

Tilt: Studying Emotion Regulation in Video Games



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1 BACKGROUND:

- The ability to regulate emotions effectively is important for psychological wellbeing, social relationships and physical health.
- Effective emotion regulation is crucial for both gaming experience and performance.
- In gaming, the term tilt is commonly used; originating from pinball it relates to poor emotional control and frustration, resulting in poor performance.
- There is a lack of empirical research pertaining to the antecedent factors that cause it, how it impacts gamers and what emotion regulation strategies they employ to deal with it.

Aim: Examine the factors contributing to tilt, the impact of tilt on gamers and gamers strategies to deal with tilt.

2 METHODS:

Demographics

Participants	(N= 1007)
Gender	(N= 797) Male (N= 173) Female (N=37) Nonbinary/ Didn't Disclose
Age	24.24 ± 6.20
Hours Gaming	15.91 ± 12.64
Years Experience	11.94 ± 7.14



Materials

- Qualtrics Survey Platform.
- The Sports Emotion Questionnaire (SEQ).
- Items adapted from the Severity of Tilting Scale.
- The Behavioural Emotion Regulation Questionnaire (BERQ).

PROCEDURE:

Qualitative

1. Gamers asked to provide their definition of Tilt in gaming.
2. Gamers asked to determine different factors causing this experience of Tilt.
3. Gamers asked to provide information on strategies they employ to deal with Tilt.

Quantitative

1. Gamers select reason for playing video games (i.e., for fun).
2. Gamers rate their experience of tilt severity using a Likert scale.
3. Gamers rate items from BERQ and SEQ using a Likert Scale.
4. Gamers rate how likely 10 different factors were to tilt them.

3 RESULTS:

Factors impacting the Experience of Tilt

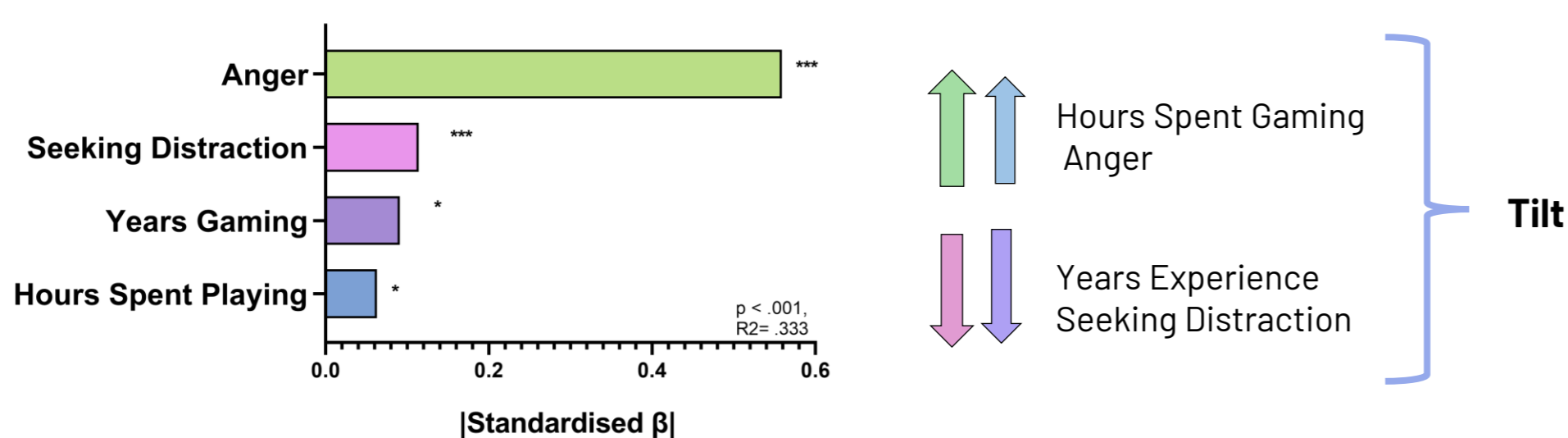


Figure 1: Influence of different factors on tilt. Anger levels and Hours spent gaming were positively associated with someone's likelihood of experiencing tilt while years of gaming experience and the amount to which they sought distraction decreased one's likelihood of experiencing tilt.

Risk of Tilt by Game Genre | Strategies Adopted to Cope with Tilt

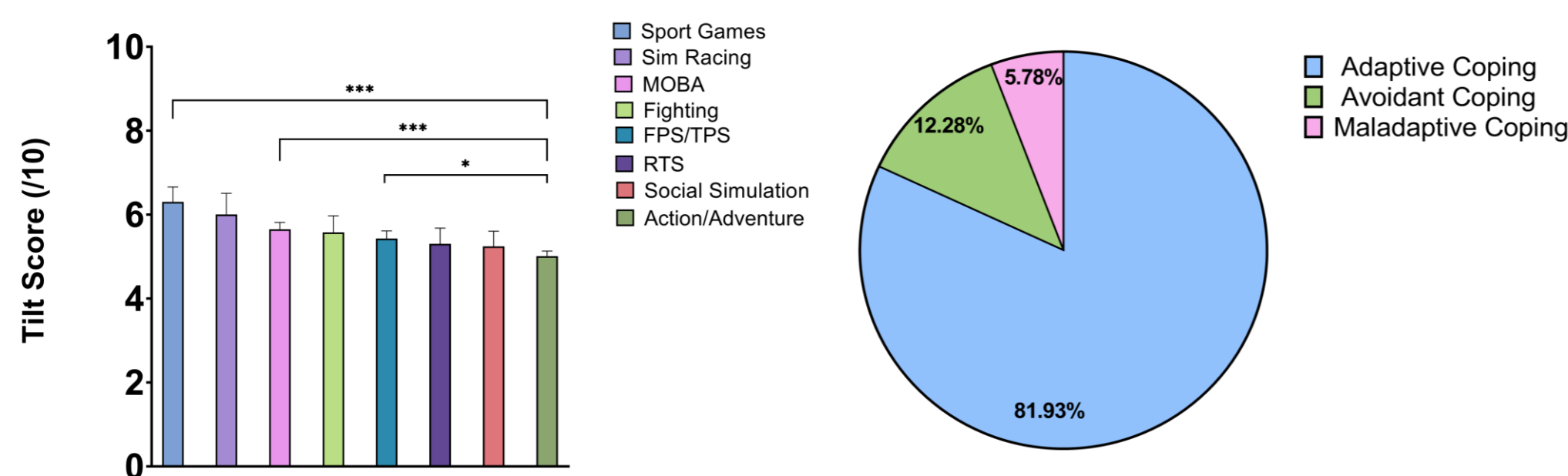


Figure 2: competitive game genres associated with higher scores of Tilt

Figure 3: Strategies reported by gamers to cope with tilt

4 SIGNIFICANCE:

- We identified the risk factors that predispose gamers to tilt, inclusive of increased anger, hours spent gaming (Figure 1) and more competitive game play (Figure 2).
- We also identified protective factors, inclusive of engagement in adaptive emotion regulation strategies and more year's gaming experience (Figure 2 & 3).
- This work equips us with new knowledge to better support gamers to improve their emotion regulation during game play performance.

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