

Review of: "The Instances of Insomnia among Adolescents in High School Addicted to Online Games"

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Potential competing interests: No potential competing interests to declare.

The present study investigates the frequency of sleeplessness among adolescents who exhibit addiction to online gaming within a particular high school located in East Luwu, Indonesia. The study employs an analytical survey approach, utilizing cross-sectional data collected throughout the period of April to May 2023. The research utilizes questionnaires as a means of evaluating the prevalence of online gaming addiction and insomnia within the sample population. The findings indicate a noteworthy association between online gaming addiction and insomnia among adolescent individuals. The following points are presented in relation to this paper:

1. Significance of the Research Topic: The present study tackles a pertinent and contemporary subject matter, given the escalating prevalence of online gaming and the apprehensions surrounding its influence on the mental and physical well-being of adolescents.

2. Background Information: The study presents a comprehensive overview, incorporating pertinent statistical data and acknowledging the classification of online gaming addiction as a mental condition by the World Health Organization. This contextual information aids readers in comprehending the importance of the research.

3. Data Collection and Sampling: The study used a sample size of 246 teenage students, which may be considered reasonably big. Additionally, the study applies a stratified random sampling strategy, a method that enhances the representativeness of the sample. Nevertheless, it is necessary to provide further details in order to enhance the clarity of the criteria used for participant selection, specifically focusing on adolescents who are addicted to online gaming and are also having sleeplessness.

4. The utilization of standardized questionnaires for the evaluation of online gaming addiction and sleeplessness constitutes a notable advantage of our study, as it facilitates the application of quantitative analytic techniques. Nevertheless, it is imperative to engage in a more comprehensive discussion regarding the sources and credibility of these questionnaires.

The data presentation demonstrates clarity, since it includes tables that succinctly summarize the primary findings. Nevertheless, it is imperative to incorporate further statistical analysis in the research, surpassing the use of descriptive statistics alone. The use of more sophisticated statistical tests has the potential to enhance the robustness of the findings. Furthermore, employing various types of diagrams might enhance the appeal for the reader.

6. Analysis of Results: The study provides a thorough examination of the findings, establishing connections with prior scholarly investigations and relevant literature. Nevertheless, it is imperative to enhance the level of critical analysis and interpretation of the findings within the discourse. This could involve delving into potential confounding variables or alternative explanations that may account for the observed connections.

7. Implications for Research: This study offers practical suggestions for educational institutions and identifies potential avenues for future investigation. The aforementioned implications provide useful information that can be utilized in tackling the issue of internet gaming addiction among adolescents.

8. Limitations: The study acknowledges the constraint associated with employing a cross-sectional design, which imposes limitations on the capacity to prove causation. Furthermore, the research primarily centers on a solitary secondary educational institution inside a particular geographic area, so constraining the extent to which the results may be applied to a broader population.

9. Clarity and Writing Style: The manuscript exhibits a commendable level of articulation and structure, featuring lucid headings and well-defined sections. Nevertheless, several portions could potentially derive advantages from the utilization of more succinct and direct terminology.

10. Ethical Considerations: The absence of a comprehensive examination of ethical considerations, including but not limited to informed consent and privacy concerns, represents a notable deficiency in the paper's treatment of teenage research.

In essence, the present study work delves into a significant subject matter pertaining to the issue of addiction to online gaming and its correlation with insomnia among adolescents. Although the provided insights are valuable, there is scope for doing a more comprehensive statistical analysis and engaging in a thorough discussion regarding potential confounding variables. Furthermore, it is imperative to provide a more explicit discussion of ethical considerations.