
The Impact of Online Gaming on Academic Performance: Insights from JTMK, PUO Students

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Abstract

This study explores the relationship between online gaming duration and academic performance among students of Jabatan Teknologi Maklumat & Komunikasi (JTMK), Politeknik Ungku Omar (PUO). Utilizing survey data from 250 respondents, the research employs descriptive and correlation analyses to assess the impact of daily gaming hours on students' Cumulative Grade Point Average (CGPA). Key findings reveal a strong positive correlation ($r = 0.991$) between gaming duration and academic performance. Most students (61.2%) game for 1–2 hours daily, achieving a mean CGPA of 3.43. Interestingly, students gaming for 3–5 hours had a higher mean CGPA (3.86), while those engaging for 6–8 hours and over 8 hours reported mean CGPAs of 4.62 and 5.0, respectively. These results challenge conventional beliefs about gaming's detrimental effects on academic success, highlighting the need for nuanced interpretations. Despite the apparent benefits, potential confounders such as uneven participant distribution and unmeasured variables warrant careful analysis.

Keywords: *Academic Performance; Gaming Habits; Online Games; Student Well-being*
