

Authenticity and Resilience: A Study of Video Game Live Streamers

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BACKGROUND:

- Past studies have indicated that video game players attribute their resilience in different facets of their lives to game playing (Tichon & Mavin, 2016).
- Authenticity is one’s ability to act in accordance with their true self. In this study, we assess authenticity through taking accountability of one’s mistakes.
- This study aimed to further investigate the relationship between video-game playing and resilience by examining the effects of taking ownership of in-game mistakes.
- Hypothesis: Video game players who took ownership of their in-game mistakes would make positive statements for a longer amount of time after losing compared to those who did not take accountability.

METHODS:

Design

- This study utilized an observational research design. Authenticity is the predictor variable and resilience is the outcome variable.

Sample

- A combination of 60 Twitch and Youtube video-game livestreamers.

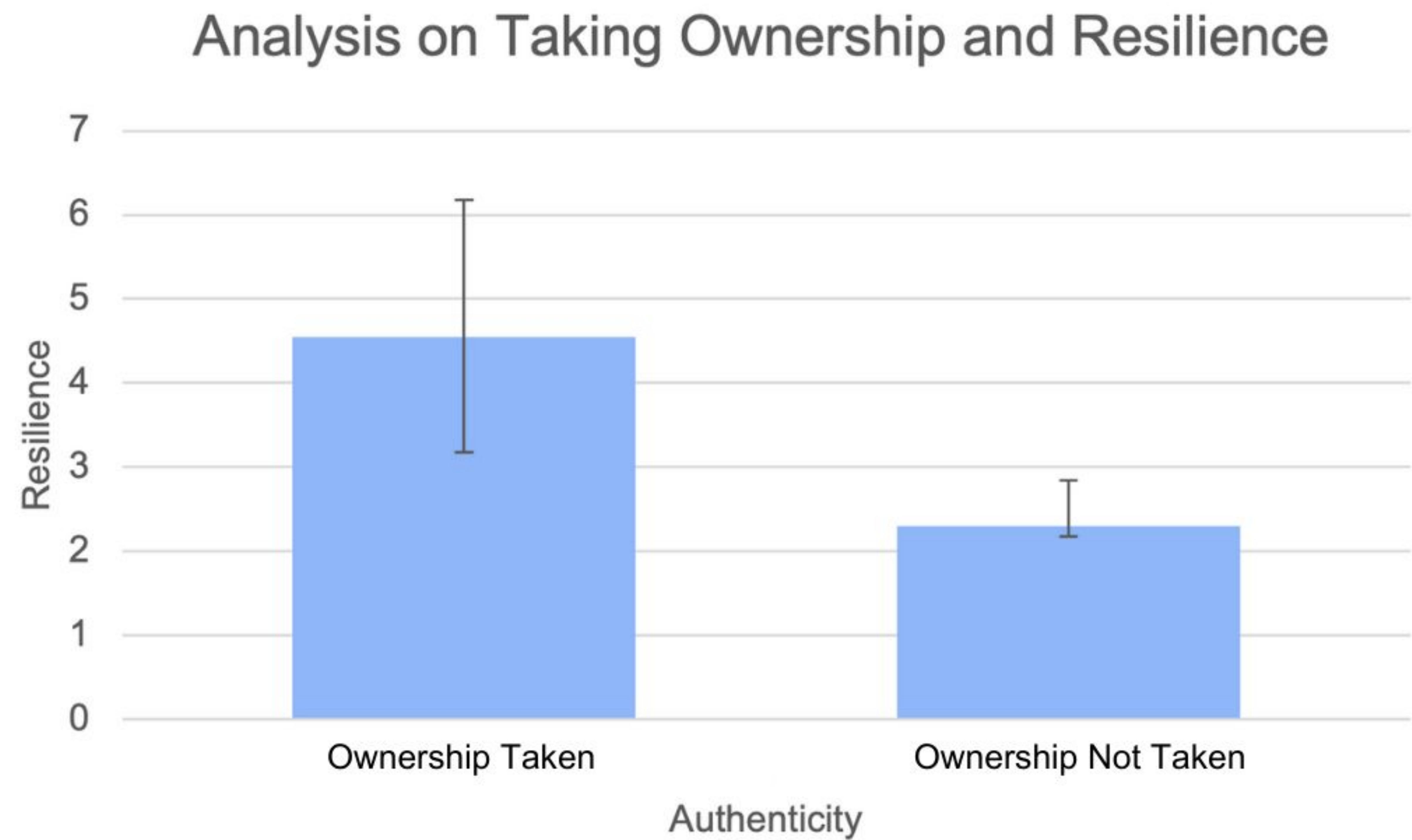
Measures and Procedure

- Authenticity was measured by observing whether players took ownership of their in-game mistakes.
- Half of the players verbally acknowledged their mistakes, while the other half did not.
- Resilience was measured by recording the amount of time in seconds the player made positive statements immediately after losing.
- An example optimistic statement was: “That’s okay, we got this next one”.

On average, those who took accountability for their mistakes, made more positive statements indicating higher resilience levels.

Figure 1.

Bar Graph representing the average amount of time, in seconds, that players made positive statements based on if they took ownership (1) of their in-game mistakes and if they did not take ownership (2) of their mistakes.



1

Watched the live-streams of video game players on Twitch and Youtube

2

Participants were coded as “Group 1” if they **took** ownership of their in-game mistakes (n = 30).
Participants were coded as “Group 2” if they did **not** take ownership of their in-game mistakes (n = 30).

3

Resilience was coded as the duration of time in seconds that a participant made positive statements after losing.
Players who did not make positive statements were coded at 0.

4

Coded data was compiled in Excel and then analyzed in Rstudio by performing an independent sample t-test.

Scan the code to view pre-registration, materials, data, code, and references.

RESULTS:

- An independent samples t-test was conducted to test if there is a significant difference between amount of time that players make optimistic statements after losing, based on if ownership of mistakes was taken or not.
- $t(58)= 2.13, p<0.05, d'=0.55$.
- Players who took accountability for their in game mistakes ($M=0.55$) made positive statements after losing for a significantly longer amount of time than those who did not acknowledge their in-game mistakes ($M=0.11$).

DISCUSSION:

- There was a significant, medium effect of acknowledgement of one's mistakes on the duration of time they made positive statements after losing.
- This indicates that the hypothesized relationship between accountability and resilience was supported.

Strengths: The naturalistic observational design resulted in low participant bias as the players did not know they were being observed by a researcher.

Weaknesses: The players are live-streaming to their audience, consequently they may have dramatized their reactions to entertain their viewers. Additionally, the data violated assumptions of normal distribution, no outliers or extreme scores, and homogeneity of variance.

Future Directions: Findings of this study could serve to promote the importance of taking accountability and its effects on a video-game player’s resilience. The results give validity to examining resilience and authenticity in other domains through an experimental design.