

# VIDEO GAME USAGE TIME IN ADOLESCENTS' ACADEMIC PERFORMANCE

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## INTRODUCTION



**Video games,**  
their use among young people has generated great concern about its possible negative effects on their health, socialisation and academic performance.



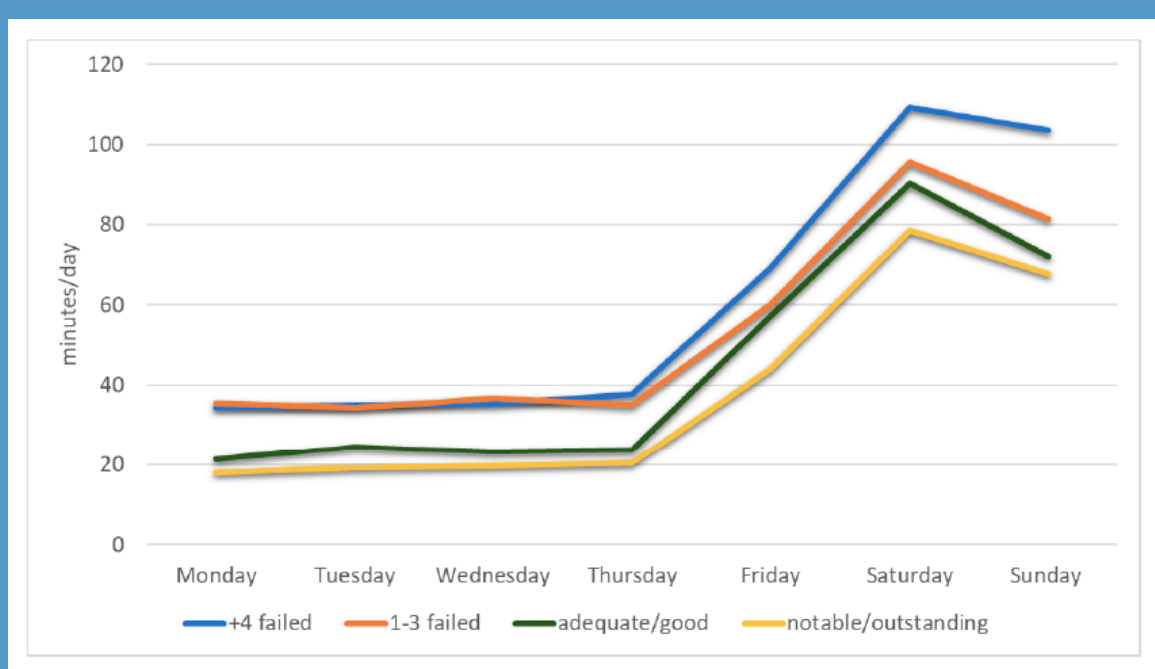
**Academic performance,**  
there are studies that suggest that video games are negative, while other research finds positive effects.



**Adolescents,**  
the large amount of time spent on video games has become a concern among educators, parents and administrators.

## METHODOLOGY

Survey  
Compulsory Secondary Education (ESO) in the Valencian  
Community  
1,502 questionnaires



Average time teens play video games, by academic performance category and day of the week

## CONCLUSIONS



Secondary school teenagers in the Valencian Community spend an average of 47.23 minutes a day playing video games. Less time during the week and a considerable increase at the weekend.



Teens who spend more time playing video games on weekdays than on weekends fail more subjects and those who spend more time on weekends get better grades in school.



There is also an inverse relationship between academic performance and time spent playing video games, i.e. the more time spent playing, the lower the academic performance.

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