

RESEARCH PROPOSAL

I. Title: Video Game Being Highly Effective on Improving our Mental Health During Lock-downs.

II. Researchers:

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III. Implementing Agency: University of Perpetual Help System – DALTA Molino

IV. Significance of the Study:

This study will help the millennials, especially a non-gamer to improve their mental health by playing video games during lock downs. It also aims the study to be recognize by millennials. During the COVID-19 pandemic, a non-gamer person tend to do some household chores, eat, sleep, study, and etc. It is not bad for a person to do many good and positive things in their home, but do they really enjoy their free time without playing any games? This study is related to our course, so many of the millennials will benefit from this proposal.

V. Objectives:

This study will seek answers from the following questions:

1. Did you try a game once? If yes, what game is it and how long did you play the game
2. What is your opinion about our study?
3. Do you think that our study will help you or other people to improve their mental health during the pandemic?
4. For Gamers, what is your favorite game? And how is it help you to cure you from

other mental diseases?

For non-gamers, if you want to play a game that will help you become mentally healthy, what kind of genre do you want to try and why?

VI. Review of Related Literature:

This proposal will seek data and informations gathered from the students of University of Perperual Help Molino. The prior study of researchers will focus on games in any genre, and it will be vital in this proposal.

Expected Outcome:

Participants/Gamers/Non-Gamers are expected to are expected to try some video games, and observe what genre of games they liked or type (duration is dependent to participants), one of our researchers are obliged to ask them how it feels to play the game. Then the participant are going to promote that playing video games did really improve their mental health.

Theoretical Framework:

Mental Health Promotion in Public Health: Perspectives and Strategies From Positive Psychology

Positive psychology is the study of what is “right” about people—their positive attributes, psychological assets, and strengths. Its aim is to understand and foster the factors that allow individuals, communities, and societies to thrive.

Cross-sectional, experimental, and longitudinal research demonstrates that positive emotions are associated with numerous benefits related to health, work, family, and economic status. Growing biomedical research supports the view that positive emotions are not merely the opposite of negative emotions but may be independent dimensions of mental affect.

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Methodology:

The Participants/Gamers are gathered in an Experimental Research facility (Possibly on a House with a Gaming Consoles) then Participants will be handed a questionnaire in a Quantitative Research

Research Site: Gaming Room (rental)

Respondent: Gamers and Non-Gamers

Research Design: Experimental and Descriptive

Data Collection Method: Questionnaire

Data Analysis Tool: Gaming Consoles