

청소년의 컴퓨터게임 이용실태, 부모양육방식, 개인의 정신병리

COMPUTER GAME PLAYING PATTERNS, PARENTAL REARING PATTERNS AND INDIVIDUAL PSYCHOPATHOLOGY IN ADOLESCENTS

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조아라** · 이정호** · 최영민** · 이기철**

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Young Min Choi, M.D.,** Gi Chul Lee, M.D.**

연구목적 : 가 2

방 법 : 2 124
(SCL - 90 - R) (PBI)

결 과 :

1) 가

2) , , ,

3) , , ,

4) PBI

5) , 가 가 , 가

6)

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Paik Hospital, Seoul

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결 론 : , , / , 가

중심 단어 :

서 론

가

4),

5).

6-8),

9),

10).

가

가,

가,

11)12),

「

13).

14).

15)

가

16).

가

1).

17)

가

2),

가

(gamer)가

3).

가

18)19)

가

연구대상 및 방법

1. 연구대상

2 124

3

2. 연구방법 및 도구

1) 연구방법

2

가

50

(Symptom Checklist - 90 - Revision,
SCL - 90 - R),

(Parental Bonding Instrument, PBI)가

2) 연구도구

3. 자료분석

(² test)

(correlation analysis)

?”“

?”“

?”“

?”“

?”

. SCL - 90 - R
가

가

²⁰⁾,

20

가

²¹⁾

. SCL - 90 - R

, 90

7

(0) ; ‘

(1) ; ‘

(2) ; ‘

(3) ; ‘

(4) ; ‘

5

²²⁾

12

13

25

16

가

4

erprotection)

(care)

(ov -

결 과

124

가

6

118

62 ,

39

2

1. 게임이용 실태

1) 게임을 하는 시간
 31% 가 2~3 가 26% , 19.2% 가 8 (Table 1 - 3).
 51.5%, 44.6%
 0.78 ± 1.01
 20.2%가 12
 75.2% 가 2~3
 2) 게임의 좋은 점과 나쁜 점
 1.5 ± 1.1 88.1%가
 76.7%,
 21% "(71.0%), "

Table 1. Frequency of computer game play between gender differences

	Number(% within male)	Number(% within female)	Total(%)	²
Frequency of computer game play				
None	0(0.0%)	8(20.5%)	8(7.9%)	
Once a week	4(6.5%)	13(33.3%)	17(16.8%)	
Two to Three days	23(37.1%)	8(20.5%)	31(30.7%)	30.5**
Four to five days	14(22.6%)	5(12.8%)	19(18.8%)	
Every day	21(33.9%)	5(12.8%)	26(25.7%)	
Total	62(100.0%)	39(100.0%)	101(100.0%)	

* : p<0.05 ** : p<0.01 based upon χ^2 -test

Table 2. Time spent playing computer games between gender differences

	Number(% within male)	Number(% within female)	Total(%)	²
Average time spent playing computer				
Games per a day Less than 1 hour	5(8.0%)	17(40.5%)	22(21%)	
1 to 2 hours	29(46.0%)	13(31.0%)	41(40%)	
2 to 3 hours	20(31.7%)	8(19.0%)	28(26.7%)	
3 to 4 hours	6(9.5%)	2(4.8%)	8(14.3%)	24.1**
4 to 5 hours	1(1.6%)	2(4.8%)	3(6.4%)	
5 to 6 hours	1(1.6%)	0(0.0%)	1(1.6%)	
Over 6 hours	1(1.6%)	0(0.0%)	1(1.6%)	
Total	63(100.0%)	42(100.0%)	105(100.0%)	

* : p<0.05 ** : p<0.01 based upon χ^2 -test

Table 3. Time spent playing in gamebang between gender differences

	Number(% within male)	Number(% within female)	Total(%)	²
Time spent playing in gamebang				
Less than 1 hour	23(36.5%)	31(73.8%)	54(51.5%)	
1 to 2 hours	23(36.5%)	7(16.7%)	30(28.6%)	
2 to 3 hours	13(20.6%)	4(9.5%)	17(16.2%)	
3 to 4 hours	2(3.2%)	0(0.0%)	2(1.9%)	15.0**
4 to 5 hours	1(1.6%)	0(0.0%)	1(1.0%)	
5 to 6 hours	0(0.0%)	0(0.0%)	0(0.0%)	
Over 6 hours	1(1.6%)	0(0.0%)	1(1.6%)	
Total	63(100.0%)	42(100.0%)	105(100.0%)	

