

VIRTUAL REALITY: EFFECT AND IMPACT TO STAY-AT-HOME TEENAGERS

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Abstract

Mental health problem is one of the struggles that we face in times of this pandemic. Most teenagers struggle a lot and especially they stayed a lot at home because of the pandemic. Using technologies during the pandemic really helps us to communicate with each other. It might help us to distract ourselves from the bad events in the world. Using virtual reality might have an effect and impact on teenagers whether it is good or bad. This study aims to know how does Virtual reality could lessen the mental health problem with teenagers during the pandemic. The researcher used descriptive method of research in achieving the desired objectives. The researcher used a researcher-made questionnaire duly validated by using lawhse tool. The questionnaire was distributed to a total of twenty (20) teenagers using purposive sampling technique within Bacolod City in different ages.

INTRODUCTION

In times of this pandemic, we are facing a global crisis and we are uncertain of what will happen tomorrow. This crisis has had a profound and sudden impact on our lives. There are a lot of changes that we experienced in the areas of our lives such as our work, education, leisure time and family so we must be able to adapt to these changes. Most of us are affected and hoping in the future that we will go back to our normal lives before. When the pandemic hit us in the year 2020, we have experienced quarantine and lockdown. Most of us need to stay at our respective homes so that we can prevent the spread of Covid-19 however staying at our respective homes could sometimes lead us to anxiety and depression.

The virtual world offers an escape from depression and anxiety caused and the virtual world can also provide an escape from the constant weight of peer pressure. (High Focus Center, 2020) According to UNICEF and

Gallup, which is previewed in The State of the World's Children 2021 that a median of 1 in 5 young people aged 15–24 surveyed said they often feel depressed or have little interest in doing things. (UNICEF, 2021) In view of the world's expanding digitization, developing healthy digital habits is a promising health-promoting preventive practice. (Pandya & Lodha, 2021). Virtual reality can mirror a real-life experience and can have a significant impact on teenagers. (Witte, 2018) The main factor determining the unique psychological features of generation Z is its active involvement in virtual reality from the moment of birth. Involvement in virtual reality is measurable by a teenager's activity on the Internet. (Puchkova, Sukhovershina & Temnova, 2017).

Although the virtual world provides connectivity, it is critical to strike a balance and learn how it affects what and how we think about ourselves, others, and the world. (Thomas, 2016). We are using the virtual world to lessen our burden on our mental health problems and we could use many different platforms to lessen our mental health problems. Using Virtual reality could possibly improve the person's mental health. The interaction of the musculoskeletal, nervous, and sensory systems to produce accurate and balanced kinetic actions is referred to as motor coordination,

and the higher the level of complexity of a specific motor skill of coordination, the greater the level of coordination required for effective performance. (Ribeiro et al., 2017) Evidence is needed to learn more about specific needs and problems with VRET in children and adolescents. Especially, motivational factors should be reflected with great care and put in relation to developmental stages as well as according to cognitive capacities. (Kothgassner & Felnhofer, 2021). The VR technique may be particularly beneficial in treating those who find it difficult to create traditionally in the art therapy clinic. VR can also be a therapeutic alternative for clients who are afraid of making mistakes in their work because it allows for an experiential exploration without any physical for real-world implications. (Sajnani, Byers, & Shamri, 2021).

OBJECTIVES

The objective of the study is to determine the effect of virtual reality on teenagers in their mental health such as their emotional, and social well-being when they will be taken collectively and group according to age and educational attainment. Moreover, it will also seeks to find out if there is a significant difference in the level of virtual reality on teenagers.

METHODOLOGY

This study used the descriptive method of research. The participants on the survey were students in a private school in junior high school, senior high school, college students, and teenagers who are not in school. The result of the data collected has paved the way for the researcher to be able to know the effects and impact of virtual reality on teenagers also with regards to whether they are in and out of school.

RESPONDENTS OF THE STUDENTS

The respondents of the study are Junior High School, Senior High School, and teenagers that are not enrolled in school.

Table 1.0 Summary of Respondents

Categories	Sample size
Junior High School	2
Senior High School	2
College Students	3
Teenagers that are not in school	3

DATA GATHERING METHOD

The researcher gathered the data using researcher-made questionnaire duly by lawshe tool. The questionnaire was distributed to a total of twenty (10) teenagers using purposive sampling technique. The participants on the survey were students in different year levels and also, out of school youth within Bacolod City so we could determine the possible impacts of ages and educational attainment of the teenagers. After the survey, interview, and personal observation, the data collected were tabulated, treated, analyzed, and interpreted.

Table 2.0 Lawshe tool

	Essential	Useful but not essential	Not essential	Feedback
Does it lessen your emotional problem when you are using				

VR?				
Does it help you to improve your emotional aspect in life?				
Does it make you happy when you use VR application?				
Does it make you feel productive when you				

use VR application?				
Does it improve your social wellbeing when you are using VR?				
Does it make you more socialize to your friends?				
Do you feel less lonely?				
Do you share your feelings				

with others?				
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RESULT AND DISCUSSION

Teenagers that are in school most likely have struggled mentally and those teenagers that are not in school during the pandemic have also experienced mental struggle but it was less than that are in school. 90% of the respondents show that using virtual reality lessens their mental health problems temporarily such as anxiety and depression during the pandemic. However, using the technology does not prove that it will cure or remove their mental health struggles even in the different categories of respondents but it's one way to forget their mental health struggles temporarily.

Table 3.0: Evaluation Result given by the Teenagers

	Grand Mean	Verbal Interpretation
Makes you happy	5.0	definitely
Makes you productive	4.1	probably
You control your emotional feeling	4.2	probably
Making you interactive socially	3.0	possibly
Being insensitive	2.2	probably not
Being sensitive	2.3	Probably not
Use the VR again	4.0	probably
Interact with friends using VR	5.0	definitely
Total Mean	3.72	probably

Five-Point Likert Scale: 4.21 – 5.00 Definitely, 3.41 – 4.20

Probably, 2.61 – 3.40 Possibly, 1.81 – 2.60 Probably Not, 1.00 –

1.80 Definitely Not

Table 3.0 The respondents gave the following as their evaluation of the Effect and Impact to Stay-at-Home in teenagers using Virtual

Reality and the overall is 3.72 which is a very good thing to lessen their mental health problems during the pandemic.

CONCLUSION

The study was conducted to examine the effect and impact of virtual reality to teenagers during the pandemic. The study revealed that the majority of teenagers respondents had lessen their mental health problem using virtual reality however it does not mean that it will cure their mental health problem. It only shows that they are likely to use virtual reality to temporarily forget what they are thinking.

RECOMMENDATION

Based in the findings, according to the respondents that they likely use virtual reality to ease their emotional and social well-being problem especially during the pandemic. With the fair usage of using virtual reality, it will be a therapy for people who are battling with their mental health problem. For further study, it may use in the field of education during this pandemic.

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