

Gaming addiction and food consumption among Indonesian adolescents : A case study

Eliot Simangunsong¹

¹ Corresponding author, Dean of the Graduate School, Universitas Prasetya Mulya, Jakarta City, Indonesia, elliott.s@prasetyamulya.ac.id

ABSTRACT

Today's adolescents rely heavily on technology for communication, learning, and entertainment, with gaming being a prevalent sedentary activity. Sedentary behaviours encompass activities performed while lying, sitting, or reclining, necessitating low energy expenditure. Among adolescents, a commonly observed behaviour is eating while engaged in computer games. This study investigated the relationship between adolescent game addiction factors and their effects on food purchase intentions. Using a quantitative research approach, the study surveyed 612 adolescents in Jakarta and surrounding areas, primarily students aged 20 years and above, who exhibited a strong inclination towards daily gaming. There were significant connections between sedentary behavior, gender, and spending and increased food consumption. Food consumption during gaming sessions, particularly among those gaming for more than three hours daily, is strongly linked to increased food expenditure. This study contributes to the understanding of the relationship between gaming addiction and food consumption among adolescents, shedding light on the potential health risks associated with sedentary behaviors and excessive gaming. This study emphasizes the need for a multipronged approach involving health professionals, food service providers, and policymakers to address the challenges and opportunities presented by the growing gaming culture. This study utilizes primary data from youths residing in the Jabodetabek area, which may require further investigation in other economic hubs.

Keywords:

Adolescent, Food consumption, Games, Smartphones, Sedentary behaviour.

印尼青少年遊戲成癮與飲食消費：個案研究

伊利奧特·西芒貢松¹

¹ 慕利亞普拉賽提亞大學（通訊作者）elliot.s@prasetyamulya.ac.id

摘要

當代青少年在溝通、學習及娛樂上高度依賴科技，而遊戲是其中一項普遍的靜態活動。靜態行為係指在躺、坐、臥等姿態下進行，且能量消耗較低的活動。在青少年群體中，一個常見的行為是在玩電腦遊戲的同時進食。本研究旨在探討青少年遊戲成癮因素與食物購買意圖之間的關係。本研究採用量化研究方法，對雅加達及其周邊地區的 612 名青少年進行了調查；受訪者主要為 20 歲及以上、且每日有強烈遊戲傾向的學生。研究結果顯示，靜態行為、性別、消費支出與食物消耗量的增加之間存在顯著關聯。在遊戲期間的飲食行為，尤其是在每日遊戲超過三小時的群體中，與食物支出的增加有密切關聯。本研究有助於理解青少年遊戲成癮與食物消耗之間的關係，並闡明了與靜態行為及過度遊戲相關的潛在健康風險。本研究強調，有必要採取多管齊下的方法，聯合醫療保健專業人員、餐飲服務業者與政策制定者，共同應對日益增長的遊戲文化所帶來的挑戰與機遇。本研究使用的第一手資料來自居住在大雅加達地區的青年，因此其研究結果或需在其他經濟中心地區進行進一步的驗證。

關鍵字：

青少年、飲食消費、遊戲、智慧型手機、靜態行為