* : p<0.05 ** : p<0.01 based upon χ^2 -test

”(14.0%) ($\chi^2 = 17.1, p < 0.05$)

가 ”(47.8%), “ ” ($\chi^2 = 13.2,$
 ”(25.0%), “ ”(4.3%) $p < 0.01$, “ ” ($\chi^2 = 14.5, p < 0.05$),
 (Table 4). ” ($\chi^2 = 5.4, p < 0.05$),
 3) 부모의 컴퓨터게임에 대한 의식실태
 59.3%가 “ ” (Table 1 - 4, Table 7).
 ” (12.7%),
 (9.3%), 5)
 (3.4%) “ ”,
 44.1%가 “ ” 가 28.0% 가 “ ”,
 , 43.2%가 “ ” ”(14.0%), “ ”

4) 게임이용에 따른 성별차이
 ($\chi^2 = 30.4, p < 0.01$), (10.0%), “ ”
 ($\chi^2 = 24.0, p < 0.01$), ”(8.0%), “ ”,
 ($\chi^2 = 14.9, p < 0.05$), ”(4.0%), “ ”

Table 4. Perception of good things about game between gender differences

	Number(% within male)	Number(% within female)	χ^2
Perception of good things about game			
Because of Funny nature	41(65.1%)	30(81.1%)	
Because of Exciting nature	2(3.2%)	0(0.0%)	
Help to meet friends	14(22.2%)	0(0.0%)	13.2**
Because of Educational nature	1(1.6%)	0(0.0%)	
Other causes	5(7.9%)	7(18.9%)	
Total	63(100.0%)	37(100.0%)	

* : $p < 0.05$ ** : $p < 0.01$ based upon χ^2 -test

Table 5. Correlation coefficient between computer game playing patterns and SCL-90-R's each subdomain

	SOM	O-C	I-S	DEP	ANX	HOS	PHOB	PAR	PSY	GSI
Game habits										
Game frequency	.151	-.035	.030	-.049	.159	-.027	.162	-.097	-.013	.454**
Time spent playing games	.236*	-.066	.175	.045	.168	.135	.181	.113	.163	.253**
Time spent playing in gamebang	-.071	-.028	-.080	-.141	-.101	-.177	-.023	-.124	-.139	.296**
Negative consequences of games										
Stealing money to play games	.000	-.013	.036	-.274*	-.031	-.084	-.007	-.052	-.067	.046
Have a quarrel with parents	.111	.153	.153	.170	.193*	.149	.029	.056	.046	.209*
Using lunch money to play	.015	.008	.002	-.055	.014	-.022	-.054	.011	-.040	.156
Truancy from school	.228*	.040	.207*	.171	.238*	.003	-.019	.127	.040	.115
Sacrificing social activity	.111	.060	.081	.154	.249*	.142	.166	.159	.157	.136

* : $p < 0.05$

** : $p < 0.01$

SOM : Somatization

O-C : Obsessive-Compulsive

I-S : Interpersonal Sensitivity

DEP : Depression

ANX : Anxiety

HOS : Hostility

PHOB : Phobic Anxiety

PAR : Paranoid ideation

PSY : Psychoticism

가 (2.0%) (4.2%) 가 가

가 “ ”

61.9% 가 “ ”

“(5.1%), “ ”(5.9%), “ ”

“(4.2%) ”(4.2%)

2. 게임이용과 청소년 개인병리 (SCL - 90 - R)

(Global Severity Index, =.25, p<0.01), (Somatization, =.23, p<0.05) (=.45, p<0.01)

(Anxiety) (=.19, p<0.05), / (=.23, p<0.05), (=.249, p<0.05)

(Interpersonal Sensitivity) / (=.20, p<0.05) , (=

가 “ ” (Depression) (=

가 “ ”(45.8%), “ ”(28.0%), “ ”(19.5%), “ ”(5.1%)

6) 게임방 이용 실태 67.7%가

(Table 7).

