

ABSTRACT

This diploma thesis deals with the regulation of time in adult computer game players, especially how players are able to regulate their own time spent playing computer games, what strategies they use for this, or how they are regulated by people around them, and whether self-regulation has been affected by family education and regulation of gaming by parents. It was also examined whether self-regulation or parental regulation affects the development of Internet Gaming Disorder (IGD), or whether personality traits have a part to do with it.

The research group consisted of 40 respondents of young adult players who started playing computer games as early as childhood or adolescence. The data collection took the form of an online questionnaire in the Google environment, therefore it was sent to players electronically. The questionnaire survey consisted of four separate parts which followed each other continuously. In the first part, anamnestic data of players was collected in the form of an Anamnestic questionnaire, the second part followed the IGDT rate with the IGDT-10 questionnaire, in other parts personality traits were examined by the BFI-2-S questionnaire and the educational style in the family using the EMBU-A questionnaire.

Based on the research, it was found that 5 % of respondents reported significant IGD values, confirming that there is a relationship between the time spent playing computer games and IGD values. Furthermore, it was found that the upbringing style in the family can affect personality traits and also the emergence of IGD. It has also been verified that there is a relationship between IGD and personality traits. It was found that although 50 % of players were regulated by parents in childhood, only 25.6 % of them self-regulate in young adulthood, which was confirmed by hypothesis testing, no relationship was found between parental regulation and self-regulation. It turns out that 12.5 % of players are regulated by someone around them even in adulthood. However, the essential finding was that no relationship was found between self-regulation and the development of IGD, nor between parental regulation and the development of IGD.

KEYWORDS

computer games, leisure time, time regulation, self-regulation, parental rearing style, parental control, Internet Gaming Disorder (IGD)