

## PSP-05

### Prevalence and Predictors of Internet Gaming Disorder in the Adolescent and Adult Population of Malaysia

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Due to growing internet access and the gaming industry's explosive expansion, Internet Gaming Disorder (IGD) has become a global public health concern, especially among young adults. In order to guide focused interventions and advance mental health, this study attempts to ascertain the prevalence and associated factors of IGD among Malaysian individuals. A cross-sectional study was conducted from July to August 2024, by recruiting Malaysians between the ages of 18 and 59 years. A self-administered Google form was used to gather data through non-probability convenience sampling. The questionnaire included demographic profile, Internet Gaming Disorder (IGD) scale, other factors influencing IGD, Rosenberg self-esteem scale, and Brief resilience scale. Data was analysed by using SPSS Version 29. A total of 209 responded in this study. Among the respondents, the prevalence of IGD was 6.2%. Those who have lower income level were more likely to have IGD compared to people in middle income (OR 3.43, 95% CI: 1.01, 11.68). Persons with low self-esteem (OR 4.7, 95% CI: 1.49-14.77) and lower resilience were (OR 3.46, 95% CI: 1.09-11.0) were significantly associated with IGD. In conclusion, IGD vulnerability is significantly influenced by socioeconomic and psychological factors. To encourage healthy gaming habits in Malaysia, it is advised that public awareness efforts, parental supervision, age-appropriate gaming regulations, and additional studies with larger sample sizes be implemented.

**Keywords:** Internet Gaming Disorder, Prevalence, Psychological Factors, Malaysia

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