

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

P.J.B. Hernández¹

¹ University of La Laguna

Potential competing interests: No potential competing interests to declare.

Dear editor

General comments

An interesting work is presented but whose results, discussion and conclusions could be improved by adding more information to discuss the results presented. Likewise, and in relation to the sample, it would be interesting to expand and provide more information about it, talking about the sample selection criteria, its representativeness, etc.

Abstract

I think there is information in the abstract that is missing and. it is also advisable to provide more information, especially about the results findings and Explain why the type of game to which they spent the most time is important for the object of study.

Keywords.

Normally the keywords should not coincide with the title of the work.

Introduction

In this work, a recent interest in the subject is discussed but its need to go to specific resource or Indonesian population and more reliable and recent sources.

For example: Rakhmawati, W., Kosasih, C. E., Widiastih, R., Suryani, S., & Arifin, H. (2021). Internet addiction among male adolescents in Indonesia: A qualitative study. *American Journal of Men's Health*, 15(3), 15579883211029459.

In addition, it would be interesting to mention the maximum time that this organization (WHO) recommends for this activity (video games). As well as studies that support the amount of sleep of Indonesian adolescents and the recommendations of the WHO.

In the same way, they should specify how they measured the quality of sleep, which is mentioned in the introduction and which is not discussed later in the discussion.

At another time he talks about a study on video games, but you cites an article that deals with the use of mobile phones.

You should be careful with these

Methodology

In this section some circumstances are appreciated that should be expanded to clarify and facilitate the replication of their study in other contexts. For example You should offer more information about the instruments used, the adaptation made, the values of reliability and validity of this adaptation and the reference of the classification between moderate and mild insomnia (How was this estimated?).

It should be clarified if the sample corresponds to students who had sleep problems AND/or were addicted to videogames (is a person who plays videogames less than an hour a day an addict?)

The objective of the study should be reconsidered so that it was less descriptive and more experimental. Being able to offer some tips to readers to prevent insomnia in adolescents. As in the final part of the work, it offers some considerations (which seem not to be supported by an empirical study, but rather by the opinion of the authors).

Statistical analysis

This section should be extended and include new analyses, considering the contributions discussed before (for example sleep quality).

Explaining how the stratification and selection of the sample was carried out. It seems rather that the sample was selected by convenience, not in a stratified manner.

Results

The results presented in this study can be improved, recommending the use of a figure that shows The relationship between the use of video games, hours of sleep and the quality of it. According to the initial theoretical framework.

In the same way, I kindly suggest that you review the titles of the tables used so that they fit the data they offer.

Discussion and Conclusions

There is evidence of previous works related to the subject, so it is recommended that they be used to discuss the results presented here. In addition, it is advisable to use in the discussion an author from those who have been used in the introduction to provide coherence to the article.

How useful are the figures used in the text?

References

You should consider revising this section to conform to specific regulations.