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## A Cross Sectional Analytical Study: Study of Correlation between Internet Gaming Disorder AND Generalized Anxiety Disorder

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### ABSTRACT

Gaming disorder is defined as a pattern of gaming behavior ("digital gaming" or "video gaming") characterized by impaired control over gaming, increasing priority given to gaming over other activities to the extent that gaming takes precedence over other interests and daily activities, and continuation or escalation of gaming despite the occurrence of negative consequences. Excessive gaming is associated with anxiety, depression, and behavior problems. The study aims to evaluate the correlation between Internet gaming disorder and generalized anxiety disorder in adolescents. Our findings revealed a moderately positive correlation existing between the Internet Gaming Disorder and generalized anxiety disorder. In conclusion, Internet gaming disorder is a real and serious mental health issue that affects many people, particularly adolescents and young adults. It is important to identify and treat this disorder to prevent further impairments and improve the quality of life for those affected. The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) includes Internet Gaming Disorder as a condition for further study. Early education and support mechanisms are needed to mitigate the negative consequences of excessive gaming and associated mental health issues such as GAD. In conclusion, Internet gaming disorder is a real and serious mental health issue that affects many people, particularly adolescents and young adults.

**Keywords:** Internet Gaming Disorder (IGD), Generalized Anxiety Disorder (GAD), Diagnostic and Statistical Manual of Mental Disorders (DSM-5), International Classification of Diseases (ICD).

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