

ABSTRACT

This thesis deals with online computer games and their influence on the lifestyle of players. The work is divided into 2 parts — theoretical and research. The theoretical part describes the basic information about the history of computer games and the Internet, the distribution of computer games, addictive behavior on the Internet and computer games as well as problems that can cause excessive use of computers. In the research part, I tried to find answers to research questions.

The aim of the study was to determine whether excessive gaming affect health, spare time, work performance, school performance, relationships with family and friends, and other areas of everyday life. To collect data, I used both quantitative and qualitative methods. Using the questionnaire, respondents were split into two groups. In first there was those who fulfill criteria for dependence or addiction risk, and in the second, on the other hand, those who do not meet these criteria. Then I chose semi-structured interviews, with which I examined all the data related to lifestyle of gamers. In quantitative part of the research, I chose the method of survey, when I posted the questionnaire on the website and asked players to complete it. Overall I gained 59 respondents. The average age of the subjects was 22 years. The age range for players who fulfill criteria for dependence were 22 to 29 years. Those who have addiction "only" threatened to fall under the category of 16-23 years. The results show that the highest risk period for the development of addiction is just between 22 and 29 years. From all of the respondents, 5 fulfilled criteria for dependence and addiction 9 was threatened.

The main result of the study is that excessive computer gaming lifestyle positively affects the players. The most common health problems include: back pain, problems in the wrist, short- and long-term visual impairment, lack of sleep and impairment of physical condition. In the area of social problems occur neglect schooling, worsening school grades, lower precision in employment, dropping from the previous interest or restriction, reducing sports activities, neglect of friends and relationships, lying to family, friends and partners and sometimes social isolation. An important finding was also that even though the answer in some cases coincide, the result of this investigation is that in terms of players still positives outweigh the negatives. It follows that most players their problems are disregarded or is trying to downplay, and therefore have no need to seek professional help.

Key words: addiction on online games, computer games, negative impact, health, life style