware, playing catch-up with the Xbox 360's wildly popular Xbox Live. Miiverse lets you share your high scores and other game achievements, as you'd expect, but you can also keep tabs on the TV shows that friends are watching, exchange messages and drawings and use the GamePad for video chat.

Gamewise, a big burden rests -- as usual -- on the tiny shoulders of Mario, who headlines New Super Mario Bros. U, one of 23 titles launching alongside the Wii U. But the console is also getting its own versions of grittier blockbusters like Batman: Arkham City and Call of Duty, and the console is the first to get Bayonetta 2, a sequel to a 2010 PlayStation and Xbox title about a pistol-packing witch.

Some Nintendo watchers say great games won't be enough. Casual players who were charmed by the Wii now have endless options, nearly all of which cost far less than a console and console games (which run $40 to $60 a pop). "The generation of young women who bought a Wii to play Guitar Hero has moved on to smart-phone and social games. The same is true of middle-aged women who bought a Wii to play Wii Fit and older women who bought a Wii to play Wii tennis," says Michael Pachter, a research analyst at Wedbush Securities.

But Nintendo has been underestimated before. Until the Wii's release, multiple observers predicted that the PlayStation 3 and Xbox 360 would outsell it. The Wii went on to become the industry's top home system, an honor it maintained through 2010. This may help explain why Nintendo has a history of cheerfully ignoring the advice of pundits. The Wii U may not be a sure thing, but it's exactly the machine Nintendo wanted to build -- and it's impossible to imagine anyone else building it.

1985: Nintendo Entertainment System
Revived the moribund post-Atari video-game industry 62 million sold

1989: Game Boy
The first popular handheld console came bundled with an iconic game: Tetris 119 million sold

1991: Super Nintendo Entertainment System
The 16-bit NES follow-up was its era's best-selling console 49 million sold

1996: Nintendo 64
This technological breakthrough brought 3-D realism to console gaming 33 million sold

2001: Game Cube
With no technical innovations, this uninspired system sold poorly 22 million sold

2006: Wii
The simple, motion-sensing controller was hugely influential 97 million sold

By Harry McCracken

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http://www.psychologyofgames.com/