Table 6. Correlation coefficient between computer game playing patterns and PBI's each subdomain

	MC	MO	PC	PO
Game habits				
Game frequency	-.055	.246*	-.02	.089
Time spent playing games	.006	-.019	-.069	.007
Time spent playing in gamebang	-.069	.132	.173	.545
Negative consequences of games				
Stealing money to play games	.079	-.012	.002	.045
Have a quarrel with parents	-.209*	.128	.009	.163
Using lunch money to play	-.084	.143	-.012	.195
Truanting from school	-.121	.096	-.155	.127
Sacrificing social activity	-.086	.095	-.165	.213*

* : p<0.05

** : p<0.01

MC : maternal care

PC : paternal care

MO : maternal overprotection

PO : paternal overprotection

Table 7. Reasons for playing computer games between gender differences

Reasons	Number(% within male)	Number(% within female)	Total(%)	
To win a game	4(6.5%)	0(0.0%)	4(4.0%)	
For a challenge	5(8.1%)	3(7.9%)	8(8.0%)	
To avoid stressful events	17(27.4%)	11(28.9%)	28(28.0%)	
Nothing else to do	5(8.1%)	9(23.7%)	14(14.0%)	14.2*
To meet friends	10(16.1%)	0(0.0%)	10(10.0%)	
Cannot stop	2(3.2%)	0(0.0%)	2(2.0%)	
For fun	19(30.6%)	15(39.5%)	34(34.0%)	
Total	62(100.0%)	38(100.0%)	110(100.0%)	

* : p<0.05

** : p<0.01

based upon χ^2 -test

- .27, $p < 0.05$)

(Table 5).

3. 게임이용과 청소년이 인지한 부모양육방식

(Table 6).

고 찰

92.1%

3

(14.0%)

(47.8%),

23)24)

가

SCL - 90 - R

가

25)

가

(Table 5).

($p < 0.05$)

($p < 0.05$)

1,564
diction Quiz

Young(1988)²⁶⁾

Internet Ad -
29%가

27).

28)

29).

) SCL - 90 - R

(71.0%),

가
(25.0%)

가

. 가

가

30)

가

31)

가

SCL - 90 - R

가

가

PBI 가 , , 가
, Levy³²⁾ 20 ,
, , , ,
, , , ,
가 , 가 44)
, 가 33)34) 가
SCL - 90 - R , “ (51.0%), “
가 “ (33.4%) 45 - 47)
, “ 가 28.0% 가
, “ 가 61.9%가 “
가 가 가
35)
36) 1.5 77.6%
“ , 가 가 가
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, 2000 6 20000 가
37 - 39)
- ,
가 40),
가 41),
42) . Band -
ura⁴³⁾ , ,

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**COMPUTER GAME PLAYING PATTERNS, PARENTAL REARING
PATTERNS AND INDIVIDUAL PSYCHOPATHOLOGY
IN ADOLESCENTS**

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Objects : This study was designed for studying of current Korean adolescents computer game playing habits and exploring associations with parental rearing patterns and individual psychopathology.

Methods : One hundred twenty four adolescents (age 13 -15) who reside in urban area completed self-report questionnaires containing Questionnaires designed by authors, Symptom Checklist-90-Revision of Korean Version (SCL-90-R) and Parental Bonding Instrument (PBI).

Results :

1) Computer game playing appears to be one of the social and leisure phenomena in these days. Although Adolescents spend a lot of times on computer game, Many of them perceive not problematic.

2) Compared with females, Male play computer games more regularly, more longer, spent more times in gamebang.

3) There was positive relationship between anxiety subscale in SCL-90-R and detrimental effects of computer game.

4) There was positive relationship between game frequency and maternal overprotection.

5) The main reasons for playing are "for an avoidance of stressful life events ", academic burden was the most troublesome issues in korean adolescents.

6) Many adolescents use gamebang as a social place, but they thought that gamebang is not good places to have a good time.

Conclusion : This papers shows that computer game playing is a popular social leisure activity in Korean adolescents. And, Most of korean adolescents reported that they are suffered from pressure of academic achievements. They use computer game mainly by means of relieving academic pressures. In a heavy game users who have many conflicts with parents, teacher and who has frequent truancy and social withdrawal show significant anxiety. Maternal overprotection was observed in heavy game users. Authors recommended that clinicians should be careful in examining heavy computer game behaviors. Both underlying affective states and environmental influences, including family situations should be vicariously examined.

KEY WORDS : Computer game · Gamebang · Game habits · Psychopathology · Parental rearing pattern.

