

Game Over? – Continue!

Strengthening young people's future prospects and well-being with guided game activities

1.10.2022 – 31.12.2023

Abstract

Game Over? - Continue! The project strengthens the future prospects, well-being and life management of young people in North Savonia through digital gaming activities. Young people studying at the 2nd level who are excited about playing but have dropped out of school or have accumulated a lot of absences participate in group activities, where they get to practice various skills that support their attachment and motivation to study and work. At the same time, new research data on the effects of the operating model on the overall well-being of young people is produced. The target group is young people whose studies have been interrupted or are in danger of being interrupted.

The main implementer of the project is the Savonia University of Applied Sciences, and the partial implementers are the Humanist University of Applied Sciences and the University of Eastern Finland.

Objectives of the project

1. strengthen young people's life management, inclusion, and well-being through guided digital gaming activities
2. to prevent the interruption of secondary education and to support young people in working life
3. produce new research data on the effects of digital gaming and related guided group activities on the well-being, social relations, functional capacity, and health of young people
4. organize gaming events, involving young people in the arrangements and planning
5. to create an operating model that can be applied to work with young people, for example in youth work, employment services, or sports clubs, and to support the game education skills of educators

The main actions of the project

1. Recruitment of young people
2. Organization of group activities
3. Physiological measurements
4. Completion of the youth portfolios

Project results

The project will conduct a guided game activity model that strengthens life management and is suitable for young people and young adults. The model can be applied e.g. in educational institutions, youth activities, and clubs. The commitment of young people is strengthened toward studies and working life, as well as their skills and networks, are improved. There will be researched information on the effects of guided game activities on a young person's overall well-being.