

## **ONLINE GAMING AND DELAY OF GRATIFICATION IN CHILDREN: A BEHAVIOURAL ANALYSIS**

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### **ABSTRACT**

*The rapid expansion of online gaming has transformed children's leisure activities, raising concerns about its influence on self-regulatory behaviours. The present study examined the relationship between online gaming and delay of gratification in children. Using a quantitative, cross-sectional design, data were collected from school-going children aged 8 to 14 years of Begusarai district of Bihar through a gaming behaviour questionnaire and measures of delay of gratification. Online gaming was assessed in terms of frequency, daily duration, and type of games played, while delay of gratification was evaluated through standardized behavioural indicators.*

*The results revealed a significant negative relationship between online gaming and delay of gratification. Higher gaming frequency and longer daily gaming duration were associated with a reduced ability to delay rewards, indicating a stronger preference for immediate gratification. Children who engaged more extensively in online gaming demonstrated lower levels of self-control in reward-based decision-making. The findings suggested that repeated exposure to fast and immediate digital rewards may influence children's tolerance for waiting and long-term goal orientation.*

*The study highlights the importance of balanced gaming habits and the need for parental guidance and educational interventions that promote self-regulation skills. The findings contribute to the growing literature on digital media use and child development by focusing specifically on delay of gratification, a foundational component of behavioural regulation in childhood.*

**KEYWORDS:** *Online Gaming, Gratification, Digital Media, And Children.*

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