Abstract

In this rapidly aging society, achieving a successful aging process is becoming an increasing focus among, not only older adults, but also researchers who are interested in this field and want to help the older population to improve or maintain their well-being. Digital games are regarded as one promising technology that could help. This study was a survey that asked about older adults background characteristics, various aspects of digital games that they play, the amount of time spent in playing, and the perceived benefits of digital gameplay. 875 older adults over the age of 55 were recruited from shopping malls, community centers, and seniors’ centers in the Greater Vancouver area. However, only the data of the 463 older adults who played digital games was used in further data analyses. Certain types of digital games were found to have significant associations with some background characteristics of older adults. Different types of digital games that older adults played and the amount of time they spent in playing had significant associations with their perceived benefits. These results revealed a number of new findings regarding the types of digital games older adults play that suggest issues that should be subjected to further research.

Keywords: Digital games; older adults; genres of digital games