□부 록□

컴퓨터 게임 사용조사에 관한 설문지

맞는 답도, 틀린 답도 없으므로

가 .
생각하고 있는대로 솔직하게

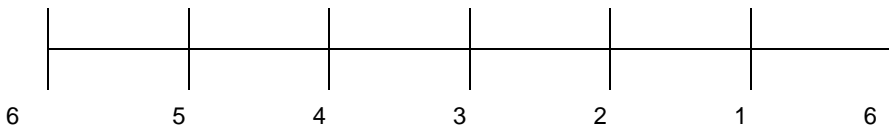
성명 : 성별 : (남, 녀) 나이 : 만 세
생년 월일 : 년 월 일
나의 학업성적은 보통 (1~10등, 11~20등, 21~30등, 31~40등, 41등 이하) 이다.

1. 하루 중에 게임은 대개 몇 시간정도 하나요?

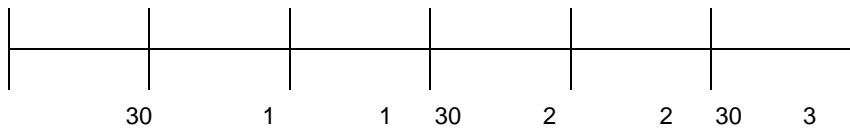


2. 컴퓨터 게임은 얼마 만에 한번씩 하나요?

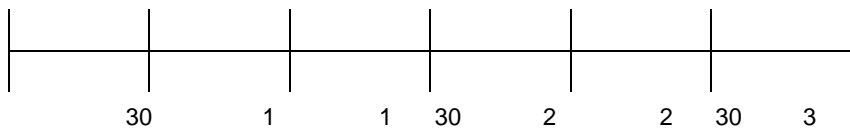
3. 컴퓨터 게임을 한지 몇 년이나 되었나요?



4. 게임을 한번 하면 얼마나 오랫동안 하나요?



5. 하루 중에 학원에 가는 시간외에 혼자서 공부하는 시간은 얼마나 되나요?



6. 만약에 컴퓨터 게임을 10시간동안 한다면 게임방에서 하는 시간은 얼마나 되나요?



7. 집보다는 게임방에서 게임하는 것을 좋아하나요?

.

8. 컴퓨터게임을 게임방에서 할 때 어떤 점이 가장 좋은가요?

.

(가)

9. 좋아하는 게임을 순서대로 3개만 쓰세요.

10. 컴퓨터게임이 좋은 것이라고 생각하나요, 아니면 나쁜 것이라고 생각하나요?

.

11. 컴퓨터 게임은 어떤 점에서 좋은가요?

가

12. 컴퓨터 게임은 어떤 점에서 나쁜가요?

가

가

13. 만약 당신이 컴퓨터 게임을 즐긴다면 그 이유는 어떤 것인가요?

가 .
가 .

14. 요즘의 생활에서 가장 심리적으로 부담이 되고 신경이 쓰여 피하고 싶은 것은 무엇인가요?

15. 집에서 게임을 할 만한 컴퓨터가 있나요?

16. 게임은 주로 누구와 하나요?

17. 게임이외에 친구들과 어울릴 만한 것들이 있나요? 있다면 그 예를 하나만 적으세요(예, 축구)
()

18. 게임을 하는 것이 친구들과 더 가깝게 지내는데 도움이 되나요?

19. 게임을 하느라 일주일에 얼마의 돈을 쓰나요?

3		3	6
6	1	1	2
2			

20. 부모님들이 내가 게임하는 것을 어떻게 생각하나요?

21. 컴퓨터게임 때문에 부모님에게 혼이 나거나, 부모님과 다툼 적이 있나요?

(가 .)

22. 한달 용돈은 얼마나 되고 한달에 컴퓨터 게임으로 쓰는 용돈은 얼마나 되나요?

:

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23. 자주 가는 게임방의 분위기는 어떠한가요?

가

24. 담배를 피나요?

25. 게임을 하기 위해 돈을 훔친 적이 있나요

26. 게임 하느라 선생님이나 부모님과 다툰 적이 있나요

27. 점심 먹을 돈이나 학용품, 참고서를 사기 위한 돈을 게임에 쓴 적이 있나요

28. 게임을 하기 위해 학교를 지각하거나 결석한 적이 있나요

29. 게임 때문에 친구들과 어울리지 못한 적이 있나요